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Tibetan Ayurveda: Health Secrets from the Roof of the World (Paperback)

By Robert Sachs

Inner Traditions Bear and Company, United States, 2001. Paperback. Book Condition: New. 218 x 152 mm. Language: English . Brand New Book. Discover the four levels of traditional Tibetan healing science with this preventive health care manual for people of any age, culture, and physical type. - Includes material on little-known therapies such as Pancha Karma and Kum Nye, as well as guidelines for nutrition, longevity, detoxification, and meditation. - Author has studied with many of the best-known Tibetan and Ayurvedic physicians alive today. Tibetan medicine was probably the first truly integrated system of ancient healing science. From the seventh to the tenth centuries, Tibetan kings encouraged physicians from India, China, Nepal, Persia, and Greece to teach their traditional medical sciences to Tibetan physicians, who at that time were primarily influenced by Ayurveda and shamanic healing modalities. This cross-cultural marriage of the greatest healing traditions makes Tibetan medicine ideally adaptable to Western health needs. Tibetan Ayurveda provides a comprehensive guide to the four levels of traditional Tibetan medicine with a wealth of traditional health practices and teachings. Much of the contemporary material on Tibetan medicine focuses solely on herbal medicine and acupuncture; Tibetan Ayurveda goes beyond these to look at...



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