

Vasishta Ayurvedic Wellness Inc

Kerry Harling

Ayurveda Sonja Shah-Williams, 2021-01-12 Make Ayurveda an indispensable part of your everyday self-care routine with this step-by-step guide to holistic balance and wellness. Introducing Ayurveda, a natural approach to self-healing, alternative medicine, and wellness brought to you by experts Sonja Shah-Williams and Sahara Rose. Featuring tailored remedies including Ayurveda recipes, skincare, yoga, and mindful meditation techniques, this marvelous medicine book is a one-stop guide to all things nature and nurture. This little self-care book will take you on a breathtaking journey of holistic healing, featuring: - What Ayurveda is and the benefits of the practice - A step-by-step illustrated guide to Ayurvedic practices - What ingredients and equipment you will need to get started - How to easily incorporate this Ayurveda practices into everyday life New to Ayurveda? No worries, we've got you covered! Ayurveda encompasses a view of the world based on ancient beliefs that everything is connected and that balance is the key to wellbeing. With a core focus on the prevention of disease by adopting anti-inflammatory diets, mindful meditation, and massages, this encyclopedia of ancient wisdom will elevate your health and wellbeing, leaving you feeling energized, grounded and mindful. Ayurveda combines spiritual practices and self-care strategies, by featuring tons of tips and tricks on wellness practices designed to uplift the mind, body, and spirit, complemented by healing treatments designed to address, relieve, and help cure a range of common conditions. Fancy a new you this New Year? This curated collection of clean-eating dietary recommendations, herbal remedies, and spiritual practices will show you how to practice Ayurveda at home, and become a better and more balanced version of yourself. Make 2022 the year of wellness and healing yourself! At DK, we believe in the power of discovery. So once you've completed Ayurveda, why not explore more books in DK's Little Book of Self-Care series? Discover how to make aromatherapy an indispensable part of your everyday self-care routine in Aromatherapy, or immerse yourself in the power of breathing to focus your mind in Breathwork.

The 25-Day Ayurveda Cleanse: a Holistic Wellness Plan Using Ayurvedic Practices to Reset Your Health Naturally Kerry Harling, 2019-05-28

[Ayurveda Winter Wellness 101](#) Pureture Hhp, 2020-12-12 Book 1 of a 4 series in Ayurvedic Seasonal Practices for each Dosha type. The ancient, 5,000-year-old practice that could resolve your modern-day health issues. Are you concerned about the effects your lifestyle is wreaking on your health? Are you experiencing physical and mental problems that won't go away

with aspirin or paracetamol? It could be digestive and weight issues from a diet filled with fast food, or sleep troubles from stress-filled workdays. Whatever your problem, a change in lifestyle will help address your issues. Unfortunately, a lifestyle change is easier said than done, especially with all your family and work obligations. The ancient Indian practice of Ayurveda can help you with these lifestyle adjustments. It promotes holistic health and disease prevention through achieving the right balance in body, mind, and consciousness. Ayurveda's principles come from age-old Indian beliefs about our bodies' energies, and these can be personalized to suit your specific needs. Inside Ayurveda Winter Wellness 101, you will discover: How to find out your Ayurvedic body type, and what this means for your health, diet, and lifestyle; The unhealthy habits to avoid if you want to keep your most powerful dosha in tip-top shape and have your blood flow, heart, and excretory system working well; The warning signs of a dosha imbalance, whether it be Pitta, Vata, or Kapha, and the effective remedies to counteract this imbalance; How you can manage and treat various symptoms with Ayurvedic herbal treatments, including this versatile spice to liven up your meals; The foods to eat, and foods to avoid, based on your dominant dosha to help you nourish your body properly and balance your energy. And much more. Ayurveda may initially seem like a complicated set of obscure Indian terms that have nothing to do with health. But once you start practicing and living its principles, you will feel the benefits of living a more balanced life that addresses your needs as a whole being, rather than just tackling individual symptoms. And there's no need to shun modern medicine to practice Ayurveda. This health system is meant to be a complement to Western medicine, not a replacement. It's time to start taking your health more seriously and complete the necessary steps to finally achieve balance. After all, your body and your mind will thank you for it. If you want to take care of your health in an all-natural and all-encompassing way, then scroll up and click the Add to Cart button right now.

Journey to Ayurvedic Wellness Amy Anne Atkinson, 2023-09-27 This book was created to provide you with a comprehensive exploration of Ayurveda, the ancient system of natural healing from India. This book is comprised of ten chapters, each offering valuable insights into the various aspects of Ayurvedic living, and how to apply them into your daily life, in practical and simple ways. Starting with the basics of Ayurveda and its core principles in Chapter 1, the book takes you through essential topics such as Ayurvedic diet, lifestyle, daily routines (Dinacharya), and the profound connection between Ayurveda and Yoga. It also delves into the transformative practices of Ayurvedic detoxification (Panchakarma), managing emotions, Ayurvedic beauty, and the art of living a long and fulfilling life. Throughout the book, you will gain a deeper understanding of Ayurveda's holistic approach to health, emphasizing the importance of balance in mind, body, and spirit. The book provides practical guidance on incorporating Ayurvedic practices into everyday life, helping you enhance your physical health, emotional well-being, and overall vitality. Journey to Ayurvedic Wellness serves as an invitation to you if you are seeking to explore the timeless wisdom of Ayurveda and how to apply its principles to achieve greater harmony and balance into your life. Whether you are a novice or experienced in Ayurveda, this book offers profound insights and

actionable steps to support your journey towards holistic well-being and radiant health.

