

Ayurveda La Ciencia De Curarse A Uno Mismo Pdf

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Guía de plantas medicinales - David Frawley 2014-06-13

Guía de plantas medicinales - Uso y combinación según el ayurveda del Dr. David Frawley y el Dr. Vasant Lad constituye un hito en el desarrollo de la herbolaria occidental al ofrecer una nueva aplicación de los principios ayurvédicos a las hierbas occidentales, lo que constituye una contribución de gran valor a la medicina natural alternativa.

Medicina ayurveda para profesores de yoga - Isidro Justo Fernández 2020-05-21

La Medicina Ayurveda nació de los sabios científicos antiguos. De ahí que esta medicina se basa en la firmeza de toda una filosofía varias veces milenaria. Servir al Señor en la forma de todos sus seres sufrientes es la meta de la Medicina Ayurveda. Y es precisamente por eso que los médicos ayurvédicos son sacerdotes en el interior de su espíritu, además de perspicaces psicólogos y experimentados clínicos que tratan todo tipo de enfermedades físicas.

Ayurveda - Vasant Lad 1984

Most popular general introduction to Ayurveda, the alternate health science of India.

Ayurveda - Vasant Lad 2003-08

Ayurveda: La Ciencia de Curarse Uno Mismo Este es el primer libro que explica con claridad los principios y aplicaciones prácticas de la Ayurveda, el sistema curativo más antiguo del mundo. El texto, bellamente ilustrado, trata, entre otros temas, lo siguiente: historia y filosofía, principios básicos, técnicas de diagnóstico, tratamientos, uso medicinal de hierbas y especies, y primeros auxilios. Se incluyen numerosas tablas y diagramas, que ayudan a comprender y aplicar mejor esta maravillosa ciencia de curar.

I Am Diosa - Christine Gutierrez 2022-02-08

This raw and relatable guide to radical self-care and self-love empowers readers to embrace the powerful Diosa within. In this fiercely inspiring book, psychotherapist Christine Gutierrez welcomes women to join her in healing the wounds from past hurt or trauma to reclaim their worth and come back home to their true self and soul. Diosa is the Spanish word for Goddess. A diosa is anyone who honors the primal feminine energy in the world and within themselves. According to Gutierrez, diosas face obstacles in their lives but are always ready and willing to go to their core to reclaim their inner worth and self-esteem. They are the ones that rise from the ashes and dare to piece themselves back together bone by bone and soul piece by soul piece. From stories of resilience from both Gutierrez and members of her Diosa Tribe, to mantras, meditations, and guided journaling prompts, this book gives women the tools they need to honor their sacred feminine and become who they were always meant to be. I Am Diosa will inspire women to give themselves permission to feel, to be seen, to be heard, and to return to their truest selves.

Nutrición energética y salud - Dr. Jorge Pérez-Calvo 2016-12-15

Un recetario y un gran número de consejos prácticos para el uso adecuado de los distintos alimentos completan este manual práctico de nutrición. Esta obra, fruto de veintitrés años de experiencia en terapias basadas en la dieta, sienta las bases para una alimentación con sentido: explica los efectos de los alimentos en el cuerpo, el psiquismo y el sistema energético corporal; la aplicación de sus propiedades energéticas a las características personales para conseguir mejores resultados; la energética de la digestión y cómo mejorarla; cómo asegurar la ingesta adecuada de los nutrientes básicos, y la aplicación terapéutica de la dieta a distintos trastornos, como el insomnio, la ansiedad, la obesidad o la hepatitis.

