

For over 4,000 years, the people of India have looked to Ayurveda as a pathway to vibrant health and increased longevity. This ancient science is treasured as the world's oldest complete system for holistic healing. On Ayurveda: The Science of Life, Dr. Vasant Lad—the founder of the Ayurvedic Institute—shows you how to apply this time-honored system for total wellness to your own life. From principles of self-healing and proper food combinations to the cosmic laws that unite all consciousness, Ayurveda: The Science of Life makes it easy to explore this ancient healing art.

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