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Maya Tiwari's Ayurveda - A Life of Balance, is an authoritative manual on the Vedic principles of health and nutrition, written by an expert in the field who has academic knowledge of the subject, is a practitioner and teacher with wide experience who can speak to both beginner and professional alike, and has personally transformed her life through her practices.

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This practice of Ayurveda places emphasis on prevention and encourages the maintenance of health through close attention to balance in one's life, right thinking, diet, lifestyle, and the use of herbs. Ayurveda Day. The potential role of Ayurveda in the management of the COVID-19 pandemic is the main focus of this year's 'Ayurveda Day'.

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Rather, Ayurveda maintains that all life must be supported by energy in balance. When there is minimal stress and the flow of energy within a person is balanced, the body's natural defense systems will be strong and can more easily defend against disease. It must be emphasized that Ayurveda is not a substitute for Western allopathic medicine.

Ayurveda: A Brief Introduction and Guide

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Ayurveda: A Life of Balance | Wise Earth

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9780892814909 - Ayurveda A Life of Balance by Maya Tiwari

Forced by cancer to reexamine and redirect her life Maya Tiwari left a highly successful New York design career and returned to her native India to study Ayurvedic medicine. Her book a profound but practical testament to the healing power of balanced living shows how Ayurveda's ancient principles of health can help you achieve the highest levels of physical emotional and spiritual well being.

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