Ayurvedic Perspectives on Selected Pathologies - Vasant Lad 2018

With 55 in-depth chapters on common medical conditions that range from diabetes and chronic fatigue syndrome to headaches and fevers, Vasant Lad presents the perspective of Ayurvedic medicine in healing. These articles talk about classic remedies such as herbal therapies, yoga postures, diet, and panchakarma therapies. Learn natural ways to

support other therapies and improve your overall health and well-being. This unique compendium is a testament to the relevance of Ayurveda in our modern world. Applying time-honored insights from this ancient science, it establishes an approach to disease management that is free from unwanted side effects. This book has arisen from Vasant Lads decades of clinical and classroom experience. By elucidating the fundamental imbalances behind a range of diseases, these articles guide practitioners towards addressing causes, alleviating symptoms and eliminating the conditions that allow a disease to recur. They will inspire valuable insights in the hearts of those wishing to manage the diseases that are so prevalent in our current age.

Exhausted - Nick Polizzi 2020-09-08

A road map for healing from exhaustion, inside and out The economics are simple: you can't run on a deficit of energy and expect to feel well. Yet that is what we've come to expect from ourselves, as we have pushed farther and farther down the hole of fatigue and away from any semblance of being healthy. But what if you had a simple road map to reclaiming your health and vibrancy? Nick Polizzi, author of *The Sacred Science*, and Pedram Shojai, O.M.D., and New York Times best-selling author of *The Urban Monk* and *The Art of Stopping Time*, provide: • Wisdom from the top scientists, physicians, and experts in traditional healing practices • A concise nuts-and-bolts understanding of what energy is and how we use it • An exploration of the key areas in which we have been depriving our body of energy From our immune system to hormones to sleep patterns, Polizzi and Shojai offer methods for evaluating your individual needs, as well as safe, easy remedies for whole-body healing. Maximize the potential energy from the essential parts of your body and life so you can finally feel fully alive and find the fulfillment you deserve, both personally and professionally.

Oil Pulling Therapy - Bruce Fife 2018-06-06

This book explains a method of cleansing the mouth and how oral health affects the health of the entire body.

Healing Your Life - Dr. Marc Halpern 2018-05-22

Healing is a personal journey. Ayurveda provides a foundation for self understanding and a clear road map for how to live life in a manner that will support your healing process. This book is about unlocking your healing potential. In this book, Dr. Marc Halpern shares his own personal journey of healing himself from a crippling autoimmune disorder and seven years of subsequent chronic fatigue. Along the way he reveals the Lessons On The Path. Lessons that anyone can use to support their own healing journey... the lessons of Ayurveda

Jaiva-dharma - Bhaktibinoda Ṭhākkura 2001

How to Fight - Thich Nhat Hanh 2017-09-19

Learn how to relax the bonds of anger, attachment, and delusion through mindfulness and kindness toward ourselves and others. The Mindfulness Essentials series introduces beginners and reminds seasoned practitioners of the essentials of mindfulness practice. This time Nhat Hanh brings his signature clarity, compassion, and humor to the ways we act out in anger, frustration, despair, and delusion. In brief meditations accompanied by whimsical sumi-ink drawings, Thich Nhat Hanh instructs us exactly how to transform our craving and confusion. If we learn to take good care of our suffering, we can help others do the same. *How to Fight* is pocket-sized with two color original artwork by California artist Jason DeAntonis.

Ayurveda Cookbook For Beginners - Rohit Sahu 2021-05-06

All you need to know about Ayurvedic diet and cooking along with easy-to-follow recipes backed by the timeless wisdom of Indian heritage to balance your Pitta Dosha... India is well-known for its traditional medical systems, which include Ayurveda, Siddha, and Unani. Ayurveda, which derives from ancient Vedic scriptures, is a 5,000-year-old medical ideology and philosophy based on the idea that we are all made up of

