



Losing Weight with Ayurveda and Yoga (Paperback)

By Dr Vinod Verma

Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Most of the modern diets to lose weight are based upon leaving out one of the major food components like fat, protein or carbohydrates. This kind of deprived regimen is not natural and is harmful for health. Ayurvedic wholesome diet is promising for losing and maintaining weight. Contrary to other diets, this promotes your energy and purifies your body. The book has well-researched Ayurvedic holistic diet to lose, and maintain weight and regain health and energy. It has exclusive concepts in nutrition like the S-Factor (satisfaction factor) with food, and to judge over-weight not only from your scale but from the shape of your body and methods to trim specific parts of your body. It is an exceptional piece of analytical work in this field that integrates ancient wisdom into modern life. Recipes given in the book are delicious and health promoting and thus it is not a diet with suffering and deprivation. This book has also been published in German and Slovenian. Author s other publications 1.Patanjali s Yoga Sutra: A Scientific Exposition (Published in English, Hindi and German)....

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