A decade ago, after suffering from life-threatening autoimmune disorders, Hollywood actress Shiva Rose set out to discover a more holistic way to natural health and beauty. Growing her own organic herbs and flowers; mixing creams, lotions, and tonics; and following Ayurvedic practices and creating mindful rituals, she has not only healed her life but has also become a leader and entrepreneur in the world of all-natural beauty and lifestyle. Whole Beauty is her radiant next step, a practical, inspiring, stunningly beautiful guide to following a whole beauty practice at home. Here is the recipe for Rose’s iconic rose hip facial serum, as well as 40 other recipes for masks and exfoliants, hair-care products and detoxes, and even DIY deodorant and toothpaste. She explains Ayurvedic practices, such as dry brushing and oil pulling, and home-cleansing rituals, such as smudging with burning sage; shares a dozen tonics, including Celestial Nog and Summer Lover; and offers an entire chapter on the use of essential oils, both on the body and in the home. From natural beauty solutions like a Blushing Bride Chickpea...
Face Mask to showing how to tap into the full force of female energy, Whole Beauty is a complete guide to revitalizing your life. Based on the ancient healing tradition from India that dates back thousands of years, The Complete Book of Ayurvedic Home Remedies offers natural alternatives to conventional medicines and treatments with practical advice and easy-to-follow instructions. Dr. Vasant Lad, a leading authority in this field, has created an invaluable guide to treating common ailments and chronic problems with strategies tailored to your personal needs based on your dosha. Dr. Lad first explains the principles behind the science of Ayurveda, exploring the physical and psychological characteristics of each of the three doshas, or mind-body types—vata, pitta, and kapha. Once you have determined which type or combination of types you are, Dr. Lad helps you to begin your journey to the ultimate "state of balance" and well-being. Dr. Lad explains why certain imbalances often result in illness and shows you how to restore your body to natural order. You'll learn which traditional Ayurvedic remedies—herbal teas and formulas, essential oils, meditation, yoga—offer relief from a variety of conditions, such as cold and flu symptoms, headaches, toothaches, sore throats, high cholesterol, vision problems, anxiety, and depression. Dr. Lad also shows you how to use diet and specific Ayurvedic techniques to prevent future illness and to promote body consciousness and healthy living. The Complete Book of Ayurvedic Home Remedies enables us all to experience the benefits of Ayurveda's healing properties that have been refined over thousands of years. All of the herbs, foods, and oils Dr. Lad recommends can be found in local health food stores or through mail-order catalogs. Complete with an extensive glossary and resource list, this is the definitive guide to natural, safe, and effective remedies, everyday keys to a lifetime of vitality and well-being. This book investigates the ways in which the evidence base is influencing complementary and alternative medicine in general and Ayurveda and allied health practices in particular. The latter have traditionally been prevalent in Asia and are now increasingly attracting interest worldwide. The book is divided into four sections, the first of which examines issues related to acquisition and evaluation of the evidence base. Evidence-based approaches to Ayurvedic diagnosis and therapy are then examined, with a special focus on management of cardiovascular and rheumatological diseases, dental care, and rejuvenating treatments. The final section explores further the challenges of applying evidence-based practice in contemporary and alternative medicine and Ayurveda with a focus upon the issues requiring urgent attention in ongoing decade. The same involves encompassing areas such
as Ayurvedic pharmaceutics, practice, education and research within an evidence-based perspective. Despite spectacular advances, modern medicine faces formidable global challenges in several key areas—notably the persistence of major killer diseases such as malaria, tuberculosis, leprosy, and newer threats including HIV/AIDS, resistant infections, and Ebola. As such, modern medicine has not led to a significant decrease in chronic diseases like diabetes, obesity, and other degenerative and autoimmune diseases. The authors believe that modern medicine needs to experience a paradigm shift, an integration of traditions—in particular from the ancient systems like Ayurveda and Yoga. Integrative Approaches for Health: Biomedical Research, Ayurveda and Yoga brings together the basic principles of interdisciplinary systems approach for an evolving construct of future medicine. Such an approach is already emerging at the cutting edge of current research in omics, bioinformatics, computational and systems biology. Several leading institutions of medicine have adopted Yoga and complementary medicine to widen their reach, and deepen effectiveness in therapeutic practices. The amalgam of modern medicine, with its strengths in scientific rigor, blended with the basic principles of life drawn from Ayurveda and Yoga might evolve into a medicine of tomorrow. Integrative approaches are no longer alternative, perhaps taking these approaches is the only possible way to heal our sick planet. This book introduces important trends and tools for biomedical researchers and physicians alike, to innovate the practice of medicine for the better. Contains a harmonious confluence of ancient and modern concepts, historical perspectives, philosophical underpinnings, and a relevant review of literature supported by worldwide case studies. Provides a critical analysis of ancient wisdom, pointing to potential areas for future research, which provide food for thought for public debate on integrative health care for the twenty-first century. Explains Ayurveda knowledge, and its relevance to drug discovery, nutrition, genomics, epigenetics, regenerative biology, longevity and personalized medicine. Shares Yoga knowledge insights, and explains its relevance to body–mind complex relationships, psychology, neurobiology, immunoendocrinology, bioenergetics, consciousness, and cognitive sciences. Offers illustrations and logic diagrams for enhanced understanding of the concepts presented. Ayurveda, The Universal Healing Art. More Than A Medical System. Developed From The Vedas, India’s Ancient Books Of Wisdom, Ayurveda Combines Physical, Psychological And Spiritual Therapies In An Approach To Health That Is As Relevant To The Modern World As It Was To The Ancient World When It First Became Part Of India’s
Collective Consciousness. Here is a definitive handbook of a health care both sensible and sublime, that is still alive and well itself. The author is the first Westerner to graduate from an Indian Ayurvedic College. Utilizing herbs and minerals, proper nutrition and purification and, above all, affirmative ways of living, Ayurveda treats not just the ailment but the whole person and emphasizes prevention of disease to avoid the need for cure. Its ancient message has helped spread the new holistic thinking in the West, encouraging us to become stewards of life; in order, now, to give civilization itself a chance to heal.

