



Naturopathy And Yoga

By Parvesh Handa

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...



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This book is fantastic. It really is packed with wisdom and knowledge I am pleased to explain how this is the greatest ebook i actually have go through in my personal daily life and can be he greatest ebook for at any time.

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This is an awesome publication i have at any time read. Of course, it is play, still an interesting and amazing literature. You will like just how the author write this book.

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