different types of energy. It is more than just a medicinal system; it is often regarded as a way of life. Ayurveda contains some miraculous practices for body rejuvenation through diet and nutrition. It is a user-friendly and practical immersive system that helps the person to be self-sufficient and accountable for his/her health. It is a system of empowerment, prosperity, and long life. According to Ayurveda, there are 3 elemental bodily doshas: Vata (space or air, equated with the nervous system), Pitta (fire, equated with enzymes), and Kapha (water, equated with the digestive system) (earth and water, equated with mucus). Psychology is governed by a parallel set of mental doshas such as Satogun, Rajogun, and Tamogun. Each dosha has unique characteristics and roles within the body and mind; the natural predominance of one or more doshas describes a person's physical constitution (Prakriti) and personality. According to Ayurvedic practice, a significant etiologic aspect of the illness is a mismatch between the bodily and mental doshas. Each of the Doshas has its own special strengths and weaknesses. To align these, the concepts of proper lifestyles, eating behaviors, and daily and seasonal routines practiced in Ayurveda can be implemented with appropriate modification. I'm making a complete cookbook series on all 3 doshas; this is Pitta, others will also be available soon! You can use this series to adjust your lifestyles and routines to support your constitution. Ayurveda emphasizes Ahara (diet) and Anna (food) as a means to a decent life, fitness, and well-being, and asserts that proper nutrition nourishes the mind, body, and soul. The elimination of toxins from the system and the electrochemical enrichment of the body are the primary goals of Ayurvedic cooking. It is thus both an art and a science when cooking becomes alchemy and food becomes Tantra. With this "Ayurveda Cookbook For Beginners Series," I provide you the best dietary practices, recipes, and everything you need to balance and heal your Doshas alongside enjoying the authentic Indian flavors. This guide's Ayurvedic cooking techniques guide what to eat and how to eat to help the healing process and assist the body in removing contaminants and maintaining equilibrium. It contains a wealth of knowledge on healthy diet, proper food combinations, food quality, food timing, and cooking methods. In this guide, you'll discover:

- An Introduction to Ayurvedic Cooking
- Benefits of Ayurvedic Cooking and Diet
- Common Misconceptions in Ayurvedic Cooking
- Rules to Consider for Ayurvedic Diet
- Tastes That Pacify Pitta
- Pitta Seasonal Guide (Ritucharya)
- Tips to set up Your Ayurvedic Kitchen (utensils, spices, cooking oils, and other stuff)
- Ayurvedic Menu and Meal Planning
- The Recipes (featuring soups, rice dishes, raitas, chutneys, salads, main dishes, beverages, sweets, and special Indian treats)
- Common FAQs

All the recipes in this cookbook are traditional, time-tested over decades, and are based on Ayurvedic principles. They can aid a yogic practitioner's yoga practice by keeping the mind calm and are thus ideal for all yoga practitioners. The beauty of these recipes is that they are not only sattvic in nature but are also tasty and have that authentic Indian taste! Now don't bother, claim your copy right away!!

Nutrición energética para la salud del hígado y la vesícula - Jorge Pérez-Calvo 2013-04-20

En esta obra, el Dr. Jorge Pérez-Calvo, con más de treinta años de práctica clínica, nos explica en un lenguaje fácil y accesible, las claves de la Nutrición Energética para cuidar la salud del hígado y la vesícula. Basándose tanto en la medicina occidental como las medicinas naturistas y orientales y la macrobiótica, nos descubre la relación entre los alimentos y la energía de los cinco elementos que está presente tanto en la naturaleza como en nuestro organismo, y cómo podemos utilizar estos conocimientos para mejorar nuestra salud y nuestros hábitos cotidianos. El segundo de una serie de cinco títulos, 'Nutrición energética para la salud del hígado y la vesícula' nos muestra además la relación que existe entre una buena salud hepática y la creatividad, en el ámbito mental, y la tolerancia en el ámbito emocional.

Digestive Intelligence - Irina Matveikova 2014-06-06

Digestive Intelligence tells the fascinating story of how our digestive systems are the centre of our bodies' second brain and how we think and live our emotions via our stomachs. Not surprising when you consider there is something equivalent to the size of a village football pitch hiding inside our bellies--that's the incredible magnitude of our digestive systems. Dr Matveikova answers the obvious questions: "How?" and "Why can this be so?" by explaining, in straight forward layman's language, that the digestive system contains more than one million neurones, identical to those in the brain and is responsible for producing 90% of the body's hormone, serotonin, the all-important hormone which makes us feel happy and full of wellbeing. It follows that, if our stomach is "out of sorts" we feel irritable and lacking in energy; and those

feelings block our intellectual productivity, disorientate us and completely change our thought patterns and physical processes.

