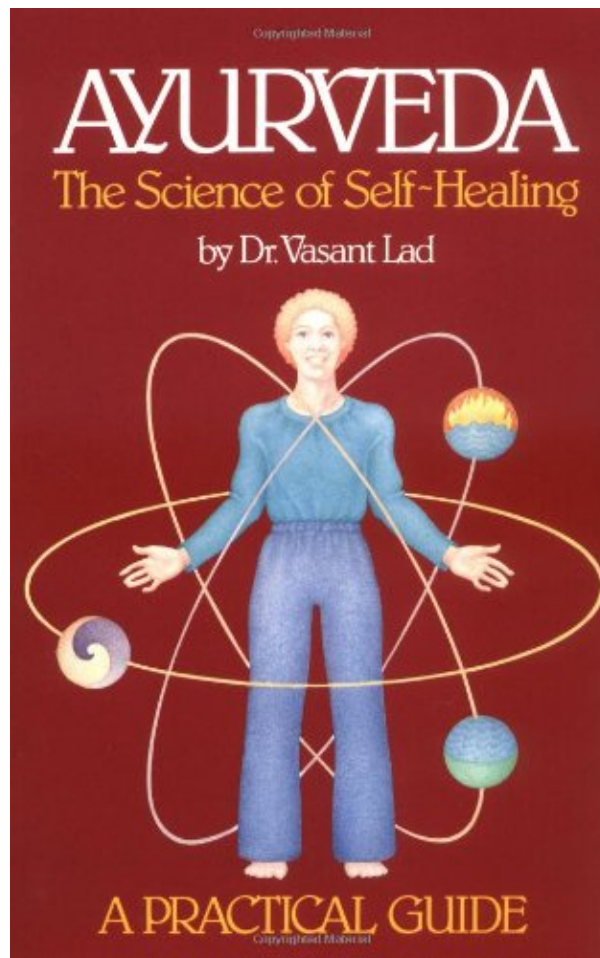


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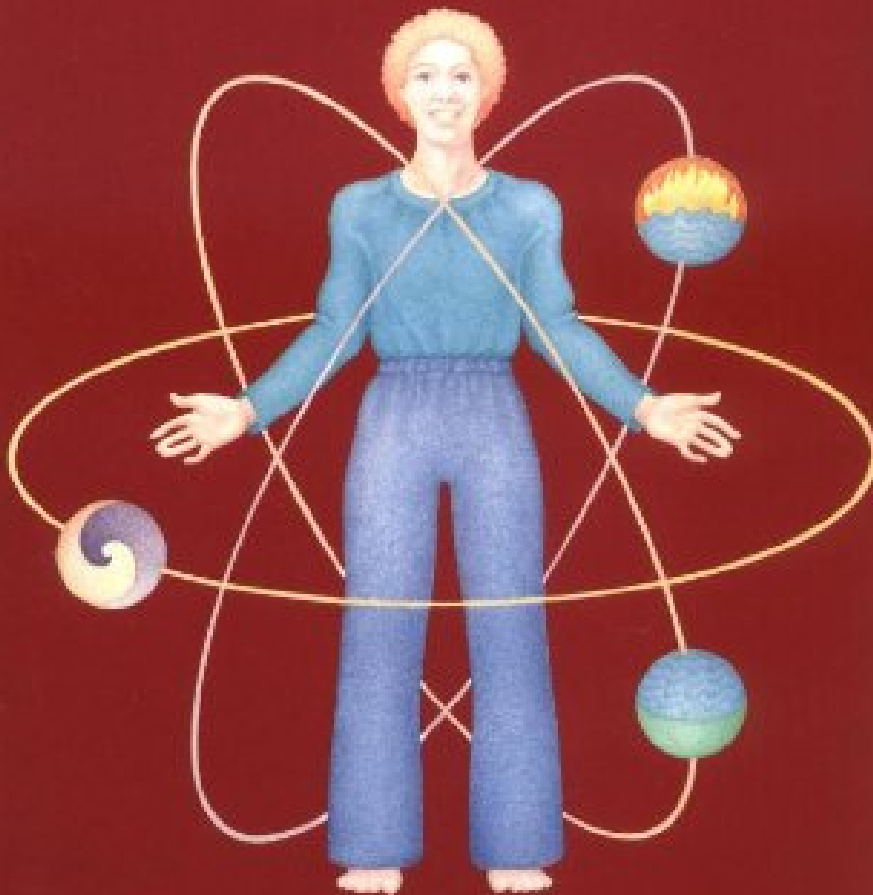


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I would highly recommend Lad's more recent book (Ayurvedic Remedies) that was published in 1998. It covers everything that is already in this book plus you get remedies for common ailments. That book is relatable and written in a more friendly manner. He addresses some western aspects (for example he touches on how westerners are averse to vaman/vomiting therapy). Its just \$3 more, I would get that.

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excellent book

By A Customer

I had the privilege of being treated by Dr. Lad as well as going to several classes he gives at the Ayurvedic institute in Albuquerque NM. The book is a wonderful aid in trying to understand and identify health and disease. You have to be able to understand that "western" medicine is not the answer for everything and that in many cases it will eventually make you even sicker. What do you prefer, Prozac or a cup of some herbal tea that will eventually help you with depression?. What do you prefer, a cup of chamomile tea along with jatamansi or Pepto Bismol?. Ayurveda is something very real, helpful and extremely cheap. Hmmm..... just wondering why allopathy wants to destroy alternative methods. Even better, is Ayurveda really an alternative treatment? 3,000 years before Jesus Ayurveda was being practiced...so, just wondering who's really alternative. Give it a try, Vasant Lad is a great humble and loving person.

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