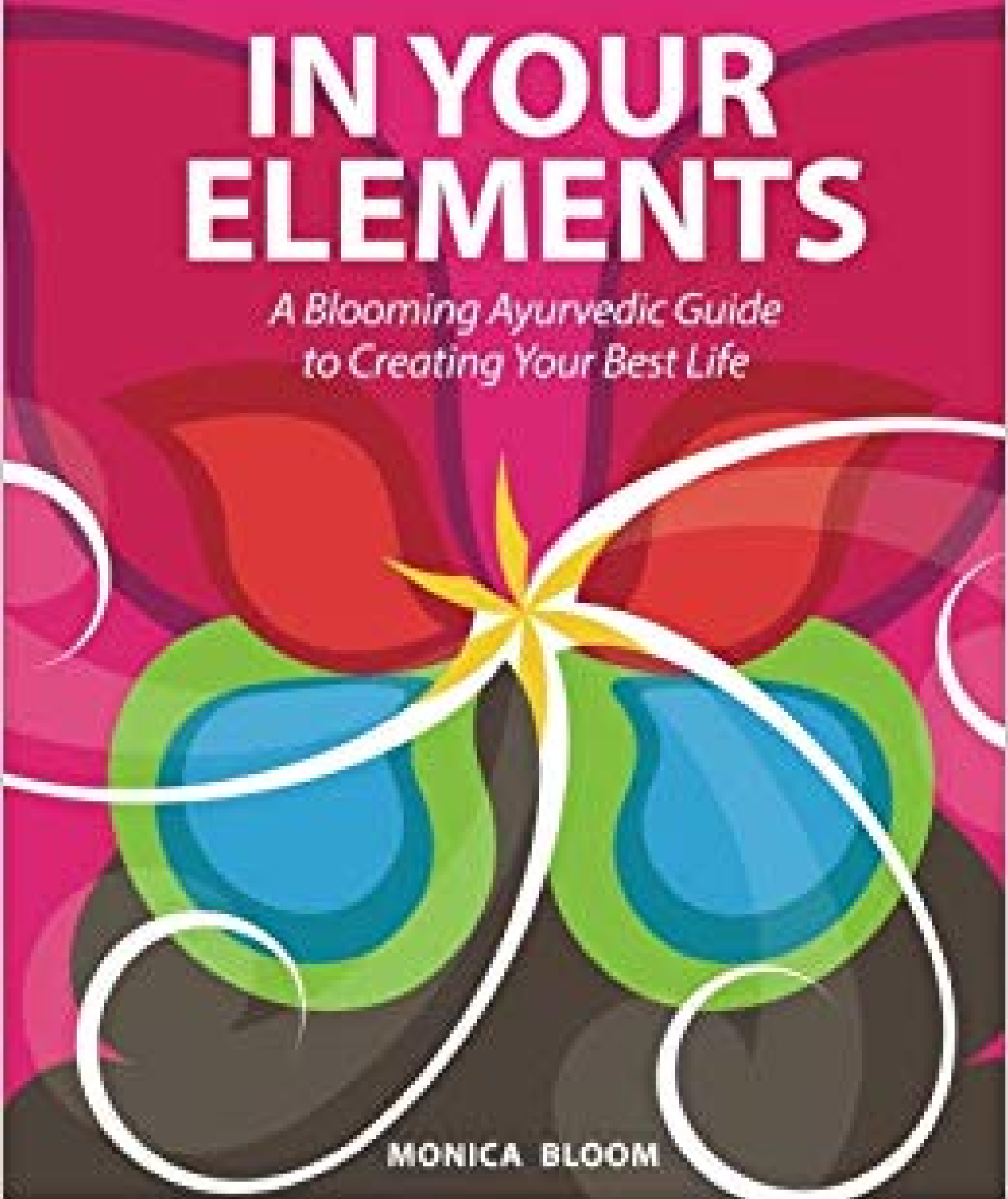


IN YOUR ELEMENTS

*A Blooming Ayurvedic Guide
to Creating Your Best Life*



MONICA BLOOM

Monica Bloom

In Your Elements: A Blooming Ayurvedic Guide to Creating Your Best Life



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In Your Components: A Blooming Ayurvedic Instruction to Creating Your Best Life is a vibrant mix of Ayurvedic wisdom, humor and practicality all rolled into one book. Anyone can do it!com* Ayurveda is economical, accessible, logical, and easy to practice once you know the basics. "Ayur-What", you state? In Your Elements was created for those folks who believe in the energy of the average person and that true health is due to within. Bold images throughout will delight and inspire as you walk on your own path to customize, craft and transform your life. The whole publication is a customized look at your life including, your daily routine, dosha quiz, menus, dishes, home therapies, exercise suggestions and more! This reserve walks you through the essential Ayurvedic foundations and includes over 70 questions, exercises and oodles of tips to help you along the trip. *Enjoy more learnings at heymonicab. The bottom line is, Ayurveda is personalized health care which offers been passed on among Indian family members for over 5,000 years.



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