Forthcoming Books - Rose Army 2003-12

Secrets of the Pulse - Vasant Lad 2005

Thousands of years ago Ayurveda described multiple levels of the radial pulse that could be used to interpret the status of the organs and systems of the body as well as the mental and physical constitutions of the individual. For the first time in the west this book presents this ancient art and provides a method by which anyone can learn to read his or her own pulse. Imbalances and potential disease states can be detected in their early stages, giving one the opportunity to correct them before they affect the quality of life. With practice and guidance, one can acquire the proficiency to use this knowledge to heal self and others. This book will give guidelines to think about various ways of feeling, reading and gathering information through the pulse. It is quite difficult to put subjective experience into words. It is an attempt to express these simple ways of feeling the pulse.

Ocean of Yoga - Julie Dunlop 2017-11-21

Explore the vastness of yoga through the art of meditation. This collection offers short readings on a variety of yoga-related themes, including the eight limbs, the seven chakras, and yoga's sister science, Ayurveda. Meditations for awareness and well-being are included, as well as guided relaxations and opening and closing meditations for yoga class and home practice. Weaving together the practical experience of yoga with its ancient oceanic depths, the series of meditations encourage a centering that directs attention to the breath, the present, and appreciating the gifts that each moment of life can bring. Providing nourishment for the heart, mind and body through awareness, let this book turn your attention to the essence of yoga and invite you to go within while remaining rooted in the present moment.

Applied Marma Therapy Cards - Vasant Lad 2014-08

Based on Dr Lad's 40 years Ayurvedic clinical and classroom experience, this 30 card set is sourced from his popular Marma Therapy seminars. Each full colour flash card has a larger illustration with the name of the point and its location, for practice. The other side of the card has a more detailed illustration with the therapeutic applications of each point listed, for study. Contents: 23 anatomical cards with marma points; Healing through Energy Points; Emotions, the Organs, and Marma Points; Chakra Breathing and Sounds; Meditation for Self-Healing: So Hum; Empty Bowl Meditation; Guidelines for Touch and Pressure; Applying Essential Oils & Oil Selection. According to Dosha Included in the set are two meditations that Vasant Lad highly recommends. Additionally, instructions on sound therapy that balances the marma points according to the chakras is provided. Marma points useful for emotional healing are outlined as well as the proper essential oils for healing the doshas-vata, pitta, kapha--through marma point therapy. Flash cards are printed on a 16 point cardstock and coated with a UV protective coating, making them quite durable.

Antienvejecimiento - Felipe Hernández Ramos 2015-10-29

¿Cómo disfrutar de una forma física más plena y satisfactoria incluso después de haber alcanzado la vejez? ¿Es posible llegar a ancianos sin achaques, incapacidades y todo un repertorio de fármacos cuyo único objetivo es tapar las goteras a medida que van apareciendo? Esta obra presenta diversos argumentos a favor de las técnicas antienuvejecimiento, y hace especial hincapié en la importancia de vivir de manera saludable (controlar la bioquímica, llevar una alimentación sana y con complementos dietéticos, realizar ejercicio físico, cuidar el equilibrio emocional) para conseguir una mayor calidad de vida. Según el autor, la fragmentación de la medicina tradicional en distintas especialidades impide comprender la problemática de conjunto de las enfermedades. Por el contrario, una visión global permite tratar más eficazmente trastornos típicos del envejecimiento, reforzar a la vez el cuerpo y todos sus órganos, mantener alejado el dolor y evitar en la medida de lo posible el padecimiento en nuestros últimos años.

