



Ayurveda: Natural Health Practices for Your Body Type from the World's Oldest Healing Tradition

Vasant Lad

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More than 5,000 years ago, the world's first system of holistic medicine was established in India. Called ayurveda, which literally means the science of life, this mother of all healing systems is based on spiritual principles, and includes natural treatments to establish the correct balance between the mind, body, and consciousness. On Ayurveda, listeners join Dr. Vasant Lad (founder of America's first ayurvedic institute) to explore this ancient mind/body art. From choosing the right diet and food combinations for your type, to fascinating cosmic laws about individual constitutions and the three doshas that govern wellness, to principles for attaining enlightenment through perfect health, here is the only complete audio curriculum on ayurveda. According to a recent Harvard Medical School study, one in three Americans has sought out and used alternative health treatments. Now the world's oldest system for holistic healing is available to Western seekers, with Ayurveda.

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