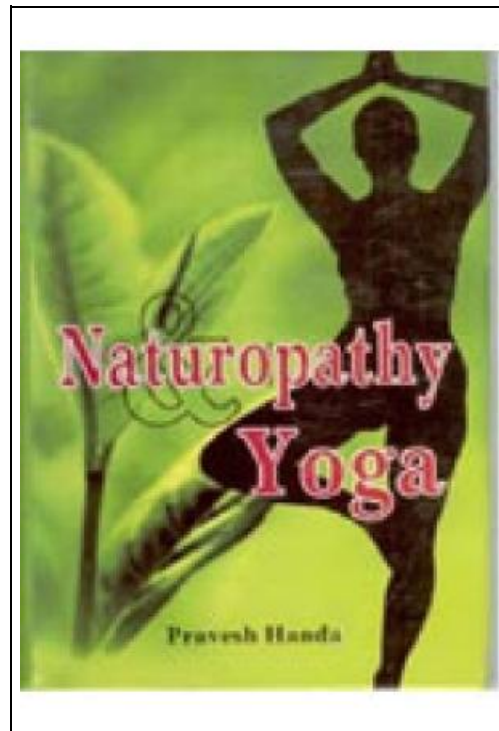


Naturopathy And Yoga



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Reviews

Absolutely among the best publication I have got at any time go through. It really is written in straightforward phrases rather than hard to understand. Its been designed in an extremely straightforward way which is just soon after i finished reading this publication through which basically modified me, alter the way i believe.

(Mrs. Velda Tremblay)

NATUROPATHY AND YOGA



2006. Hardcover. Book Condition: New. 250 In modern era people are becoming alarmed by the ill effect of medicines and are seeking natural and safe remedies. Naturopathy a therapy with cures all diseases by natural ways. In ancient India or for that reason in the whole world herbs, fruits and vegetables, and natural ways were used to cure the diseases and enhance beauty of body. The usefulness of this age-old tradition is again revived as people has not accepted the ill-effects of medicines. This book covers many drugless natural technique on the subject. Like Naturopathy Meditation, Pranayama and practice of Yoga exercises are ancient Indian systems to keep fit body, mind and soul. The Yogic exercises or asanas are easiest, inexpensive and the surest to cure almost any chronic or acute diseases and beautify human body. This book provides you with useful information on large number of yoga postures and their therapeutic advantages with illustrations. The practice or correct Yoga postures alongwith naturopathy treatment leave a miraculous effect. When you feel any physical problem instead of going for a medicine, learn how to make yourself cured by natural ways. Learn how to get rid of skin problems, hair problems, obesity and other chronic diseases etc. This book is specially useful home reference for all those who want to take a drug-free approach for the health and body. About The Author:- Parvesh Handa, is established as a feature writer, women columnist and book author. ispresently associated with a reputed cosmetics manufacturing company as their Senior Consultant. Contents:- Preface Basics of Naturopathy, Meditation Pranayama and Yoga Drugless Therapies Hydrotherapy-Curing with Bath Treatment Nature Care for Digestive Disorders Yoga Exercises for Facial and Body Beauty Yogic Cure for Genito-Urinary Disorders and Reproductive System Psychological Problems of Child and Teenagers The Magic of Herbs...



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