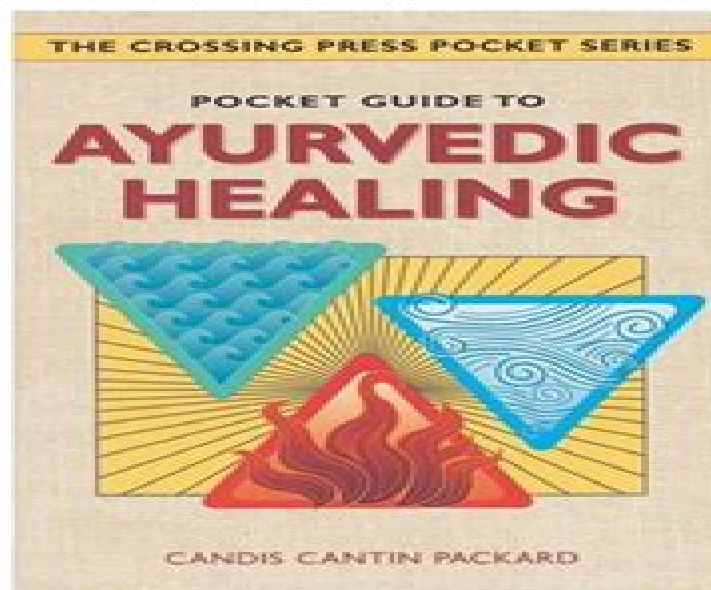


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*Ayurveda (the science of life) combines physical psychological and spiritual therapies in a holistic approach to health. This book is a guide to the ancient healing art and includes an overview of Ayurveda principles.*

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