

Ayurvedic Beauty Care Ageless Techniques To Invoke Natural Beauty

150 all-natural skin, hair and body care recipes that are inexpensive, toxin-free, and easy for readers to make themselves. *Homemade Beauty* is a beautifully packaged collection of 150 all-natural skin, hair and body care recipes. From turning blueberries into a lush detoxifying mask to fresh lemongrass into a non-toxic bug repellent, *Homemade Beauty* takes the ubiquitous eat-local, farm-to-table concept and brings it to the beauty category. As reports on the dangers of chemicals in cosmetics become increasingly alarming and the aspiration to live a more natural life grows, many of us are eager to take beauty regimens into our own hands to ensure we are putting only the safest and most natural ingredients on our bodies. Commercially available organic beauty products are expensive, but they are easy and cheaper to make at home and most require 5 simple ingredients or less. Recipes like Almond Rose Body Lotion, Coconut Lavender Shampoo, and Brown Sugar Vanilla Scrub will enchant you with heady scents – and thrill you when you realize these pampering products take only 5 minutes to make!

Herbs can be used for beauty in original or compound form. They act against the internal impurities and external toxins of our body, add additional nutrients to it, make it glow and shine. Herbs provide natural, flawless treatment to our skin; nourish it from within, leading to its internal development. It combines the skills of specialists in chemistry, physics, biology, medicine and herbs. These are less likely to cause any damaging effect to health. These days a number of products that are using the herbal formulae have got lot of attention and have been witnessing a huge rise in demand not only nationally but on international arena. Bath and beauty products use herbs for both their scents and therapeutic qualities. Herbal products are replacing the synthetics products because of its harsh nature. Herbal products are in huge demand in the developed world for health care for the reason that they are efficient, safe and have lesser side effects. The formulations based on herbs are safe and effective. Drugs obtained from plant origin occupy important position in different pharmacopoeias. Products from natural sources are an integral part of human health care system because of major concern about synthetic drugs and their side effects and toxicity. The demand of herbal cosmetic products is high soaring in the world today. India has always been a rich producer of herbal products. The natural resources in the country are in abundance and have been a major source for the booming industry of herbal and cosmetic products. Some of the basic fundamentals of the book are herbal body care, herbal combinations for the bath, herbal perfumes, herbal perfumes flower based rose, herbal perfumes (special type), herbal toilet waters, lavender water, amber lavender, herbal toilet preparations, herbal skin care products, herbal treatments, herbal medicines, analysis of medicinal plants, manufacturers of standardized herbal extracts, phytochemicals and essential oils in India etc. This book contains the formula and manufacturing processes of herbal products. An attempt to blend

ancient and modern science as well as art could be fruitful and such attempts must be carried out on sound scientific basis. The book is very resourceful for research scholars, technocrats, institutional libraries and entrepreneurs who want to enter into the field of manufacturing herbal beauty products.

A hands-on holistic guide to self-care based on the ancient wisdom of Ayurveda—learn how to build a daily personal practice using food, breath, movement, and meditation to stay balanced and nourished through the seasons. Nourishment comes in many forms—it's the food you eat, how you breathe and move your body, and the way you establish your daily routine. Living Ayurveda weaves together the ancient wisdom of Ayurveda and Yoga in a modern, accessible way to provide a season-by-season guide for living a vibrantly rich year. Part cookbook, part lifestyle manual, each chapter includes simple vegetarian recipes, seasonal rituals, and self-care practices to cultivate your inner wisdom and feed your body, mind, and spirit. In this book, you'll find:

- 80+ delicious vegetarian recipes to balance the body and strengthen digestion through the seasons
- Illustrated menu guides and cooking tips that demystify the process of building a balanced meal
- Yoga sequences and breathing techniques to help align with the energy of each season
- Seasonal rituals based on moon cycles to strengthen your intuition and develop a personal routine at home

Learn from ancient wisdom to know yourself intimately, be open to new discoveries, and see where this path takes you to allow a deeper wisdom to blossom in your life.

Ayurvedic Beauty Care presents both ancient and modern Ayurvedic secrets for beauty-care. The aim of this book is to elevate our Western understanding of beauty to new levels with the deeper Ayurvedic insights. These insights hold powerful health promoting and enhancing methods and luxurious beauty techniques such that all levels of beauty (outer, inner, secret) can be realized in our increasingly fast paced and chaotic world. There are two audiences that are addressed in this volume. First and foremost, every person should be able to find what brings out their true beauty. In this light, the book is intended to be a self-care manual. At the same time, those interested in or practising as beauty therapists or aestheticians should receive the benefits of the deep insights and marvelous results Ayurveda can offer their clients.

