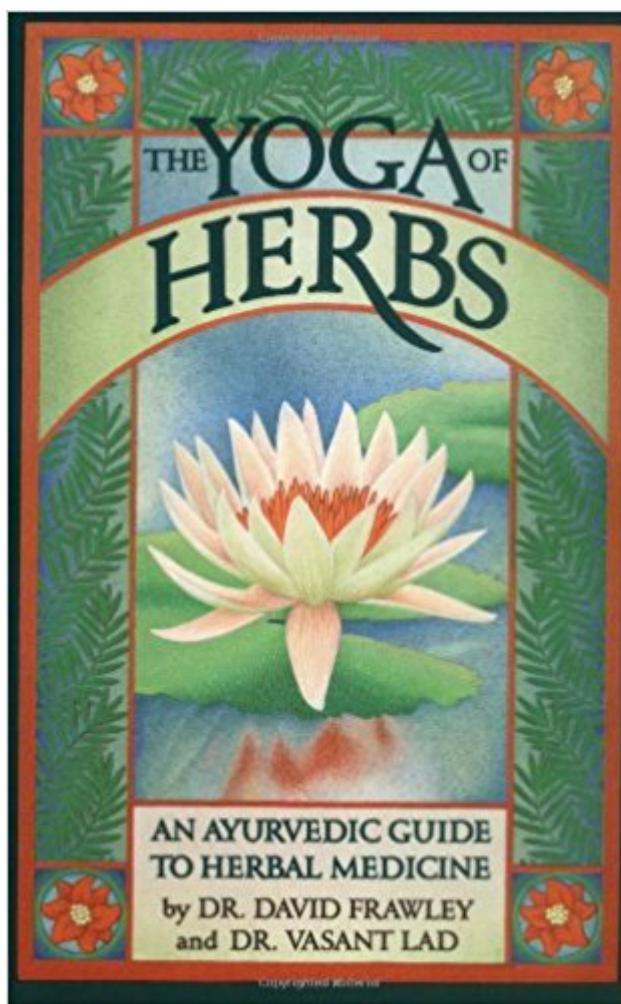


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# The Yoga Of Herbs: An Ayurvedic Guide To Herbal Medicine



## **Synopsis**

Guide to the use of herbs from Ayurvedic perspective. How to balance your constitution and practice self-healing.

## **Book Information**

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## **Customer Reviews**

Don't buy in the meantime the Kindle edition as part of important pages are turned 45 degrees and not good readable!!! just asked to correct this and I trust and hope they will listen.

Amazing reference book, I use it all the time. I've never seen an arrangement that integrated Chinese, Ayurvedic and Western knowledge so seamlessly. I am very impressed. If anyone knows of any other books on this level I would love a recommendation. I Highly regard this book.

A short lot into it and already, my definition of what Ayurveda is has been clarified and am very much looking forward to the rest of his very well written book.

Ah, this is my go to ayurvedic book in a lot of ways. David Frawley always explains complex concepts so well.

If you are interested in the Ayurvedic guide to herbs, this is the book for you. Chock full of wonderful

information and explanation about how the traditional system of Ayurvedic healing uses the botanicals available to them. Product came promptly from the seller, was in the condition stated, and I recommend them.

This is the second book I have purchased and this one is a gift to my Dr's PA.

From a classic author on the subject. A great read with valuable information.

I cannot recommend David Frawley's books enough. As a yoga instructor and someone who continues to study I am always happy with his insight and work.

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