



Ayurvedic Zone Diet: The Ancient Way to Health Rejuvenation and Weight Control (Paperback)

By Dennis Thompson

LOTUS PRESS, United States, 2000. Paperback. Condition: New. Language: English . Brand New Book. Ayurvedic Zone Diet combines the ancient wisdom of Ayurveda for health and healing with a modern scientific approach to body typing physiology. By focusing on the three basic body types and their corresponding zones of physiological function, this book offers practical solutions for everything from chronic health problems and weight control to proper exercise and lifestyle management. It is essential reading for all who want to lose weight, stay young, and be healthy.



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