



AYURVEDA: The Ayurvedic Handbook of Doshas (Ayurvedic Holistic Body type Diet) (Energy Healing Alternative Medicine Ayurveda Book)

Madan Gupta

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The Ayurvedic Handbook of Doshas (Ayurvedic Holistic Body type Diet) is your go to guide for anything and everything you wanted to know about Doshas.

Ayurveda helps you discover your dosha and provides specific strategies that empower you to balance each dosha, giving you the guarantee of a harmonious, happy and healthy life!

The Ayurvedic handbook of doshas provides proven recipes for self-healing, harmony and balance. The ancient science of Ayurveda provides implementable strategies that can ensure balance and harmony in your life.

As you read through the Ayurvedic handbook of doshas, you will understand these strategies in complete detail. **The Dosha quiz which will help you understand your mind body constitution so that you can personalize this Ayurvedic plan of self-discovery and healing.**

The book also provides some fun facts that keep you motivated and balanced along the way.

This is your personalized guide to good health, harmony and balance – your one stop shop!

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