

absolute beauty radiant skin and inner harmony through the ancient secrets of ayurveda pratima raichur

[#Ayurveda beauty](#) [#Radiant skin care](#) [#Inner harmony wellness](#) [#Pratima Raichur](#) [#Ancient Ayurvedic secrets](#)

Discover the path to absolute beauty and radiant skin, achieving profound inner harmony through the time-honored wisdom of Ayurveda. Pratima Raichur shares these ancient secrets, guiding you towards a holistic state of wellness where outer radiance truly reflects inner balance.

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Absolute Beauty

Ayurveda, popularized by Deepak Chopra in his bestselling books, is an ancient wholistic approach that originated in India. Both natural skin care and the ancient discipline of Ayurveda are tremendously popular concepts right now, and this is the first time the two have come together in a comprehensive book. The founder of her own skin care clinic in Manhattan, author Pratima Raichur is a leading expert on Ayurveda who uses classic Ayurvedic principles to develop her own completely original skin care regimen that can be tailored to all skin types. In concrete, accessible terms, Raichur shows readers how to achieve what she calls absolute beauty—a complexion so luminous and an inner vitality so compelling that our attractiveness transcends all modes of fashion and all physical ideals—a beauty that anyone can achieve, regardless of age, wealth, status or bodily imperfection. Part 1 outlines the principles of Ayurvedic skin care and shows how the skin, our largest organ, can reveal important information about our stress levels and overall health—if we know what to look for—and offers readers a self-test to determine their skin type from three categories. Part 2 describes each skin type's regimen, and shows the individual reader how they can achieve balance in their particular problem areas through proper nutrition, cleansing, and moisturizing. It also offers a consumers' guide to 'natural' products currently available, as well as remedies for the 12 most common complaints, and natural makeup tips. Part 3 focuses even further on nutritional information such as how much is enough water, what your skin can tell you about your digestion, and how to detoxify your body for beautiful skin and hair. Part 4 discusses the spiritual aspects of Ayurveda which can aid in achieving inner peace and the outer glow that stems from it. Also included throughout the book are line drawings to illustrate Raichur's skin care techniques and exercises. Combining the best of modern science and the age old wisdom of Ayurveda, Absolute Beauty is a complete skin care guide that not only offers the key to more beautiful skin, shinier hair, and thicker eyelashes, but to better overall health, vitality, and a body that feels as good as it looks.

Absolute Beauty

We all know absolute beauty when we see it - skin that glows with health and an outer bearing that projects inner tranquility. Yet, despite our every effort and expense, few of us know how to achieve it. This book shows how to achieve a glowing complexion and a beauty that transcends age, fashion and superficial flaws. Practical and comprehensive, the book provides a vision of inner harmony and peace of mind that is the ultimate source of beauty.

Ayurvedic Beauty Care

Ayurvedic Beauty Care presents both ancient and modern Ayurvedic secrets for beauty-care. The aim of this book is to elevate our Western understanding of beauty to new levels with the deeper Ayurvedic insights. These insights hold powerful health promoting and enhancing methods and luxurious beauty techniques such that all levels of beauty (outer, inner, secret) can be realized in our increasingly fast

paced and chaotic world. There are two audiences that are addressed in this volume. First and foremost, every person should be able to find what brings out their true beauty. In this light, the book is intended to be a self-care manual. At the same time, those interested in or practising as beauty therapists or aestheticians should receive the benefits of the deep insights and marvelous results Ayurveda can offer their clients.

Enchanting Beauty

Dr. Manisha Kshirsagar brings her vast knowledge of Ayurvedic medicine together with her expertise as an esthetician to give us the foundation for beauty that radiates from the inside out. A life long guide to inner and outer beauty. - Deepak Chopra, MD Enchanting Beauty by Dr. Manisha Kshirsagar is an excellent Ayurvedic guidebook for promoting inner and outer beauty, happiness and health for women of all ages. It is an important addition to the existing Ayurvedic literature and adds much new information and insight in an easy accessible form. - David Frawley, Author of The Yoga of Herbs

Ayurvedic Spa

Ayurvedic Sap: Treatment for Large and Small Spas If you are a spa owner looking for new, authentic world class treatments, a body worker wanting to learn methods that touch your clients on a heart level, or someone who enjoys creating nurturing rituals for yourself and family in your home, Ayurvedic Spa will guide and help you to offer and/or achieve greater levels of beauty, peace and wellness.