Escatología y Civilización - John Gregory Bourke 2006-04

Nutrición Ayurveda - Silvina Draiman 2022-04-01

Ayurveda o "conocimiento de la vida" es un abordaje médico alternativo de origen hindú que actúa sobre aquellos síntomas originados como consecuencia de un desequilibrio entre la mente-cuerpo-alma. Por eso opera sobre tres factores principales: los doshas o biotipos corporales, el dhatus o tejidos del cuerpo afectados y mala o productos de desecho. Todos los tratamientos naturales que propone sirven para tratar y armonizar nuevamente los factores desequilibrados del cuerpo. En

Nutrición Ayurveda, Silvina Draiman despliega toda la riqueza del Ayurveda, en tanto medicina complementaria y no alternativa que no descarta ni a la medicina ni a la nutrición estándar, ofreciendo a los lectores el enfoque ayurvédico de la nutrición que entiende al paciente desde un lugar holístico, profundo y espiritual. A lo largo de los trece capítulos que integran la obra, la autora explica los conceptos clave ligados con el cuerpo, los alimentos y la alimentación desde la perspectiva del Ayurveda y ofrece con honestidad, calidez y dulzura los principios y recomendaciones fundamentales ayurvédicos para que los lectores puedan ingresar con comodidad en el apasionante mundo de esta medicina milenaria y adoptarla como estilo de vida. Además, incluye un recetario con la cocina ayurvédica para cada dosha a cargo de Hebe Lorena Rosso, técnica superior en Gastronomía y Terapeuta Ayurveda, y María Laura Lower, profesora de Cocina Natural de "El sabor de la experiencia".

El Camino de Las Hierbas Ayurvedicas - Karta Singh Khalsa 2017-03-01
Una introducción contemporánea y un útil manual del más antiguo sistema de sanación del mundo. Ashwagandha para la estamina y la vitalidad. Arjuna para la salud del corazón. El diente de león para el bienestar de las mamas. El gokshura para llegar a un pico sexual. La medicina Ayurveda tradicional es el sistema de sanación más antiguo aún en vigencia práctica de la Tierra. Utiliza los principios de los tres doshas, el tipo de constitución corporal y las terapias individualizadas para promover una sanación profunda. A través de tantos siglos, generaciones de eruditos y médicos han revisado, examinado, diseccionado y refinado Ayurveda para perfeccionar un sistema de salud, balance y sanación altamente efectivo. Ahora, dos de los principales expertos en herbología ayurvédica, ambos líderes del renacimiento de la salud holística, y quienes juntos tienen un total de 75 años de práctica en el tema, han creado un manual para hacer del Ayurveda algo entendible y de uso práctico. El camino de las hierbas ayurvédicas es más que un manual de hierbas. Es un camino de vida al bienestar. Descubre: * Su tipo corporal ayurvédico. * Los tres doshas: las fuerzas principales que regulan la salud o la enfermedad en el cuerpo. * Cómo vivir una vida ayurvédica desde el amanecer hasta el anochecer. * Terapia de los alimentos: vivir saludable gracias a una cocina ayurvédica. * Cientos de hierbas y fórmulas ayurvédicas para problemas de salud comunes como el acné, la ansiedad, la gripe y la influenza, la diabetes, el dolor de cabeza, el insomnio y la obesidad. * Programas de desintoxicación ayurvédica para mantenerse fuerte y limpio. * Métodos detallados para incluir, usar e integrar hierbas ayurvédicas en la vida diaria... y mucho más.

Seven Systems of Indian Philosophy - Rajmani Tigunait 1983

A comprehensive outline of the major schools of Indian philosophy providing an overview of what comprises Indian philosophy.

