



Perfect Digestion: The Complete Mind-body Programme for Overcoming Digestive Disorders

By Deepak Chopra

Ebury Publishing. Paperback. Book Condition: new. BRAND NEW, Perfect Digestion: The Complete Mind-body Programme for Overcoming Digestive Disorders, Deepak Chopra, Now available in b format, Perfect Digestion shows you how to: * Understand your digestive tract * Fine-tune your diet to minimise intestinal problems * Discover the relationship between your emotions and your gut * Learn how biological rhythms affect your whole digestive system. Throughout this helpful and essential book, Deepak Chopra offers practical advice on Irritable Bowel Syndrome (IBS), constipation, diarrhoea, gaseousness and other digestive disorders which have such a distressing effect on so many people. As the world's leading exponent of mind-body medicine, Dr Chopra explains the importance of considering the body as a whole and the many useful techniques and insights which Ayurvedic medicine uses to combat these ailments - to make you feel healthier and brighter than you have for many a day.

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