Shahnaz Husain's Beauty Book

Whole Beauty: Meditation & Mindfulness

The Hot Belly Diet

The Ageless Woman

Making Natural Skin Care Products with Aromatherapy and Ayurveda

The Book of Lymph

Daily Rituals and Natural Recipes for Lifelong Beauty and Wellness

Looks at India's sacred, medicinal, culinary, cosmetic, and aromatic plants, and discusses the application of seventy

plants

This comprehensive volume contains practical advice, hints and tips from professional health and beauty experts. Each chapter covers a different aspect of wellbeing and shows you how to make life-enhancing changes to improve health, diet, appearance, physical fitness and emotional harmony. Included are chapters about skincare and make-up, haircare and styling, exercise and healthy eating, healing aromatherapy, aging naturally and more. With more than 1000 superb photographs and step-by-step sequences, this is the most extensive health and beauty book for women of all ages. * Professional hints and tips, skills and techniques for haircare, skincare, nails, make-up and every health and beauty issue. * Natural beauty, inside and out, with a range of safe, natural therapies, from detox routines and yoga postures to meditation, anti-aging diets and hand- and foot-care. * Look good and feel great with simple, basic routines that promote natural beauty and lifelong youthfulness by teaching us how to keep the body in balance. About the Editor: Helena Sunnydale originally trained as a beautician before establishing her own successful beauty shop and treatment rooms in Hertfordshire, England. She now offers a range of complementary therapies, as well as nutritional and dietary advice and fitness training.

Produce new breakthroughs in anti-aging products

From an internationally recognized physician who combines Eastern and Western medicine, a groundbreaking diet and total body health plan centered on digestive balance and metabolic transformation. The complaints that Dr. Suhas hears on a daily basis, from high body weight, low energy, and poor sleep, to headaches, unexplained congestion, and depression, all have a surprising common denominator: a weak digestive “ fire. ” Drawing on traditional Indian practices and principles, The Hot Belly Diet shows you how to optimize your digestive powers to foster rapid weight loss and vibrant health. At the core of this three-phase diet that makes lunch the most important meal of the day is a dish called khichadi (pronounced kitch-a-de)—a completely nutritious but incredibly easy-to-make meal that helps clear out your “ ama, ” or the digestive sludge that antagonizes weight loss, provokes hormonal imbalances, and ultimately triggers inflammation—the root cause of virtually all disease. This unique book also explains what foods are incompatible (milk and eggs, for example), why the sensation of hunger is essential, and how to time your meals throughout the day to avoid snacking. The Hot Belly Diet changes your relationship with food to make healthy eating—and living—effortless. Whether you ’ re suffering from a chronic condition, looking to prevent future illness, or just want to feel your best every day, The Hot Belly Diet will re-establish your body ’ s natural balance, creating a thinner, healthier, and happier you.

Your Healthy and Organic Guide to Total Body Well-Being

Teaching and Learning Methods in Medicine

Handbook of Chinese Medicine and Ayurveda

An Integrated Approach to Biochemistry and Product Development

Ayurvedic Spa

Whole Beauty

Self-Care Practices to Enhance Immunity, Health, and Beauty

Striking full-color photos capture the timeless world of India's beauty arts. With its friendly and informative approach, this volume shows Western women how to look and feel vibrant, healthy, and ravishing. Includes folk sayings, snippets of poetry, and tales of legendary Indian beauties. 120 color photos.

A decade ago, after suffering from life-threatening autoimmune disorders, Hollywood actress Shiva Rose set out to discover a more holistic way to natural health and beauty. Growing her own organic herbs and flowers; mixing creams, lotions, and tonics; and following Ayurvedic practices and creating mindful rituals, she has not only healed her life but has also become a leader and entrepreneur in the world of all-natural beauty and lifestyle. Whole Beauty is her radiant next step, a practical, inspiring, stunningly beautiful guide to following a whole beauty practice at home. Here is the recipe for Rose's iconic rose hip facial serum, as well as 40 other recipes for masks and exfoliants, hair-care products and detoxes, and even DIY deodorant and toothpaste. She explains Ayurvedic practices, such as dry brushing and oil pulling, and home-cleansing rituals, such as smudging with burning sage; shares a dozen tonics, including Celestial Nog and Summer Lover; and offers an entire chapter on the use of essential oils, both on the body and in the home. From natural beauty solutions like a Blushing Bride Chickpea Face Mask to showing how to tap into the full force of female energy, Whole Beauty is a complete guide to revitalizing your life.

