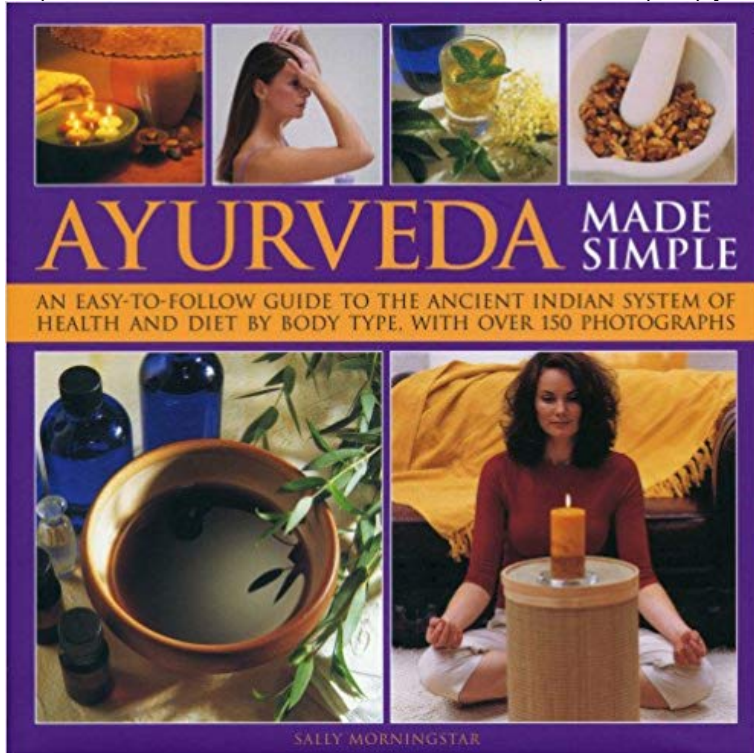


# Ayurveda Made Simple: An easy-to-follow guide to the ancient Indian system of health and diet by body type, with over 150 photographs



Discover your body type - Vata, Pitta or Kapha - in the ancient Indian healing system to promote spiritual harmony and physical health through diet, massage, crystals and exercise.

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