Healing Depression the Mind-Body Way

"If you have an interest in optimum mental health, this book belongs on your shelf!" —AMY WEIN-TRAUB, author of Yoga for Depression "A must-read for anyone interested in overcoming depression and healing themselves naturally. A very important book that will elevate you in many ways. Everyone must seek it out." —DHARMA SINGH KHALSA, M.D., author of Meditation as Medicine and Dead Brain Cells Don't Lie ACTIVATE THE INHERENT WISDOM OF YOUR MIND-BODY Healing Depression the Mind-Body Way shines a new light on the darkness of depression by presenting specific antidepressant strategies designed to help you unleash your innate healing potential. The time-tested advice presented in this book is based on the latest theories of modern science and the practical wisdom of Ayurveda, an ancient system of natural medicine. This unique book offers a comprehensive step-by-step program for eradicating the root of depression from the physical, mental, emotional, and spiritual aspects of your being. Through detailed questionnaires about your psycho-physiological profile and elemental imbalances, you will identify an archetype that most represents your experience with depression. Then, you will design a tailor-made health program to regain balance in your mind-body. You will learn to undo depression by: Identifying your unique manifestation of depression based on elemental imbalances Using yoga, exercise, and breathing techniques that are in sync with your specific physical, mental, and emotional needs Using food and meditation as medicine Whether you are battling a depressive episode or need support coping with the problems of daily living, this book will help you awaken the "physician within" and embark on a pathway to a life of balance and renewal.

The Truth About Beauty

A guide to transforming one's shape, looks, and life without the use of drugs, surgery, or depriving oneself.

Women's Power to Heal

Women have absolute power within themselves to heal. A living testament to the healing efficacy of her teachings, the author freed herself from "terminal" ovarian cancer at the age of 23. More than 25 years later--having been recognized by the Parliament of the World's Religions for her outstanding contribution to humanity--she shares the healing wisdom that literally saved her life.

The Book of Beauty

The Book of Beauty is as much a hands-on guide on how to make skin care products with natural ingredients as the sum of Samyukta Blanchet's 15 years of experience in aromatherapy and Ayurveda as it relates to inner and outer beauty. She provides basic recipes but also knowledge upon which you can create your own products, taking into account your changing skin care needs. Exercises, tips and precautions are included to build your confidence and support your awareness and creativity. At

a deeper level, the search for beauty is related to the search for self-love, one that is universal. The aromatic path offers a perfect opportunity for the wise woman in you to start or deepen your quest.

Four Comedies

Plautus was the single greatest influence on Western comedy. Shakespeare's *Comedy of Errors* and Molière's *The Miser* are two subsequent classics directly based on Plautine originals. The comedies printed here show him at his best, and Professor Segal's translations keep their fast, rollicking pace intact, making these the most readable andactable versions available. His introduction considers Plautus' place in ancient comedy, examines his continuing influence, and celebrates his power to entertain. Includes: *The Braggart Soldier*; *The Brothers Menaechmus*; *The Haunted House*; *The Pot of Gold*

Revive

From the doctor whose "extraordinary practice is at the vanguard of a revolutionary way to deliver medical care" (*O, The Oprah Magazine*), here is an easy program to restore energy and health **DO YOU FEEL UNUSUALLY EXHAUSTED? DO YOU HAVE TROUBLE SLEEPING? DOES YOUR DIGESTION BOTHER YOU? DO YOU HAVE ACHING MUSCLES AND JOINTS? DO YOU FEEL LIKE YOU ARE AGING TOO QUICKLY?** Fatigue, unexplained back and joint pain, distractibility, irritability, insomnia, and digestive problems leave many of us running on empty. But these symptoms are not part of the normal aging process; they point to a pervasive syndrome Dr. Frank Lipman calls *Spent*. In this revolutionary book, "the country's most prominent holistic M.D. after Andrew Weil" (W) shares the solution that has helped thousands of his patients replenish their energy and regain their youth. Featuring a nutrition plan of tasty recipes, research-based exercises and stretches, and *Daily Beats* to nourish body and mind, *Revive* is a proven day-by-day wellness program that will prepare you for a lifetime of good health.