A holistic guide to improving your gut flora for better physical and emotional health

- Explores the influence of the gut microbiome and the mesentery on all other bodily systems, especially the brain and immune system
- Explains the central role of the digestive system in Ayurveda and traditional Chinese medicine and how these systems treat the microbiome
- Presents herbal remedies, acupuncture and acupressure techniques, and dietary methods to restore balance to your gut flora, including a microbiome reset

In traditional medicine, such as Indian Ayurveda and Chinese medicine, the digestive system and microbiome are recognized as the foundation for good health. Our internal flora influences our immune system, brain function, hormonal balance, cravings, sleep, mood, inflammatory response, digestion, nutrient assimilation, and elimination. In this holistic guide to cultivating a healthy microbiome and managing gut health naturally, Bridgette Shea explores digestive functioning from the perspectives of both Western science and

traditional medicine. She examines Ayurvedic and Chinese medicine principles on digestion and constitution types. She reveals how, in addition to describing what we now call the microbiome, traditional Chinese medicine also has long recognized the importance of an abdominal organ that modern science has only recently acknowledged: the mesentery, the tissues that connect and support the internal organs. Going beyond probiotics and prebiotics, the author presents practices from Ayurveda and Chinese medicine to reestablish balance in your internal microbiome, support the mesentery, improve digestion and elimination, and restore a clear mind and strong immune system. She explains how to read your symptoms, from brain fog and fatigue to congestion and stool quality, and offers herbal remedies, acupuncture and acupressure techniques, and dietary methods to improve your internal health, including a microbiome dietary reset. Revealing the diverse role that our inner microbial colonies play in keeping us happy and healthy, this book shows that by changing your microbiome, you can greatly improve your physical, emotional, and mental health. Learn about one of the most ancient and revered traditions passed from mother to daughter that teaches how you too can obtain an inner serenity and an outer glow that is the essence of real beauty.

Complete Book of Beauty

Cultivating Your Microbiome

The Complete Technology Book on Herbal Beauty Products with Formulations and Processes

Radiant Skin and Inner Harmony Through the Ancient Secrets of Ayurveda

100 Organic Skincare Recipes

Natural Health and Beauty After Forty with Maharishi Ayurveda

Beauty Secrets of India

The Ageless Woman weaves the timeless wisdom of Ayurvedic medicine with the latest medical discoveries into a unique, highly-effective anti-aging guide for women.

Time is scarce and precious in today's world and we seek solutions that are quick. While allopathic medicine tends to focus on the management of disease, the ancient study of Ayurveda provides us with holistic knowledge for preventing disease and eliminating its root cause. Dr Bhaswati Bhattacharya takes you through a day in the life of Ayurvedic living.

In this poignant and insightful memoir, Pratibha Masand Sachdev offers homage to her grandmother's life and culinary skills. By sharing her life journey, the art of intuitive cooking, and the simple science of self-nurture, she encourages us to return to our roots, seeking the answers from the universe within us. She reminds us gently that too often we fail to see the sun that is already lit within our soul, while we seek a lamp from others. Offering over 108 simple food and skincare recipes for radiance, she talks about her own healing journey?her rediscovery and simple daily application of Ayurveda and how she connected with her inner wisdom by paying attention to the ebb and flow of her emotions. This journey of an ordinary woman who was privileged to have

extraordinary experiences and transform her life will engage readers as they travel along with her. As you traverse through these pages, your own recipe for good health and radiance awaits you. Compound it, and be your own pharmacist. Explore and discover that healing light within you and "Let It Glow!" ?This delightfully heartfelt and powerfully written collection of true stories, recipes, and daily practices shows one modern Indian woman's journey through hard times using wisdom gathered from her precious grandmother and talented aunts. Bravely sharing how she personally has been able to rediscover joy, health, and inner nourishment, Pratibha Masand Sachdev offers her family recipes for you to use along with your own intuition to discover what ignites your own special glow. What a beautiful gift! ? Melanie Sachs; author of Ayurvedic Beauty Care: Ageless Techniques to Invoke Natural Beauty

The natural skin care industry is growing, with more and more consumers seeking nontoxic, all-natural products. Now they can make their own at home, less expensively and with fewer additives. In Pure Skin Care, best-selling author and long-time formulator of natural products Stephanie L. Tourles shares her 78 all-time favorite recipes for facial cleansers and scrubs, masks, moisturizers, and steams, along with creams, balms, and exfoliants for the entire body, all formulated to meet the most up-to-date green beauty standards. Readers will find specialized formulas for feet, hands, and sun protection, along with instructions for customizing recipes for particular skin types and easy-to-make treatments for common skin conditions like rosacea, acne, and wrinkles. This book features soothing, pampering, healing, and restorative formulas for all ages and needs.

Panchakarma: the Ayurvedic Art and Science of Detoxification and Rejuvenation

Make Your Own Fresh and Fabulous Organic Beauty Products

Everyday Ayurveda

Let it Glow!

