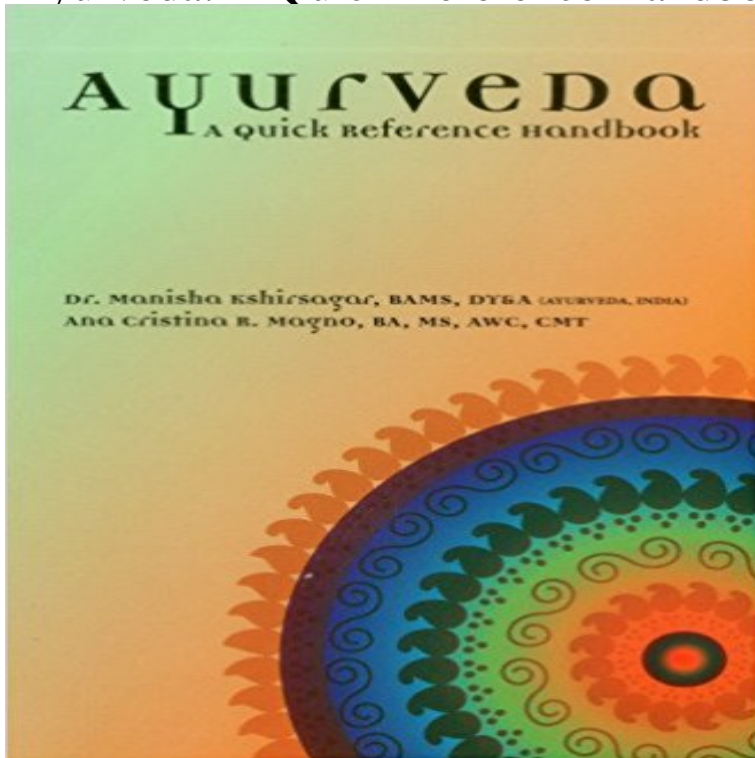


# Ayurveda: A Quick Reference Handbook



Ayurveda: A Quick Reference Handbook is an excellent addition to the library of any Ayurvedic student or practitioner, and is written in a clear style for beginners. It summarizes all of the basic Ayurvedic knowledge in beautiful charts that make finding the information for reference easy. Yoga, Jyotish and Vastu included in the same book expands the vedic resources for Ayurvedic students. - Cynthia Cople, Dean: Mount Madonna College of Ayurveda; President: Lotus Holistic Health Institute

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