Absolute Beauty

This indispensable kitchen companion brings the ancient art of delicious healthy cooking to the twenty-first century with flavors adapted for the contemporary Western palate. Drawing on her many years of vegetarian cooking, catering, and teaching, in this book Divya Alter explains how to create flavorful meals with seasonal ingredients by applying Ayurvedic principles. With food combinations, methods of preparation, and healing spices customized for individual needs, this is an inspirational guide to achieving optimal health through a personalized way of living and eating. This volume features 100 recipes for breakfasts, soups, salads, main dishes, one-pot meals, treats, and beverages in three seasonal-based chapters. It includes an ingredient guide along with recipes for staples such as cultured ghee, fresh cheese, yogurt, nondairy milk alternatives, dressings, chutneys, and spice blends. Alter offers practical ways to bridge the ancient wisdom of food with modern living beyond the boundaries of India. Dishes such as Asian-style Stir-Fried Red and Black Rice, Italian-style Spinach Risotto, and French-style Braised Root Vegetables are accessible to all and carry the healing benefits of Ayurvedic cooking.

What to Eat for How You Feel

In a straightforward style, Dr. John Mulhall guides the reader through the basics of male sexuality, explains the role of testosterone, the functions of the prostate, and the common difficulties men encounter when disease strikes. In plain language, this book spells out the causes and symptoms of prostate disease and diseases of the lower urinary tract and the approach to deal with the aftermath of treatment.

Saving Your Sex Life

The 8 million fans of TLC's hottest show, *What Not to Wear*, know it as the place to go for real-life fashion advice. Now the show's hosts, Clinton Kelly and Stacy London, offer spot-on fashion wisdom—with an attitude—in this fully illustrated, authoritative, and irreverent fashion guide to dressing your best for every occasion. Clinton and Stacy's surefire method for boosting appearance rests on their belief that we can all win admiring glances by selecting clothes that play up our positives and create a balanced body shape. In *Dress Your Best*, Clinton and Stacy match a wide range of female and male body types with the perfect work, casual, and evening attire, showing you exactly how to make your best parts

“work” for you. Dressing tips for 26 body types! Features 18 women and 8 men: bigger on top, bigger on bottom, a little extra in the middle, not curvy, extra curvy, small-framed, athletic, and more! Whether you’re searching for a way to accentuate your assets, puzzling over the right print pattern for your frame, or just looking for a solution to the dilemma “What do I need to wear to look fabulous?” you’ll find here the universal tips, dos and don’ts, seasonal alternatives, and must-haves that will deliver the answers. Dress Your Best is certain to become the standard by which all other fashion guides are measured.

Ayurveda for Health & Beauty

Inspiring, Informative, and Empowering, The Ageless Woman weaves timeless wisdom and the latest medical discoveries into a unique, highly-effective anti-aging guide for women. Natural medicine expert, Dr. Nancy Lonsdorf, presents a highly-individualized, practical handbook, rich in health tips, weight-control strategies, and treasured beauty secrets from Maharishi Ayurveda, the complete system of natural medicine from the Vedic tradition of ancient India. With the insightful guidance of The Ageless Woman, every woman can grow in health, beauty, and fulfillment after forty.

Dress Your Best

Introducing Practical Ayurveda, a natural approach to self-healing, herbal remedies, meditation and wellness. Featuring tailored remedies including ayurvedic recipes, natural skincare, yoga, and mindful meditation techniques, this wonderful wellness book is a one-stop guide to all things nature and nurture. New to Ayurveda? No worries, we’ve got you covered! Ayurveda encompasses a view of the world based on ancient beliefs that everything is connected and that balance is the key to wellbeing. With a core focus on the prevention of disease by adopting anti-inflammatory and clean-eating diets, mindful meditation, and massages, this little self-care book will take you on a breathtaking journey of holistic healing, featuring:

- User-friendly book structure explains how to apply Ayurveda to all areas of life.
- A self-assessment questionnaire helps you work out your body type.
- Step-by-step instructions on massage, meditation, yoga, and home therapies.
- Ayurvedic guide to food, with customizable, rebalancing recipes.
- A-Z guide to common ailments with recommended Ayurvedic remedies.

Discover your Ayurvedic body type through a simple self-assessment questionnaire, and how to apply ayurvedic practises to elements of any lifestyle. Whether it’s adjusting your diet to suit your body type; energising your body through yoga; or relaxing your mind with meditation and positive thinking exercises, this all-encompassing health book has something for everyone to love. Featuring tips and tricks on wellness practises designed to uplift the mind, body, and spirit, complemented by healing treatments designed to address, relieve, and help cure a range of common conditions. Whether you discovered this ancient lifestyle practice yourself, through your yoga practice, or as an alternative therapy, use the top tips in this handy herbalist book and apply its wisdom to your modern lifestyle. Fancy a new you this New Year? This carefully curated collection of dietary recommendations, healing remedies, and spiritual practises will show you how to practice Ayurveda at home, and become a better-balanced version of yourself. Make 2022 the year of wellness and healing yourself!