There is considerable interest now in the contemporary lives of the so-called traditional medicines of South Asia and beyond. "Doctoring Traditions," which examines Ayurveda in British India, particularly Bengal, roughly from the 1860s to the 1930s, is a welcome departure even within the available work in the area. For in it, the author subtly interrogates the therapeutic changes that created modern Ayurveda. He does so by exploring how Ayurvedic ideas about the body changed dramatically in the modern period and by breaking with the oft-repeated but scantily examined belief that changes in Ayurvedic understandings of the body were due to the introduction of cadaveric dissections and Western anatomical knowledge. "Doctoring Traditions" argues that the actual motor of change were a number of small technologies that were absorbed into Ayurvedic practice at the time, including thermometers and microscopes. In each of its five core chapters the book details how the adoption of a small technology set in motion a dramatic refiguration of the body. This book will be required reading for historians both of medicine and South Asia.

This unique book provides a comprehensive picture of the vivid kaleidoscope of traditional medicine in Asia presented by 34 eminent authors from 15 countries belonging to the different systems like Ayurveda and Chinese Traditional Medicine. Important emerging areas such as harmonization of the traditional systems with modern medicine and the growing role of these systems in the health care structure of countries are also dealt with. Legislation and regulation of these systems and practitioners, an area of growing concern, the need for good preclinical toxicology studies and scientific clinical evaluation of the products and medicinal plants used for therapy are exhaustingly dealt with. The vital issue of protection of traditional systems of medicine and patenting of medicinal plants is discussed in detail. The book is replete with suggestions, and ideas aimed at making traditional systems more effectively, and more widely used for health care. The book also covers the prevailing situation regarding the use and other aspects of traditional...
Where To Download Rasayana Ayurvedic Herbs For Longevity And Rejuvenation Traditional Herbal Medicines For Modern Times

medicine in the 10 Member countries of the South-East Asia Region of the World Health Organization. This resource brings the unique theories and traditions of Ayurveda alive so that they are accessible to the complementary health practitioner of today. This book offers a clear, accessible and yet detailed guide to Ayurvedic herbalism. It encompasses a brief history of the growth of Ayurveda, a discussion of its fundamental principles, treatment strategies as well as the energetic approach of traditional Ayurvedic herbal pharmacy and pharmacology. Translational Ayurveda is the implementation of translational medicine ideas taking into account Ayurveda’s unique health care principles and their application in patient care. This book addresses various domains of Ayurveda, discussing its fundamentals and clinical practice in terms of the various modalities available, and offering deep insights into what is actually described in the classical Ayurveda texts. It also explores the public health impacts of such classical thoughts from a completely new angle. In Ayurveda, there are huge gaps between knowledge and its practical application. The book identifies these gaps to provide a new perspective on Ayurvedic wisdom in light of contemporary scientific advances. Nutraceuticals: Efficacy, Safety and Toxicity brings together all current knowledge regarding nutraceuticals and their potential toxic effects as written by the scientists at the forefront of their study. Users will find an introduction to nutraceuticals, herbal medicines, ayurvedic medicines, prebiotics, probiotics, and adaptogens, along with their use and specific applications. This essential reference then discusses the mechanism of action for the judicious use of these nutraceuticals and the best tools for their evaluation before detailing the safety and toxicity of nutraceuticals and their interactions with other therapeutic drugs. Finally, and crucially, regulatory aspects from around the world are covered, providing a comprehensive overview of the most effective tools for the evaluation, safety, and toxicity of nutraceuticals, prebiotics, probiotics, and alternative medicines. Grants an overview of the current state-of-the-science of nutraceuticals, their use and applications, and known adverse effects Provides effective tools to evaluate the potential toxicity of any nutraceutical Includes details of regulatory issues as written by international experts

