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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

Ayurveda: A Life of Balance. By Maya Tiwari. Paperback: 368 pages. Publisher: Healing Arts Press (12/1/1994) Language: English. ISBN-10: 089281490X. ISBN-13: 978-0892814909. Product Dimensions: 10.9 x 8.5 x 1.1 inches. Shipping Weight: 2.1 pounds.

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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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