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Your Health in Your Hands (Paperback)

By Dr Smita Naram

Ayushakti Bv, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Your Health in Your Hands is a clear guide to using Ayurveda to restore and maintain good health, written by Dr Smita Naram, a leading Ayurvedic doctor with a wealth of experience to share with all of us. She begins by telling the stories of patients who have used Ayurveda to restore balanced health to themselves, to give us a clear understanding of how this effective and profound, ancient Indian system of medicine and life works to restore health and well-being. This understanding leads to the core of Your Health in Your Hands, a manual of practical and proven ways in which we ourselves can make a real difference to our health. It focuses on 11 groups of common health issues which are often seen in Ayushakti clinics; Joint Pain; Skin Disorders and Skin Care; Stress and Depression; Sleep Disorders; Reducing Weight; Diabetes; Reducing High Cholesterol; Balancing High Blood Pressure; Coughs and Colds; Hair Loss and Hair Care; and Common Digestive Disorders. This is followed by Dr Smita Naram's valuable insights into Diet, Health and the Stages of Life, so we can be clear about how...


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