Ayurveda is widely considered to be one of the oldest health care traditions still in practice today. Originating in India over 3,000 years ago, it is now increasingly recognized and practiced globally including in many European countries and the United States. Food and nutrition play a crucial role in the health care wisdom of Ayurveda. The Ayurvedic Science of Food and Nutrition discusses the various principles of healthy eating as
prescribed by Ayurveda. Divided into three sections, it addresses the fundamentals, the clinical applications, and the future challenges of Ayurveda. Specifically, the book discusses issues such as the concept of diet, the use of food as medicine, especially to treat diabetes and cancer, convalescent food practices, and fasting therapy. The Ayurvedic Science of Food and Nutrition is unique in that it is one of the only books to investigate the scientific rationale behind Ayurveda, enabling this health care tradition to potentially be incorporated into a Western clinical practice model when this latter conventional therapy is found to be ineffective. Updated and revised throughout, with a focus on clinical aspects, this multidisciplinary work presents up-to-date clinical and research findings of the special nutritional requirements of the elderly.

Popular medicine. The book guides you to adopt a healthy lifestyle based on the ancient Indian Medical Science - Ayurveda. The book covers the following topics - setting up a healthy lifestyle, basics of Tridosha, Massage, benefits and side effects, Panchakarma and related procedures, Mental and physical exercises, How to adopt Pranayama in your routine, Health advice based on seasons, Diet advice, Fasting tips, Tastes and their qualities Abstinence, Sexual health, Sleep and related aspects, Dairy products, Spices, Oils, simple and effective home remedies and more. Time is scarce and precious in today’s world and we seek solutions that are quick. While allopathic medicine tends to focus on the management of disease, the ancient study of Ayurveda provides us with holistic knowledge for preventing disease and eliminating its root cause. Dr Bhaswati Bhattacharya takes you through a day in the life of Ayurvedic living. This volume examines in detail the role of chronic inflammatory processes in the development of several types of cancer. Leading experts describe the latest results of molecular and cellular research on infection, cancer-related inflammation and tumorigenesis. Further, the clinical significance of these findings in preventing cancer progression and approaches to treating the diseases are discussed. Individual chapters cover cancer of the lung, colon, breast, brain, head and neck, pancreas, prostate, bladder, kidney, liver, cervix and skin as well as gastric cancer, sarcoma, lymphoma, leukemia and multiple myeloma. Herbal medicines constitute the main component of traditional medicine, which have been used for thousands of years. They have made significant contribution to human health through their health promotive, curative and rehabilitative properties and in the prevention of illnesses. Indeed, many herbal remedies used traditionally have become modern medicines through drug development. Digoxin, morphine, colchicine, and artemisinin are some notable examples. Long tradition of use of
many herbal remedies and experiences passed on from generation to generation has brought about reliance by
the people on herbal medicines. At present, the use of herbal medicinal plants for health products is increasing
worldwide. This publication contains 28 monographs on common ailments which can be readily treated with
simple herbal remedies. They can be prepared easily and used within the ambit of primary health care. Each
monograph provides description of the ailment, the form of traditional preparation, its composition, English name,
Latin name and family of the plant, plant part used, main chemical constituents, quality standards, method of
preparation, dosage form, therapeutic properties, indications and uses, dose and mode of administration,
precautions and safety aspects, and important references. This manual can be used by health planners, policy
makers, national and district health authorities and others involved in the health sector development and reform. It
is also an attempt to increase availability and accessibility to cost-effective treatment of commonly encountered
health problems with herbal remedies. It will be useful for education and training of community health workers as
well. Used for millennia in Eastern healing, adaptogenic herbs—like ginseng and rhodiola—counteract the effects of
stress. In this beautifully illustrated, authoritative guide, Adriana Ayales, the owner of Anima Mundi Herbals,
shares her knowledge of these amazing adaptogens. She offers 30 recipes for food, drinks, and beauty cures that
banish fatigue, sharpen your mind, and stimulate your central nervous system, as well as ideas for self-care and
wellness. Celebrated Ayurveda teacher A nanta Ripa Ajmera offers an inspiring introduction to this ancient Indian
medical tradition, which complements and extends the health and wellness benefits of yoga. Through 108 short
essays you will learn to approach optimal digestion, better sleep, less stress, and a more balanced life. Diet is
key, and many essays are accompanied by recipes that incorporate into daily meals spices such as turmeric,
cumin, ginger, and mustard seeds. In addition, meditation, yoga and breathing exercises, and self-care practices
such as oil pulling and massage, make this time-tested wisdom available to contemporary holistic health
enthusiasts — even beginners. As our population continues to age, health professionals are being called on to care
for an ever-increasing number of elderly patients. A thorough understanding of what constitutes normal aging
versus age-prevalent illness is essential. In addition, the atypical and nonspecific presentation of illness commonly
encountered when caring for an older patient must be expected and watched for carefully. In recent years, the
health professional has been exposed to an exponentially increasing number of publications attempting to teach

