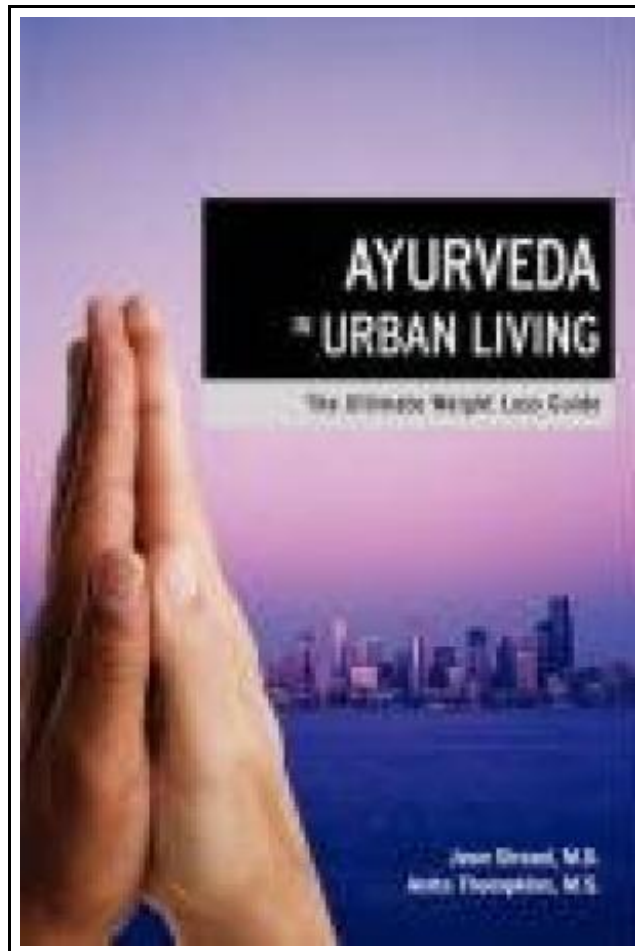


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AYURVEDA IN URBAN LIVING: THE ULTIMATE WEIGHT LOSS GUIDE

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Seaboard Press, United States, 2008. Paperback. Book Condition: New. 224 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Ayurveda in Urban Living (AUL) is a weight-reduction program that goes beyond diet and exercise by incorporating the ancient principles of Ayurveda (life knowledge) made popular by Deepak Chopra and Dr. Vasant Lad. Ayurveda in Urban Living incorporates all four quadrants of healing: the physical, emotional, spiritual, and mental realms. With years of experience in medicine, physical fitness and nutrition counseling, Joan Stroud M.D. and Anita Thompkins, M.S., offer AUL as a guide to encourage and assist those desperately seeking weight reduction and lifestyle changes using these principles. ABOUT THE AUTHORS: Anita Thompkins and Joan Stroud met during an Ayurvedic course taught by Dr. Naina Maraballi in New York City. It was a quick meeting of the spirits and they immediately commenced discussing goals, hopes and dreams. Anita has had many years of experience as a personal fitness consultant and yoga instructor/practitioner. Joan is a traditionally-trained family physician. Following many discussions, they both felt that their interest in implementing Ayurvedic principles was an unusual goal but, they agreed, a necessity for fitness and good health. A common theme of their discussions concerned disillusionment with the health care delivery system and clients and patients lack of access to complementary modalities. It was Anita who first proposed that they co-author this book since each longed to educate and enrich people's lives through the use of good nutrition. Both are excellent examples of Kapha in balance and Kapha imbalance. Anita maintains excellent weight control, even with Kaphic tendencies. Joan, though out-of-balance, is incorporating these Ayurvedic principles and is hard at work toward equilibrium. Years of working with people who struggle with weight loss and who, sometimes in desperation resort to...

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