Ayurvedic Cooking for Self-healing - Usha Lad 2005

Ayurveda, the ancient healing art of India, teaches that food plays an essential part in one's health and sense of well-being. Here is an authentic guide of the Ayurvedic approach to food and tasty vegetarian cooking. The recipes are formulated using herbs and spices to help balance constitution of each person. The effects of the foods on individual constitution are included with every recipe together with the medicinal properties of many of the foods. This is a cookbook and much more. The Chapters included in this book are on the principles of Ayurveda and individual constitution; maintaining one's health, digestion and constitutional balance; the importance of proper food combining for optimal well-being; setting up an Ayurvedic kitchen and planning menus inclusive of every member of your family; and more than 100 recipes of delicious Ayurvedic cuisine. Three more important sections are included- nearly three hundred simple remedies for everything from the common cold and skin problems to stabilizing blood sugar in diabetes, all using familiar household herbs, fruits and vegetables; a chart for determining your individual constitution; comprehensive food guide lines; and a listing of the qualities of foods and their effects on the doshas.

Healing Power of Mudras - Rajender Menen 2012-04-01

This book details several beneficial Mudras, and provides a holistic view of physical and spiritual healing. The right colours, foods, thoughts and ambience combined with regular Mudra-practice will make for a new and healthy you!

Ayurveda And Panchakarma The Science Of Healing And Rejuvenation - Sunil V 1998

The area of Ayurveda known as Panchakarma is a comprehensive system of knowledge and practices to purify the body of toxins and restore it to balance with natural law. This book reflects the way the original text of Ayurveda, the Charak Samhita, first presented this knowledge. The first

section explores in detail the principles which define Ayurveda as a science of life and health. The second section delves more deeply into the Ayurvedic understanding and how to treat it. This section begins with an elaboration of six stages of disease formation and then systematically unfolds the knowledge of Panchakarma, the science of rejuvenation.

Grain Brain - David Perlmutter, 2018-12-18

Dr. Perlmutter's #1 New York Times bestseller about the devastating effects of gluten, sugar, and carbs on the brain and body -- updated with the latest nutritional and neurological science. When *Grain Brain* was published in 2013, Dr. Perlmutter kick-started a revolution. Since then, his book has been translated into thirty languages, and more than 1.5 million readers have been given the tools to make monumental life-changing improvements to their health. They've lost weight, banished anxiety and depression, reduced or eliminated chronic conditions, and taken proactive steps to safeguard themselves against cognitive decline and neurological disease -- all without drugs. In this fully revised, five-year-anniversary edition, Dr. Perlmutter builds on his mission. Drawing on the latest developments in scientific research, which have further validated his recommendations, he explains how the *Grain Brain* program boosts the brain, shows the benefits of using fat as a main fuel source, and puts forth the most compelling evidence to date that a non-GMO, gluten-free, and low-carb diet is crucial for cognitive function and long-term health. Featuring up-to-date data and practical advice based on leading-edge medicine, including modified guidelines for testing and supplements, plus a wealth of new recipes, *Grain Brain* empowers you to take control of your health as never before and achieve optimal wellness for lifelong vitality.

Aloa vera una planta milagrosa - 1996

The Canon of Medicine - Avicenna 1999

Vol. 2: Published for the first time in English alphabetical order, vol. 2 (of the 5 original volumes) of "Canon of Medicine" (Law of Natural Healing), is an essential addition to the history of medicine as it holds a treasure of information on natural pharmaceuticals used for over 1000 years to heal various diseases and disorders. Fully color illustrated with a 150 page, 7000 word index of the healing properties of each of the entries, the text itself is an alphabetical listing of the natural pharmaceuticals of the simple compounds. By simple compounds, Avicenna includes the individual plants, herbs, animals and minerals that have healing properties. Avicenna lists 800 tested natural pharmaceuticals including plant, animal and mineral substances. The compiler has included the Latin, Persian and Arabic names of the drugs along with artistic renderings of the drugs as illustrations as well as Avicenna's Tables or Grid for each entry that describes the individual, specific qualities of simple drugs.

Tree Of Yoga - B. K. S. Iyengar 2005-10

Beautiful two colour gift package of B.K.S. Iyengar's yoga-based philosophy for life.