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geriatric principles. To date, few publications lend themselves to use by the busy practitioner, student, or nurse in search of immediate facts, flow sheets, and clinically applicable data. It was felt that the health professional would benefit greatly from a book based on the concept of a ready-reference "hand book," with chapters filled with tables, flow sheets, and listings similar in scope to those in a well-presented lecture series. Our goal was to create a geriatrics handbook that would have value at the bedside as well as in the classroom. It is to this end that the contributors dedicated their efforts.

Traditional Chinese medicine commonly prescribes herbal formulas for the prevention and treatment of diseases. Shengmai San, a famous Chinese medicinal formula that has been used for more than eight hundred years in China, is comprised of Radix Ginseng, Fructus Schisandre and Radix Ophiopogonis. Traditionally, Shengmai San is used for the treatment of diseases beneficial for families as well as health practitioners. Included are the basic principles of ayurveda; its history; and a generous selection of therapies including herbs, nutrition, aromas, meditation, colors, gems, exercise, special message techniques, and rejuvenating measures known as pancha karma. Pathology and diagnosis are covered in plain English along with a discussion of the most commonly used ayurvedic herbs. Other new information includes ayurvedic hatha yoga, general healing, pregnancy and post-partum, and stress reduction.

This is a book of herbal recipes for childcare based on a concept in Ayurveda called Rasayana. Rasayana deals with methods to live long and live well. The recipes selected can be prepared at home using ingredients from the kitchen, garden, supermarkets or Indian stores. The book includes stories woven over the ages around these herbs, legends that they star in, their vernacular names and citations from ancient Ayurveda Materia Medica that reveal the nature of the Rasayana herbs. The beautiful photographs of plants, interesting hand-drawn illustrations and tit-bits are a celebration of the cultural history associated with the herbs. The book will not only be a pleasure to read and use but also a treasure to keep for young mothers and children's care-givers.

Turmeric belongs to the family Zingiberaceae and is a yellow spice of high economic importance due to its medicinal value. Cultivated in tropical and sub-tropical regions around the world, it is used extensively as a colouring, flavouring and preserving agent. In recent years, several drugs derived from natural products have been developed and current drug research is actively investigating the possible therapeutic roles of many Ayurvedic medicines, most notable among those being examined is turmeric. The wide range of pharmacological activities attributed to turmeric come mainly from...
curcuminoids and two related compounds, demethoxycurcumin and bisdemethoxycurcumin. This comprehensive book brings together the research carried out on constituents obtained from turmeric and highlights their chemical and biological activities. Comprising 17 chapters, each written by experts in their respective field and curated by authorities, it will be invaluable to all those who are involved in the production, processing, marketing, and the use of turmeric. Appealing to researchers and professionals in natural products, nutraceuticals and food chemists, this book is exposing some of the myths and showing areas for possible future use.