Ayurveda Lifestyle Wisdom

A Scientific and Clinically-Proven Approach to Safely Bringing Wheat and Dairy Back Into Your Diet

Nourishing Body and Mind through Seasonal Recipes, Rituals, and Yoga

A comprehensive reference tool for maximizing healing of the mind, body, and spirit through a holistic synergy of Chinese medicine and Ayurveda • Details the foundational principles of each tradition and the many concepts they share, such as qi and prana, meridians and nadis, and energy centers and chakras • Provides tools for self-assessment including a primer on tongue diagnosis and a mental, emotional, and physical constitutional questionnaire • Offers breathing exercises, dietary regimens, herbal recommendations, and guides for detoxification, including safe and gentle at-home cleansing Chinese medicine and Ayurveda are two of the oldest healing systems in use today. Each is a complete art, in and of itself, and has profoundly contributed to the health and well-being of millions of people around the world. Drawing on their shared roots and spiritual principles, Bridgette Shea, L.Ac., MAcOM, shows how these two practices integrate seamlessly, with the two traditions' individual strengths harmonizing to form a practical basis for prevention, wellness, detoxification, and treatment. The author explains the foundational principles of both Chinese medicine and Ayurveda in detail, providing the reader with a working understanding of both disciplines. She examines shared concepts such as qi and prana, meridians and nadis,

and energy centers and chakras. She explores the strengths of each practice, such as the clinical efficiency of diagnosis and the use of acupuncture for pain relief, improving fertility, and stress reduction in Chinese medicine and the dietary, detoxification, and spiritual guidance of Ayurveda, including the detox branch of Ayurveda known as Panchakarma. Moving beyond theory into practical application, she explores the Elements, known as the Five Phases and the Panchamahabhutas, and how they affect our well-being. She provides tools for self-assessment including a primer on tongue diagnosis and a mental, emotional, and physical constitutional questionnaire. Offering treatment and prevention strategies that draw from both disciplines, she encourages the reader to implement an integrated practice of these two systems in daily life or clinical practice. She details breathing exercises, dietary regimens, herbal recommendations, and guides for detoxification, including safe and gentle home cleanses, all rooted in the holistic synergy between Ayurveda and Chinese medicine. Sharing case studies that highlight the interconnectedness of these approaches, Shea provides a comprehensive guide for self-healing of body, mind, and spirit and a practitioner's resource to cross-reference complex questions with respect to both healing traditions.

*Learn how to use the ancient power of essential oils to make nontoxic dishwashing liquid, deodorant, toothpaste, insect repellent, and more. Essential oils have been used in healing for thousands of years, in cultures from Greek to Persian, Roman to Assyrian, and vessels have even been found in Egyptian tombs. To this day, they offer speedy remedies that help us to heal just by removing a cap and breathing in. Used as household cleaners, they will help to rid your home of toxic chemicals. In your beauty and wellness practice, they can enliven your rituals with healing and fragrance. In this book, holistic lifestyle and skincare guru Shiva Rose helps you harness the power of essential oils through easy, nontoxic recipes for daily home use (dishwashing liquid and a bleach alternative), beauty (toners and essential oil perfumes), and more. Praise for Shiva Rose's *Whole Beauty: Daily Rituals and Natural Recipes for Lifelong Beauty and Wellness* "Shiva Rose's *Whole Beauty* book holds the secret to inner well-being." —Vogue.com "Shiva Rose's new book will turn you into a goddess." —MarthaStewart.com "Whole Beauty overflows with soul-nourishing rituals . . . Shiva's insights on choosing crystals, drawing the most de-stressing bath of all time, and finding your mantra are reason enough for keeping *Whole Beauty* bedside; we thumb through it whenever we're feeling a bit adrift." —goop "This book is literally life-changing. Shiva makes us think about taking care of ourselves both physically and spiritually, and I love that she shows us how to do it step by step." —Molly Sims, actress, model, and author of *Everyday Chic**

Slow down and create mindful moments using this self-care handbook that includes everything from guided meditations to Ayurvedic practices like tongue scraping and self-massage.

*All-natural beauty product recipes for healthy, glowing skin and a happier you! Stimulate your senses with *Lemon Poppy Seed Scrub*. Rejuvenate your skin with a *Glowing Goddess Face and Body Mask*. Wash away your worries with a *Fizzy Mojito Foot Spa*. Filled with all-natural ingredients like shea butter, essential oils, and brown sugar, each recipe in *100 Organic Skincare Recipes* gives you the opportunity to mix up your own beauty products--without any of the hazardous chemicals you'd find in store-bought brands. Whether you*

have sensitive skin or just want to switch to a natural beauty routine, these step-by-step instructions will teach you how to use oils, herbs, and other easy-to-find ingredients to make amazingly effective organic skincare recipes. You will enjoy creating your own one-of-a-kind home spa products, such as Invigorating Ginger Citrus Body Wash, Carrot-Coconut NutraMoist Mask, and Chocolate Lip Scrub. With the beautiful, soothing products in 100 Organic Skincare Recipes, you'll always be just a few moments away from the luxury of your very own home spa experience, and an easy escape into tranquility, relaxation, and indulgence.

