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Ayurveda: A Life of Balance By Maya Tiwari Paperback: 368 pages Publisher: Healing Arts Press (12/1/1994) Language: English ISBN-10: 089281490X ISBN-13: 978-0892814909 Product Dimensions: 10.9 x 8.5 x 1.1 inches Shipping Weight: 2.1 pounds Whole Book Distributors For Domestic Wholesale & Retail Orders & Customer Service New Leaf Atlanta Georgia Phone: 800 326 2665 Email: domestic@newleaf-dist ...

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Rather, Ayurveda maintains that all life must be supported by energy in balance. When there is minimal stress and the flow of energy within a person is balanced, the body's natural defense systems will be strong and can more easily defend against disease.

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This practice of Ayurveda places emphasis on prevention and encourages the maintenance of health through close attention to balance in one's life, right thinking, diet, lifestyle, and the use of herbs. Ayurveda Day. The potential role of Ayurveda in the management of the COVID-19 pandemic is the main focus of this year's 'Ayurveda Day'.

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