Wellness medicine is the field that focuses on improving overall functioning, quality of life, and wellbeing, beyond symptom management of medical illness, leading to restoration and maintenance of health. The Handbook of Wellness Medicine provides a practical guide to the latest in evidence-based medicine, as well as best practice, to assist healthcare professionals in utilizing the full range of interventions to improve wellness and help patients complete their journeys to full health. The volume is organized into five parts: Part I introduces the concept of wellness by detailing the definitions and assessment/measurement methods, and formulating wellness plans. Part II describes wellness plans in major illnesses, categorized by organ system/disorder. Part III covers the methods to improve wellness in special populations. Part IV details each wellness intervention, including the scientific evidence behind it and its practical application. Part V focuses on integrating and personalizing the interventions into one's life to maintain wellness.

Healing Plants of Nigeria: Ethnomedicine and Therapeutic Applications offers comprehensive information on the use of herbal medicines in West Africa. Combining an evidence-based, ethnobotanical perspective with a pharmacological and pharmaceutical approach to phytomedicine, the book bridges the gap between the study of herbal plants’ pharmacological properties and active compounds for the development of clinical drugs and community-oriented approaches, emphasising local use. It demonstrates how the framework of African traditional medicine can be preserved in a contemporary clinical context. The book outlines the history and beliefs surrounding the traditional use of herbs by the local population alongside their application in contemporary phytotherapy in Nigeria and West Africa. It features a critical assessment of the scientific rationale behind the use of these plants in ethnomedicine and offers a composite catalogue of phytotherapeutic and wellness agents, detailing the safety profile, efficacy, and scientific integrity of plants used to treat diseases and optimise health.