Ageless Techniques to Invoke Natural Beauty

Invoking the Archangels

Rituals and Exercises for Everyday Self-Care

The Ayurvedic Approach to Beautiful Skin

Ayurvedic Healing for Women

An Integrated Practice of Ancient Healing Traditions

A Complete Prescription to Optimize Your Health, Prevent Disease, and Live with Vitality and Joy

No one is truly alone. Anyone can, at any moment, call upon not only one, but seven specific Archangels who bring blessings and protection to those who know how to ask. In *Invoking the Archangels: A 9 Step Process to Heal Your Body, Mind, and Spirit*, Sunny Dawn Johnston introduces readers to these Archangels and presents a nine-step process to healing-- from physical ailments to relationships, addiction, and even financial struggles.

A radiant complexion can be yours through the ancient science of Ayurveda. Kristen Ma invites you to expand your skin-care consciousness to incorporate elements from this millennia-old system of wellness from India, along with principles supported by the latest scientific research on skin biology. Her practical guidelines are safe and easy to follow--and marvelously effective for nurturing healthy and beautiful skin. Ma explains both skin biology and the basics of Ayurveda as it applies to skin health, and shows you how to determine your true skin type according to your specific dosha (physical constitution according to Ayurvedic principles), then recommends individualized regimens with easy-to-obtain products. Ma explains the influence of diet on skin health, how to deal with skin changes that come with aging, how to protect skin from the sun and pollutants, and how to cope with the effect of stress on skin. She identifies harmful ingredients that are ubiquitous in most products and treatments on the market, and recommends healthy alternatives. She also offers advice on how to treat common problems such as:

- breakouts
- acne
- eczema
- rosacea
- hyperpigmentation
- dark circles under the eyes and

puffy eyes • and many others

Based on the ancient healing tradition from India that dates back thousands of years, The Complete Book of Ayurvedic Home Remedies offers natural alternatives to conventional medicines and treatments with practical advice and easy-to-follow instructions. Dr. Vasant Lad, a leading authority in this field, has created an invaluable guide to treating common ailments and chronic problems with strategies tailored to your personal needs based on your dosha. Dr. Lad first explains the principles behind the science of Ayurveda, exploring the physical and psychological characteristics of each of the three doshas, or mind-body types--vata, pitta, and kapha. Once you have determined which type or combination of types you are, Dr. Lad helps you to begin your journey to the ultimate "state of balance" and well-being. Dr. Lad explains why certain imbalances often result in illness and shows you how to restore your body to natural order. You'll learn which traditional Ayurvedic remedies--herbal teas and formulas, essential oils, meditation, yoga--offer relief from a variety of conditions, such as cold and flu symptoms, headaches, toothaches, sore throats, high cholesterol, vision problems, anxiety, and depression. Dr. Lad also shows you how to use diet and specific Ayurvedic techniques to prevent future illness and to promote body consciousness and healthy living. The Complete Book of Ayurvedic Home Remedies enables us all to experience the benefits of Ayurveda's healing properties that have been refined over thousands of years. All of the herbs, foods, and oils Dr. Lad recommends can be found in local health food stores or through mail-order catalogs. Complete with an extensive glossary and resource list, this is the definitive guide to natural, safe, and effective remedies, everyday keys to a lifetime of vitality and well-being.

Deepak Chopra and Kimberly Snyder propose a "program to help transform you from the inside out. Through six pillars of healthy living that focus on internal and external nourishment, sleep, living naturally, avoiding excessive stress, and better understanding the relationship between emotions and inflammatory foods, the authors offer ... tips, tools, innovative routines, and foods that will allow you to achieve your highest potential of beauty and health"--

Ayurveda

A Woman's Best Medicine

Ayurvedic Beauty Care

Ayurvedic Beauty

How to Transform Yourself from the Inside Out

Daily Habits That Can Change Your Life in a Day

An Introduction to the Healing Plants of India

If you are a spa owner looking for new, authentic world class treatments, a body worker wanting to learn methods that touch your clients on a heart level, or someone who enjoys creating nurturing rituals for yourself and family in your home, Ayurvedic Spa will guide and help you to offer and/or achieve greater levels of beauty, peace and wellness.

