

AYURVEDA FOR WOMEN Natural Way to Beauty, Harmony, Health & Happiness
Ayurveda is a natural medicine for beautifying your mind, body and soul through the balance of Tri-dosh- Vata, Pitta and Kapha. Ayurveda has been taken from the primal Atharva and Rig Veda which were written 2,000 years ago. Ayurveda concentrates on intake of healthy and plenty of diet rich in proteins and vitamins to avoid and treat the diseases. Afterwards, it recommends using the concoctions of natural herbs. It stresses on following a Dincharya to alter the flawed modern lifestyle. Ayurveda says that "you are what you eat"™ and reveals the secret of beautiful hair and glowing skin by regular cleansing and nourishing it. Ayurveda integrates with yoga for natural and complete healing of body, mind and soul through asana™s and pranayama. It emphasizes on detoxifying and feel of serenity through Panchakarma for a healthy mental and physical balance. In this book we discuss the following topics: Ayurvedic diet to live healthy life Ayurveda for beautiful skin Ayurvedic recipes for healthy and long natural hair Lose your weight with natural Ayurvedic recommendations and recipes Ayurveda and woman™s beauty Download your copy of AYURVEDA FOR WOMEN by scrolling up and clicking Buy Now With 1-Click button.

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