



# Essential Ayurveda: What It Is and What It Can Do for You

*Shubhra Krishan*

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## **Essential Ayurveda: What It Is and What It Can Do for You** Shubhra Krishan

Outlining the basic elements of the ancient system of Ayurveda, Shubhra Krishan teaches readers how to recognize their energy and body type, and to use Ayurvedic principles to create a balanced diet and lifestyle for their optimum health. She offers tips and suggestions for finding the best products or for creating your own with her recipes for food, beauty care, and other healthcare items. Illustrations are included.

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