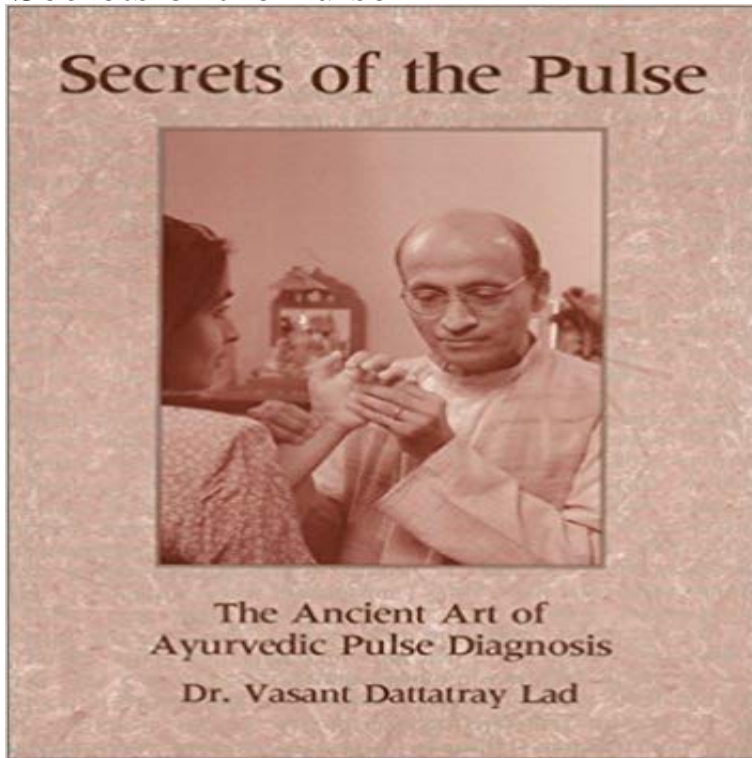


Secrets of the Pulse



Thousands of years ago, Ayurveda described multiple levels of the radial pulse that could be used to interpret the status of the organs and systems of the body as well as the mental and physical constitutions of the individual. For the first time in the West, this book presents this ancient art and provides a method by which anyone can learn to read his own pulse. Imbalances and potential disease states can be detected in their early stages, giving one the opportunity to correct them before they affect the quality of life. With practice and guidance, one can acquire the proficiency to use this knowledge to heal self and others.

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