Features: An ethnobotanical survey containing over 200 full-colour photographs of Nigerian and West African
plants. A unique combination of ethnobotany and pharmacognosy, bridging the divide between pharmaceutical and community-oriented approaches to herbal medicine research. Contextual discussion of the therapeutic potential of Nigerian herbal medicine. Offers a template which can be used to separate the superstitious aspects of ethnomedicine from culturally inherited deposits of knowledge. A handbook for herbal and natural medicine practitioners, the book is aimed at African thinkers, scientists, healthcare providers and students of pharmacology and ethnomedicine. It is evident that everybody wants to live long with sound health. Nobody wants to become old and die. There is an inbuilt desire of every individual to live for 100 years and that too in a healthy state of body, mind and all sense organs especially vision and hearing. In this stressful, over-busy and toxic world, our natural health, happiness and the inner sense of well-being are masked by the accumulation of impurities. These impurities or toxins cause deterioration of normal body functioning. A rejuvenation therapy can revitalize senses, detoxify the body, restore good health and young look and even increase resistance to diseases. The excellent and through book by Dr. Mayank Vora is a great read for any person and provide a very practical guide for rejuvenation and longevity with natural and time tested ancient remedies. Beautifully written giving information of important single and classical Rasayana herbs, antioxidants therapy, diet and lifestyle. All readers should aware of Rasayana therapy, if they want to bring back the youthfulness and increase the life span by many years. Rethink conventional notions of beauty and wellness, abandon established regimes and commercial products, and embrace your “renegade” beauty. In this essential full-color guide, Nadine Artemis introduces readers to the concept of "renegade" beauty—a practice of doing less and allowing the elements and the life force of nature to revive the body, skin, and soul so our natural radiance can shine through. Anyone stuck in perpetual loops of new products, facials, and dermatologist appointments will find answers as Artemis illuminates the energizing elements of sun, fresh air, water, the earth, and plants. This book is a comprehensive resource for anyone who wants to simplify their self-care routine, take their health into their own hands, and discover their own radiant beauty. This book highlights the medical importance of and increasing global interest in herbal medicines, herbal health products, herbal pharmaceuticals, nutraceuticals, food supplements, herbal cosmetics, etc. It also addresses various issues that are hampering the advancement of Indian herbal medicine around the globe; these include quality concerns and quality control, pharmacovigilance, scientific investigation and validation, IPR and
biopiracy, and the challenge that various indigenous systems of medicine are at risk of being lost. The book also explores the role of traditional medicine in providing new functional leads and modern approaches that can offer elegant strategies for facilitating the drug discovery process. The book also provides in-depth information on various traditional medicinal systems in India and discusses their medical importance. India has a very long history of safely using many herbal drugs. Folk medicine is also a key source of medical knowledge and plays a vital role in maintaining health in rural and remote areas. Despite its importance, this form of medicine largely remains under-investigated. Out of all the traditional medicinal systems used worldwide, Indian traditional medicine holds a unique position, as it has continued to deliver healthcare throughout the Asian subcontinent since ancient times. In addition, traditional medicine has been used to derive advanced techniques and investigate many modern drugs. Given the scope of its coverage, the book offers a valuable resource for scientists and researchers exploring traditional and herbal medicine, as well as graduate students in courses on traditional medicine, herbal medicine and pharmacy. This volume covers the major threads in the molecular genetics of aging, including genes that regulate aging, causes of aging, evolutionary theories of aging, and the relationship between diet and aging. Among specific topics covered are calorie restriction, mitochondria, sirtuins, telomeres, stem cells, and cancer. Arguably the oldest form of health care, Ayurveda is often referred to as the "Mother of All Healing." Although there has been considerable scientific research done in this area during the last 50 years, the results of that research have not been adequately disseminated. Meeting the need for an authoritative, evidence-based reference, Scientific BaAyurvedic Beauty Care presents both ancient and modern Ayurvedic secrets for beauty-care. The aim of this book is to elevate our Western understanding of beauty to new levels with the deeper Ayurvedic insights. These insights hold powerful health promoting and enhancing methods and luxurious beauty techniques such that all levels of beauty (outer, inner, secret) can be realized in our increasingly fast paced and chaotic world. There are two audiences that are addressed in this volume. First and foremost, every person should be able to find what brings out their true beauty. In this light, the book is intended to be a self-care manual. At the same time, those interested in or practising as beauty therapists or aestheticians should receive the benefits of the deep insights and marvelous results Ayurveda can offer their clients. Until relatively recently, much of the information on India's research into their medicinal plants has remained within
India, mainly published within Indian journals. However, today the field of Ayurveda is expanding, with the integration of herbs and minerals discovered in other countries and the strengthening of academic knowledge networks worldwide. Ayurveda has become the most prevalent and respected holistic discipline in America today. Popularized by bestsellers such as Deepak Chopra's *Ageless Body, Timeless Mind*, its principles of working in harmony with nature and treating the mind, body and spirit as a whole have been wholeheartedly embraced by millions. *Absolute Beauty* applies Ayurveda's principles to create a truly unique approach to skin care. Unlike other beauty books, which concentrate solely on creating superficial beauty through makeup or drugs like Retin-A, it helps readers achieve the kind of radiance that comes from within: a beauty that is so luminous, so vital, that it transcends age, fashion and physical flaws. The book includes: a self-test to help readers determine their exact skin type, customized skin-care regimens; a consumer's guide to the dizzying array of so-called natural products available; remedies for common skin problems; important nutrition information; instructions for detoxifying the body; and a discussion of the spiritual side of Ayurveda to show how it can help readers achieve tranquility and the resulting inner glow. *Eat Wheat* presents effective, rare and miraculous formulations essential for maintenance of good health. The basis being Ayurveda. Furnishes knowledge about the human body, Ayurvedic herbs etc, for the promotion of health and cure of diseases in simple language. The international bestseller by the author of The 3-Season Diet: “A compelling, evidence-based approach for safely eating wheat and dairy... a must-read” (Dr. Rav Ivker, author of *Sinus Survival*). Have you gone gluten-free or dairy-free? If so, you might not have to deny yourself the foods you love any longer. *Eat Wheat* is your guide to safely bringing wheat and dairy back into your diet, using a scientific and clinically proven approach to addressing food intolerances. Dr. John Douillard, a former NBA nutrition expert and creator of LifeSpa.com, addresses the underlying cause of the recent gluten intolerance epidemic. *Eat Wheat* explains how a breakdown in digestion has damaged the intestinal wall, causing “grain brain” symptoms and food allergies. Although eliminating wheat and dairy from your diet may help your symptoms, it is only a temporary solution. *Eat Wheat* addresses the root cause: the inability to digest well and break down harmful toxins that can lead to more serious health concerns. Backed by more than 600 scientific studies, *Eat Wheat* is a revolutionary guidebook to regaining your digestive strength. *Eat Wheat* will: Reveal hidden science on the benefits of wheat and dairy Help you navigate around food toxins in modern wheat and...
dairy Retrain your body to digest wheat and dairy again Flush congested lymphatics linked to food intolerance symptoms Teach you to follow natural digestive circadian cycles Help bring your blood sugar back into balance Teach you proven exercise and detox techniques to reboot strong digestion and achieve optimal health and vitality Provides herbal remedies drawing upon Asian and Western traditions for gastrointestinal, cardiovascular, nervous system, endocrinological, musculoskeletal, ophthalmological, and immune disorders.

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