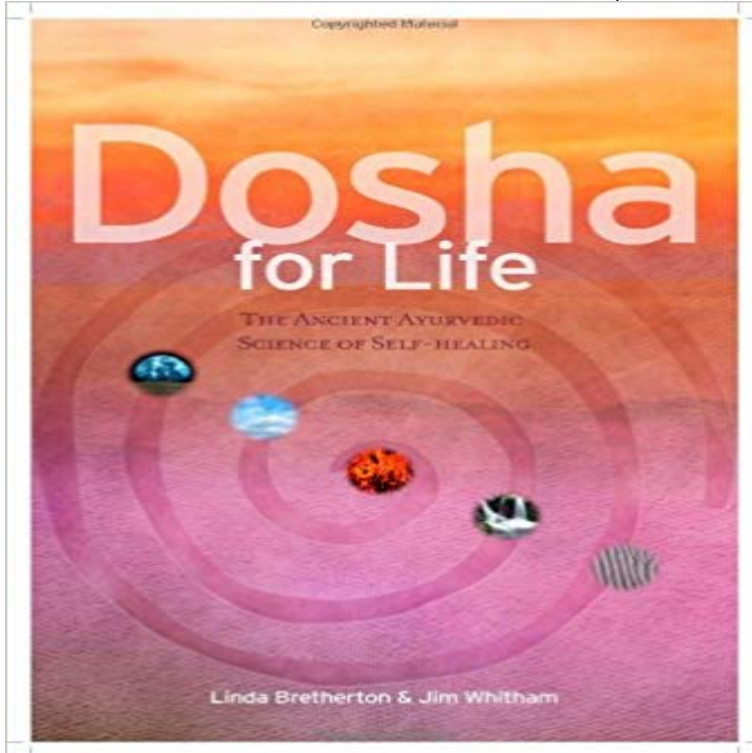


# Dosha for Life: The Ancient Ayurvedic Science of Self-Healing



The three common Ayurvedic body types known as doshas, which are comprised of vata, pitta, and kapha are explained in this guide, as are the factors that are prone to damaging each type. Based on the premise that individuals are born with their own doshas and the whole perception of life's experiences is affected by them, the book shows how imbalances created by nutritional factors, environmental changes, stress levels, and long-standing habits damage the natural flows of energy that should be experienced. By incorporating the guides simple daily activities that give nourishment at both the physical and spiritual level, regeneration and enrichment on a daily basis is possible.

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