



The Secrets to Ayurvedic Detox (Simple Steps to a Healthier Life) (Volume 3)

Monica Ramirez

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Ayurveda is an ancient medical system that began in India. Unlike most other medicines, Ayurveda is considered to be completely natural. Ayurveda is an important aspect of our health that provides most benefits when is done in spring time. Ayurveda detox is focused on getting rid of toxins out of the tissue and into the digestive tract so that they can be eliminated. It will quickly re-balance your health and give you a feeling of wellbeing. Ayurveda means" the science of life" and it teaches us how to align with out true inner nature and receive a gentle healing process within our body. Some of the benefits of Ayurvedic cleanse are: Restore a sense of calm to the mind and the nervous system. Nurture an improved sense of energy, vitality, and enthusiasm for life. Support the maintenance of a healthy body weight. Restore and maintain balanced sleep cycles. Promote regular and balanced elimination. Recover each individual's natural state of balance. Prepare the tissues for deep nourishment and rejuvenation. Promote optimal health. There are three stages of Ayurvedic detox: pre cleanse, cleanse and post cleanse. Each stage has its own recipes that we suggest you follow in order to have a smooth cleansing process. In this book,you will find diets for breakfast, lunch and dinner and have the liberty to choose your own. Don't delay reading this book. Buy it today!

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