Practical Ayurveda - Sivananda Yoga Vedanta Centre 2018-06-05

Are you looking for renewed energy, relief from stress, improved sleep, and much more? Start your Ayurveda wellness journey here. Practiced in India for millennia, Ayurveda means life-knowledge--it reveals the path to ultimate well-being by identifying your individual characteristics and patterns of health, and showing you how to bring balance to your life. Learn your Ayurvedic body type (dosha) through a simple self-assessment questionnaire, and how to apply Ayurveda to elements of any lifestyle. Adjust your diet to suit your body type using recipes and ingredient lists, stretch and energize your body through yoga, and focus and relax your mind with meditation and positive thinking exercises. You can also look up home therapies and remedies for a variety of common ailments. Whether you discovered this ancient lifestyle practice yourself, through your yoga practice, or as an alternative therapy, use *Practical Ayurveda* to learn how to apply its wisdom to the modern world.

Creating Affluence - Deepak Chopra 2010-08-12

In this remarkable book lies the secret to fulfillment on all levels of our lives... With clear and simple wisdom, Deepak Chopra explores the full meaning of wealth consciousness and presents a step-by-step plan for creating affluence. According to Chopra, affluence is our natural state, and the entire physical universe with all its abundance is the offspring of an unbounded, limitless field of all possibilities. Through a series of A-to-Z steps and everyday actions, we can learn to tap into this field and create anything we desire. From becoming Aware of all possibilities to experiencing Zest and joy in life, these uncommon insights gently foster the wealth consciousness needed to create wealth effortlessly and joyfully.

Slow Life - Alejandra Rodríguez 2017-11-19

¿Sufres el síndrome del eterno ocupado? ¿Quieres alcanzar todos tus propósitos en tiempo récord? ¿Te preguntas si el camino que llevas es el correcto? ¿Si es posible salir de este materialismo que nos ahoga? ¿Sientes que hay demasiados vacíos en tu vida? ¿Crees que vas demasiado deprisa y sin posibilidad de pisar el freno? ¿Necesitas un detox digital? ¿Te permites pequeños placeres cotidianos? ¿Te aceptas tal y como eres? Tienes en tus manos la posibilidad de dar un giro a tu vida y de reprogramar tu rumbo. Si tienes la sensación de que todo a tu alrededor lleva un ritmo cada día más acelerado y de que el tiempo parece contagiado por el virus de la prisa; si te cuesta desconectar de las redes sociales y de la cantidad de flujo de información que surge a tu alrededor; si hace tiempo que no te das el lujo de pasear, de leer, de pedalear más lento, de perder el tiempo, en definitiva, de VIVIR... Permíteme invitarte a tomar un camino diferente, una experiencia única, una oda al equilibrio. Un proceso de desaceleración y búsqueda de la felicidad consciente que solo es posible a través del autoconocimiento y el trabajo integrativo del cuerpo, la mente y el espíritu. En este libro encontrarás reflexiones, ejercicios y propuestas para ayudarte a configurar, a tu gusto y sin ninguna prisa, tu propia Slow life. Atrévete a experimentar el placer de vivir despacio para llegar muy lejos.

Ayurveda and Marma Therapy - David Frawley 2003

This is the first book on marma therapy published in the West. It clearly describes the 107 main marma points in location, properties and usage. It explains in detail how to treat them with many methods including massage, aromas, herbs and yoga practices. Ayurveda and Marma Therapy is an essential reference guide for all students of Yoga, Ayurveda, massage or natural healing.

Ayurveda : la ciencia de curarse uno mismo - Vasant Lad 1992

Women Who Run with the Wolves - Clarissa Pinkola Estés 1999-01

New enhanced edition of the original underground classic by Clarissa Pinkola Estés, Ph.D., features rare interview excerpts with this internationally acclaimed Jungian analyst and cantadora (keeper of the old stories). First released three years before the print edition of *Women Who Run With the Wolves* (Ballantine books, 1997) made publishing history (more than 2 million copies sold worldwide), this landmark audio probes the instinctual nature of women through world myths, folktales, and commentary. Through an exploration into the nature of the wild woman archetype, Dr. Estés helps listeners discover and reclaim their passion, creativity, and power.