Techniques for achieving and preserving beauty including facial massage, aromatherapy and Ayurvedic practice in self-help guide.

A first-of-its-kind guide that outlines and explains the health-promoting properties of lymphatic massage, featuring beautifully illustrated, five-minute self-massage sequences anyone can do at home. Thanks to the astonishing results it provides—glowing skin, a flatter stomach, enhanced immunity, and full-body detox—the practice of manually stimulating the lymphatic system has become one of the most popular wellness practices today. Lymphatic drainage works because the lymphatic system—a complex geography of rivers that snake throughout the body just beneath the surface of the skin—connects every other bodily system. When lymph flows, everything else flows, too. In this first-of-its-kind guide, veteran lymphatic drainage practitioner, educator, and advocate Lisa Levitt Gainsley explains how to maintain lymphatic health, sharing the five-minute self-massage techniques she originally developed for her high-powered Los Angeles clientele. These simple sequences are tailored to address a number of specific and common issues: bloating, headaches, digestive problems, immune health, anxiety, weight loss, acne, inflammation, and more. Whether you just want to look and feel your best or are facing a more serious health issue such as cancer treatment or recovery, *The Book of Lymph* offers educational and practical instruction to help you cultivate a body free of pain and lethargy, activate a calmer state of being, and boost overall glow—in just five minutes a day.

Ayurveda has become the most prevalent and respected holistic discipline in America today. Popularized by bestsellers such as Deepak Chopra's *Ageless Body, Timeless Mind*, its principles of working in harmony with nature and treating the mind, body and spirit as a whole have been wholeheartedly embraced by millions. *Absolute Beauty* applies Ayurveda's principles to create a truly unique approach to skin care. Unlike other beauty books, which concentrate solely on creating superficial beauty through makeup or drugs like Retin-A, it helps readers achieve the kind of radiance that comes from within a beauty that is so luminous, so vital, that it transcends age, fashion and physical flaws. The book includes: a self-test to help readers determine their exact skin type, customized skin-care regimens; a consumer's guide to the dizzying array of so-called natural products available; remedies for common skin problems; important nutrition information; instructions for detoxifying the body; and a discussion of the spiritual side of Ayurveda to show how it can help readers achieve tranquility and the resulting inner glow.

Homemade Beauty

A 30-Day Ayurvedic Plan to Reset Your Metabolism, Lose Weight, and Restore Your Body's Natural Balance to Heal Itself

Ancient Wisdom on Health and Beauty for Every Stage of Your Life

Living Ayurveda

Ayurvedic and Chinese Practices for a Healthy Gut and a Clear Mind

Treatments for Large and Small Spas as Well as Home Care to Help Everyone Become Healthy, Happy, and Inspired

Radical Beauty

Celebrated author of The Green Beauty Guide Julie Gabriel presents a comprehensive yet simple book that brings all four corners of the natural beauty paradigm together: natural skincare, holistic nutrition, stress-relief, and healthy lifestyle. A holistic nutritionist, Gabriel teaches her reader how to 'eat yourself beautiful' using building blocks from a wholesome diet, and as a long-time beauty writer and editor, reveals why beauty-boosting changes to our everyday lifestyles are essential in helping us to discover the allure we are looking for. Holistic Beauty from the Inside Out claims that true beauty radiates from inner physical and emotional harmony. Our body is equipped with a full set of tools to maintain and restore our intrinsic assets, and has enormous healing powers to rejuvenate our skin, hair, and nails. The book includes handy and straightforward lists of what products to avoid, what foods to eat, and natural recipes to use for skincare.

Ayurvedic Beauty Care Ageless Techniques to Invoke Natural Beauty Motilal Banarsidass Publ.

The Practical Reference Guide on Women's Health in Traditional Chinese Medicine Get your copy and learn how to understand your cycles and transform your life 7 Times a Woman is the product of a 20 year personal and clinical journey in understanding and balancing women's cycles. It began with Dr. Andrews' personal health challenges which led her to become an acupuncturist and open her own clinic where she has helped many women heal from hormonal imbalances. 7 Times a Woman is a reference book for women's health, covering daily, monthly, yearly, and 7 year cycle care to increase beauty and vitality. It educates women on the topics of conception, childhood, menstruation, postpartum, menopause, detoxification, rejuvenation, Daoist sexual cultivation, Inner Alchemy, and senior care. 7 Times a Woman includes over 50 meditations, qigong exercises, and practices and over 70 recipes and herbal formulas women can use to transform themselves. For lay women, 7 Times a Woman will show you how to look and feel your best at every age: Stay juicy and vital after menopause Keep your figure and your mind after childbirth Learn ancient Daoist meditation, sexual alchemy, and beauty secrets Use safe detox and weight loss strategies For acupuncturists, 7 Times a Woman gives you herbal formulas, point prescriptions, diet plans, and strategies for common female maladies so you can: Alleviate PMS, menstrual cramps, and yeast infections Heal postpartum weight gain, low libido, and depression Quickly treat hot flashes, vaginal dryness, insomnia, and other menopausal symptoms And much more