The Ageless Woman

When you going about your day, do any of these situations happened: Do you feel like you procrastinate too much? Lack motivation. Do you want to learn how to succeed? Are you afraid to step of your comfort zone? If you say yes to any of the questions, you're in luck... If you want to make the rest of your life the best of your life then check out "How to be a Badass Girl: Wash your face so you can become unstoppable."

Practical Ayurveda

Does any of this sound familiar? ?My family, career, and daily to-do list consumes most of my time and energy. ?I try to do all the 'right things' taking care of everyone else and most days put myself last. ?Energy, overwhelm, and health are ongoing battles for me. ?I don't know what else to do to feel better, and I'm looking for more out of life. ?I enjoy doing yoga, and meditation helps, but it just isn't enough. You can feel more vibrant confident and live a vibrant and healthy life by practicing simple habits of Ayurveda. This book is a "prescription" for self-healing and transformation, based on many years of study and training in Western medicine; Ayurveda and yoga therapy; and work with hundreds of patients and students. In this book, you'll learn 'counterbalancing' remedies using routines, diet, and the tools of yoga routines to feel better, improve digestion, increase restful sleep and energy, decrease feelings of anxiety, and apply self-healing for optimal wellness and a more vibrant life.

How to Be a Badass Girl

Documents the two-day firefight in Sadr City that began the Iraqi insurgency, during which eight 1st Cavalry Division soldiers were killed and numerous others wounded, an engagement that was vigilantly monitored by their loved ones back home.

The Health Catalyst

A decade ago, after suffering from life-threatening autoimmune disorders, Hollywood actress Shiva Rose set out to discover a more holistic way to natural health and beauty. Growing her own organic herbs and flowers; mixing creams, lotions, and tonics; and following Ayurvedic practices and creating mindful rituals, she has not only healed her life but has also become a leader and entrepreneur in the world of all-natural beauty and lifestyle. Whole Beauty is her radiant next step, a practical, inspiring, stunningly beautiful guide to following a whole beauty practice at home. Here is the recipe for Rose's iconic rose hip facial serum, as well as 40 other recipes for masks and exfoliants, hair-care products and detoxes, and even DIY deodorant and toothpaste. She explains Ayurvedic practices, such as dry brushing and oil pulling, and home-cleansing rituals, such as smudging with burning sage; shares a dozen tonics, including Celestial Nog and Summer Lover; and offers an entire chapter on the use of essential oils, both on the body and in the home. From natural beauty solutions like a Blushing Bride Chickpea Face Mask to showing how to tap into the full force of female energy, Whole Beauty is a complete guide to revitalizing your life.

The Long Road Home

Did you know that saffron can make you calmer? Or that tulsi protects you against pollution? Or that turnips and radishes clarify your complexion? Whoever said that great skin is purely genetic has obviously never harnessed the power of beauty foods. While it is possible to fake great skin with make-up, you can only be truly radiant when you nourish your body from within. From basic garden-variety fruit and vegetables to potent Ayurvedic herbs, this book tells you what to eat to ensure beauty inside and out. Build strength and immunity, brighten and clarify your skin and obtain peace of mind with these potent Indian remedies. These combinations, recipes, home-made face masks, oils and morning infusions will transform not just your skin but also your body and mind. After all, outer beauty is only a symptom of inner health.

Whole Beauty

Eat Taste Heal: An Ayurvedic Cookbook for Modern Living provides modern applications of Ayurveda, humankind's most ancient system of healthy living. A complete guidebook and cookbook in one, Eat Taste Heal offers every reader an individualized blueprint for achieving vibrant health. Fulfilling the adage, "Let Food Be Thy Medicine," Eat Taste Heal offers recipes that are inviting to both the kitchen novice and master chef. The authors are a unique trio: physician, patient, and chef. Dr. Thomas Yarema M.D., director of the Kauai Center for Holistic Medicine and Research, created for his patients an understandable dietary program rooted in common sense. Daniel Rhoda, a patient who found healing through Ayurveda, demystifies the ancient science that helped restore his health. Chef Johnny Brannigan, an internationally trained Ayurvedic chef, has created more than 150 recipes to empower individual healing through the exploration of taste. Book jacket.