The Complete Book of Ayurvedic Home Remedies - Vasant Lad, M.A.Sc. 2012-02-22

Based on the ancient healing tradition from India that dates back thousands of years, *The Complete Book of Ayurvedic Home Remedies* offers natural alternatives to conventional medicines and treatments with practical advice and easy-to-follow instructions. Dr. Vasant Lad, a leading authority in this field, has created an invaluable guide to treating common ailments and chronic problems with strategies tailored to your personal needs based on your dosha. Dr. Lad first explains the principles behind the science of Ayurveda, exploring the physical and psychological characteristics of each of the three doshas, or mind-body types--vata, pitta, and kapha. Once you have determined which type or combination of types you are, Dr. Lad helps you to begin your journey to the ultimate

"state of balance" and well-being. Dr. Lad explains why certain imbalances often result in illness and shows you how to restore your body to natural order. You'll learn which traditional Ayurvedic remedies--herbal teas and formulas, essential oils, meditation, yoga--offer relief from a variety of conditions, such as cold and flu symptoms, headaches, toothaches, sore throats, high cholesterol, vision problems, anxiety, and depression. Dr. Lad also shows you how to use diet and specific Ayurvedic techniques to prevent future illness and to promote body consciousness and healthy living. *The Complete Book of Ayurvedic Home Remedies* enables us all to experience the benefits of Ayurveda's healing properties that have been refined over thousands of years. All of the herbs, foods, and oils Dr. Lad recommends can be found in local health food stores or through mail-order catalogs. Complete with an extensive glossary and resource list, this is the definitive guide to natural, safe, and effective remedies, everyday keys to a lifetime of vitality and well-being.

The Wheel of Healing with Ayurveda - Michelle S. Fondin 2015-05-11

Build Optimal Energy and Health in Body, Mind, and Spirit Ever wondered why you're feeling out of balance, stressed-out, sick, and exhausted but still can't sleep? Western medicine often ignores the underlying issues that can lead to fatigue, illness, and disease, but there is a way to revitalize your body and mind without drugs or dangerous side effects. Ayurveda, the "science of life," is a complete wellness system that includes all that we associate with medical care — prevention of disease, observation, diagnosis, and treatment — as well as self-care practices that are generally absent from Western medicine. This truly holistic approach considers not just diet, exercise, and genetics but also relationships, life purpose, finances, environment, and past experiences. In this thorough and practical book, Michelle Fondin guides you gently through self-assessment questions designed to zero in on your needs and the best practices for addressing them, such as eating plans, addiction treatment, detoxification, and techniques for improving relationships. She outlines easy steps you can take, with minimal cost, to heal common ailments such as high blood pressure, heart disease, diabetes, excess weight, anxiety, and depression. These time-tested methods for body, mind, and spirit wellness offer benefits to anyone at any age.

The WPA Guide to Maine - Federal Writers' Project 2013-10-31

During the 1930s in the United States, the Works Progress Administration developed the Federal Writers' Project to support writers and artists while making a national effort to document the country's shared history and culture. The American Guide series consists of individual guides to each of the states. Little-known authors—many of whom would later become celebrated literary figures—were commissioned to write these important books. John Steinbeck, Saul Bellow, Zora Neale Hurston, and Ralph Ellison are among the more than 6,000 writers, editors, historians, and researchers who documented this celebration of local histories. Photographs, drawings, driving tours, detailed descriptions of towns, and rich cultural details exhibit each state's unique flavor. *WPA Guide to Maine* focuses in on the very tip of the Northeastern United States, also known as the Pine Tree State. With a short but comprehensive description of Maine's history, two of the most enthralling sections of the guide include essays on Maine's folklore and maritime heritage.