This book considers the evolution of medical education over the centuries, presents various theories and principles of learning (pedagogical and andragogical) and discusses different forms of medical

curriculum and the strategies employed to develop them, citing examples from medical schools in developed and developing nations. Instructional methodologies and tools for assessment and evaluation are discussed at length and additional elements of modern medical teaching, such as writing skills, communication skills, evidence-based medicine, medical ethics, skill labs and webinars, are fully considered. In discussing these topics, the authors draw upon the personal experience that they have gained in learning, teaching and disseminating knowledge in many parts of the world over the past four decades. *Medical Education in Modern Times* will be of interest for medical students, doctors, teachers, nurses, paramedics and health and education planners.

Nourishing Recipes for Vibrant Skin & Natural Beauty

150 Simple Beauty Recipes Made from All-Natural Ingredients

Whole Beauty, Essential Oils

Beauty Pure and Simple

7 Times a Woman

The Book of Beauty

Homemade Recipes for Clean Beauty and Household Care

In this book, Shahnaz Husain makes a successful endeavor to spread the rich herbal heritage of India around the world. She offers complete and holistic beauty solutions. The topics include skin, face and hair care, hand and feet care, and tips on make-up. Shahnaz effectively combines ancient herbal remedies with scientific techniques. The book seeks to meet the burgeoning demand for cosmetics made of herbs and other natural products. Moreover herbal beauty-aids can be prepared at home according to your very personal requirements and tastes. And since these are relatively cheaper, you can have many more natural cosmetics without stretching your budget.

*Ayurveda, the oldest continually practiced medical system in the world, has always had a special branch of medicine just for women and offers unique understanding of female anatomy--one that encompasses not only the physical and energetic body, but the emotions, the mind, and the spirit. Written for women who want to find their own solutions to their health issues, *Ayurvedic Healing for Women* addresses the need to treat the root cause of feminine problems. It rejects the notion that discomfort, pain, and emotional swings are normal to a woman's life. With this self-help guide, you'll learn how to devise a*

treatment plan that is right for your unique constitution--how to use dietary changes and herbal supplements to treat PMS, mitigate premenopausal symptoms, prevent osteoporosis, and reverse many other ailments. Also included is an impressive treatment section that details dozens of Ayurvedic formulas using herbs common to North America and Europe. If you are looking for alternatives to Western medicine and are ready to get proactive about your own health, this is the book for you!

Panchakarma: The Ayurvedic Art & Science of Detoxification and Rejuvenation describes the individualized, therapeutic approach to Ayurvedic wellness practices and the many restorative benefits they offer. Written by professional practitioners and instructors with decades of experience in Ayurvedic counseling, this book presents time-honored processes and techniques to remove toxins and correct imbalances. The five core treatments of Panchakarma are described, along with the preparatory steps that must be followed by those seeking Ayurvedic-based solutions. Panchakarma reveals how nutritional and lifestyle adjustments, along with individualized therapies, can improve metabolic activity while reducing stress and bringing peace of mind.

Ayurveda is founded on the belief that true health is everyone's birthright--and that each of us is a self-healing entity who can use nature's abundance to restore and renew ourselves. *Ayurveda Lifestyle Wisdom* is a breakthrough book for yoga practitioners, spiritual seekers, and anyone ready to learn a "doable" approach to this time-tested art and science of health and well-being. Internationally renowned for her ability to make Ayurveda accessible and practical for Western audiences, Acharya Shunya presents a narrative-based guidebook that meticulously covers the how-to's of morning and evening self-care, daily contemplations, self-massage and skin care, cooking (including recipes), beauty rituals, and more. "To rid ourselves of the suffering that afflicts the body, mind, and soul, what we need is an affirmative knowledge of life and how to live it in alignment with nature," writes Acharya Shunya. *Ayurveda Lifestyle Wisdom* opens the gates to this profound knowledge.