Press Here! Ayurvedic Head Massage for Beginners Hillary Arrieta, 2021-05-11 Press Here! Ayurvedic Head Massage for Beginners gives simple step-by-step guidance on how to incorporate Indian head massage into you and your family's everyday routines to enhance overall well-being and beauty. The techniques illustrated and explained offer many health benefits, including: Easing sleep disturbances Reducing stress Easing muscular tension, headaches, and eye strain Promoting increased blood circulation to the head and cephalic region Enhancing scalp health Practitioners can also achieve psychological and spiritual benefits, including: Increasing a sense of human connection between giver and receiver Creating a meditative mood that encourages deep sleep Relief from mild depression or life burnout/overwhelm through the release of endorphins Potential beauty benefits include: Improves the condition of skin and hair by increasing blood circulation Provides nutrients to the living cells of the skin and hair Gives the receiver a refreshed and younger looking appearance Nourishing hair oils can further increase and customize your beauty efforts along with the massage The book also addresses safety considerations, including vital areas of caution in the neck and head and when it might be unwise to practice Indian head massage, and cautions with regard to herbally infused oils. Each chapter covers an important area related to head massage techniques in depth, including foundational principles of ayurveda and how Indian head massage is part of ayurvedic practice. You'll find: A basic review of Doshas, including details on how to discover your unique, elemental body type—Pitta, Vata, Kapha, and combinations of these Marma or vital energy points of the head and neck Preparation tips with a supply list, mood, space, and lighting considerations Preparing the body and mind to give/receive an Ayurvedic Indian head massage—hygiene, stretches for the arms, shoulders, and hands Types of massage movements used in Indian head massage, described step by step—nerve strokes, effleurage, petrissage, frictions, tapotement Also covered: Self-care rituals with an introduction to touch, step-by-step protocols, communication with partner about pressure and comfort Hair oil recipes, including everyday hair oil recipes, tips on creating your own recipes, authentic beauty hair oil, headache relief hair oil, mid-day energizing hair oil, peaceful sleep hair oil Incorporation of rituals, including authentic beauty rituals, step-by-step protocol to enhance one's own natural beauty, headache relief ritual, step-by-step protocol to reduce tension headaches, mid-day energizing rituals, step-by-step protocol to stay alert during the day, peaceful sleep ritual, step-by-step protocol to enhance sleep The book ends with an Ayurvedic Dosha-type quiz to help understand your personal prakriti or constitution. The Press Here! series offers contemporary takes on traditional hands-on healing practices for a new generation of practitioners. These introductory guides feature easy-to-access organization, clear instructions, and beautiful illustrations of each technique. Other Press Here! topics include reiki, reflexology, chakras, and acupressure.

The Mindbody Cleanse Ronly Blau, Adrian Nowland, 2016-03-10 Discover a rich and accessible guide for Ayurvedic cleansing in this comprehensive book. This safe and healing cleanse is effective in improving energy, mental clarity, reaching

a healthy weight, improving digestion and strengthening immunity.

The Wellness Sense Om Swami,2015-11-03 Why do certain foods harm some people and help others? How come the results of a weight loss programme varies from individual to individual? And why do some people fall sick more often than others? The science of Ayurveda holds answers to these questions and many more. Its scriptures took a holistic approach to health by combining our lifestyle with our natural tendencies (which vary from one person to another). This groundbreaking new work from Om Swami combines the yogic view of food as sattvic, rajasic and tamasic with Ayurvedic perspective, and further relates it to the modern view of foods as acidic and alkaline. This is also the first time that Ayurvedic prakriti (vata, pitta and kapha) has been discussed in the context of yogic prakriti (sattvic, rajasic and tamasic) in a truly cohesive fashion. The Wellness Sense extracts the essence of Ayurveda, yoga and tantra to combine it with modern medicine in this simple, step-by-step handbook on how to take better care of yourself. Accessibly written, deeply researched and distilled from Om Swami's own lived experience, The Wellness Sense puts your health and happiness in your hands.

The Health Catalyst Avanti Kumar-Singh,2020-08-12

Weight Loss and Wellness the SV Ayurveda Way Vaidya Rk Mishra, Lissa Coffey, 2016-07-25 Metabolism is affected by the foods we eat, activity levels, age, genetics, gender, and stress levels. Getting your metabolism to a place where it is highly efficient helps you to become the healthiest version of you. Learn how to do that with SV Ayurveda

Ayurveda Kim Inglis, 2016 Ayurveda is an age-old medical system that was formulated centuries ago in India. Documented in the Vedas, the ancient Hindu sacred texts, it is a complete wellness regimen with ultimate spiritual goals. This book is the first of its kind to cover the complete range of modern Ayurvedic therapies that has emerged from this tradition: from massage to yoga to meditation, each has been formulated to balance mind, body and spirit.

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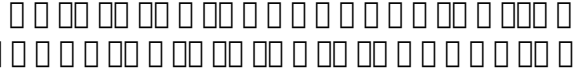
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