Holistic Beauty from the Inside Out

From Ayurvedic Techniques to Exotic Adornments

***Based on the Timeless Wisdom of India's 5,000-Year-Old Medical System
Health, Happiness, and Long Life through Maharishi Ayur-Veda***

Eat Wheat

Your Complete Guide to Natural Health, Nutrition, and Skincare

This book on Ayurveda is a perfect handbook to augment our physical, mental and spiritual growth, by knowing what to bank on, what to eat or not to eat, and what to change and how to cope with the things we cannot change. Ayurveda helps us to understand the action of Vatta, Pitta and Kapha - the three primary body Doshas. Knowing which Dosha is dominant in us, why it gets aggravated, and how it can be balanced, will help us to cure ourselves. Ayurvedic remedies are available in various forms including: fresh juices made from herbs; Churna (herbs that have been powdered and taken with food or water); Ark (a distillate made from herbs); Quath (crushed or ground herbs used as a brew or decoction; Modak or Paak (herbs cooks in jiggery or sugar); and Asav (a light wine made by fermentation of herbs. This book makes the task simple to understand the body's actions, reactions, physical and mental characteristics to restore imbalances to ensure a lifetime of well-being. The way followed in this book is disease-wise. The diseases have been covered alphabetically, explaining the symptoms, their effect on the body, prevention and finally remedies through Ayurvedic preparation/s. Important disease covered are: Acidity, Acne, Anemia, Asthma, Baldness, Cancer, Cholera, Cholesterol, Cold, Constipation, Cough, Diabetes, Grey hair, Headache, High Blood pressure, Increase memory & immunity, Insomnia, Low blood pressure, Migraine, Obesity, etc.

In *A Woman's Best Medicine*, two physicians and a research psychologist trained in Maharishi Ayur-Veda medicine apply this ancient wisdom to women's health concerns. Among other topics they discuss are: the benefits of the menstrual cycle; practical ways to enjoy a comfortable pregnancy, childbirth, and menopause; the important contribution of nurturing relationships to wellness; and an introduction to daily and seasonal eating, sleep, and exercise routines. Through questionnaires that assess personal temperament, body-mind type, emotions, and habits, *A Woman's Best Medicine* offers an in-depth, preventive, self-care program that fully develops and uses a woman's self-knowledge. The result is a joyous return to a natural state of radiant health, happiness, and long life. "God bless this book. Its grounding in a meditative perspective and its appreciation of the feminine lead us to the river to drink of knowledge of the totality of life—the definition of Ayur-Veda." —Yoga International "This book is a valuable introduction to Ayur-Vedic principles, in clear, down-to-earth language." —Larry Dossey, M. D., author of *Healing Words* "This is the best book on women's health I have ever read. It is the revolutionary health book that every woman deserves to read." —Claudine Schneider, former U.S. congresswoman and co-chair of Women's Health Initiative, Rhode Island

The international bestseller by the author of *The 3-Season Diet*: "A compelling, evidence-based approach for safely eating wheat and dairy . . . a must-read" (Dr. Rav Ivker, author of *Sinus Survival*). Have you gone gluten-free or dairy-free? If so, you might not have to deny yourself the foods you love any longer. *Eat Wheat* is your guide to safely bringing wheat and dairy back into your diet, using a scientific and clinically proven approach to addressing food intolerances. Dr. John Douillard, a former NBA nutrition expert and creator of LifeSpa.com, addresses the underlying cause of the recent gluten intolerance epidemic. *Eat Wheat* explains how a breakdown in digestion has damaged the intestinal wall, causing "grain brain" symptoms and food allergies. Although eliminating wheat and dairy from your

diet may help your symptoms, it is only a temporary solution. *Eat Wheat* addresses the root cause: the inability to digest well and break down harmful toxins that can lead to more serious health concerns. Backed by more than 600 scientific studies, *Eat Wheat* is a revolutionary guidebook to regaining your digestive strength. *Eat Wheat will: Reveal hidden science on the benefits of wheat and dairy Help you navigate around food toxins in modern wheat and dairy Retrain your body to digest wheat and dairy again Flush congested lymphatics linked to food intolerance symptoms Teach you to follow natural digestive circadian cycles Help bring your blood sugar back into balance Teach you proven exercise and detox techniques to reboot strong digestion and achieve optimal health and vitality*

The *Book of Beauty* is as much a hands-on guide on how to make skin care products with natural ingredients as the sum of Samyukta Blanchet ' s 15 years of experience in aromatherapy and Ayurveda as it relates to inner and outer beauty. She provides basic recipes but also knowledge upon which you can create your own products, taking into account your changing skin care needs. Exercises, tips and precautions are included to build your confidence and support your awareness and creativity. At a deeper level, the search for beauty is related to the search for self-love, one that is universal. The aromatic path offers a perfect opportunity for the wise woman in you to start or deepen your quest.

Radiant Beauty

Absolute Beauty

The Complete Book of Ayurvedic Home Remedies

The Garden of Life

Skin Aging Handbook

Pure Skin Care

A Nine-Step Process to Heal Your Body, Mind, and Soul