Glow

'An excellent masterpiece that brings the ancient timeless wisdom of Ayurveda, in a very simple and practical way, to our modern day-to-day life' - Dr Vasant Lad, Director of The Ayurvedic Institute

Ayurveda is a 5000-year-old system of medicine that takes a much needed holistic approach to life and wellbeing. Through balancing the three energy forces in the body known as 'doshas', Ayurveda goes beyond the boundaries of conventional practice to reveal your unique physical, emotional and mental needs. Expert practitioner Geeta Vara BSc and PGDip in Ayurvedic Medicine, gives simple, daily applicable rituals and wisdom that can be personalised to suit you, including guidance on food as medicine, detoxification, movement and meditation. By teaching us to reconnect with our natural bio-circadian rhythms, Ayurveda will lead you out of the doctor's surgery and on a journey towards self-healing. WITH THIS BOOK, YOU CAN: · Discover your mind/body type · Better understand the epicentre of your health - the gut · Learn to identify early signs of imbalance · Transform your diet through taste and mindful eating · Be empowered to take a preventative approach to healthcare · Tackle personal health problems including: stress and fatigue, immune system issues, gastro-intestinal problems, disturbed sleep, migraines, weight management and more

Eat-taste-heal

"Sailor Jerry" Collins of Honolulu, Hawaii, is arguably the greatest tattoo artist of the 21st Century. Now in a second volume more of his great stencils are reproduced. Hand-cut, hundreds of these basic line works for the pin-ups to the military/political cartoons are printed here for the first time. The pages are perforated to make it easier for today's tattoo artist to display the work of this master.

Ayurveda

This book offers a translation of the seven thousand verses of the second book of the medieval Hindu text, the Ganesa Purana, one of two Puranas dedicated to the important elephant-headed god. In this book the reader is given many narratives about Ganesha's ascent to earth in order to kill demonic figures who threaten to overthrow the correct world order. In addition, these narratives contain myths about Ganesha's birth and family as well as some extended and quite humorous myths about ideal devotees of the god. The translation is preceded by a long introduction offering a geographical and historical context for the Ganesa Purana. Following the translation are very extensive notes which bring our points of philological interest, but focus mainly on the literary structure of the text and the methods used to present the many myths and narratives in a coherent and fully integrated manner.

Sailor Jerry's Tattoo Stencils II

Ayurveda: A Quick Reference Handbook "Ayurveda: A Quick Reference Handbook is an excellent addition to the library of any serious Ayurvedic student or practitioner, and it is written in a clear style for beginners. It summarizes all of the basic Ayurvedic knowledge in beautiful charts that make finding the information for reference easy. Yoga, Jyotish and Vastu included in the same book expands the vedic resources for Ayurvedic students." "Well done." - Cynthia Copple, Dean, Mount Madonna College of Ayurveda President, Lotus Holistic Health Institute

GaGe[apur Ga

Written with the support of the Maharishi Ayur-Veda Institute, this comprehensive cookbook shows how to incorporate the timeless principles of Ayurveda into the twenty-first-century kitchen. A result of Miriam Kasin Hospodar's twenty-year culinary journey, Heaven's Banquet draws from a rich palette of international cuisines and shows how to match your diet to your mind-body type for maximum health and well-being. The more than 700 recipes included here range from Thai Corn Fritters and Asian-Cajun Eggplant Gumbo to West African Avocado Mousse and Mocha-Spice Cake with Coffee Cream Frosting. Readers will discover the most effective methods of preparing food, the benefits of eating seasonally for individual types, and how to create a diet for the entire family. There are special sections on how to lose weight and control sugar sensitivity, a questionnaire to help determine mind-body type, and essential ingredients for a well-stocked Ayurvedic kitchen. Fully illustrated, and written for everyone from the beginner cook to the experienced chef, Heaven's Banquet shows how to use food to tap into your body's intelligence and create lifelong health.

Ayurveda

The Book Presents The Darsana Mala Comprising Hundred Sanskrit Verses Of Mystic-Poet Narayana Guru, Along With Its Transliteration In Roman Script And Its English Translation, Word Meanings, And Extensive Commentaries. Nataraja Guru Spells Out His Mentor S Visions Of The Absolute In Contemporary Idiom And Shows That They Are Validated By Modern Science.

Heaven's Banquet

The beauty bible for a new generation: in this invaluable natural guide, illustrated with black-and-white drawings and thirty-two pages of color photos, internationally acclaimed nutrition and natural beauty expert David Wolfe offers proven strategies designed to improve appearance, vitality, and health from the inside out. Each year, women absorb five pounds of toxins using common beauty products. Wolfe, one of America's foremost nutrition experts, argues that you shouldn't have to trade good health for exceptional beauty. There are safe, effective, and most importantly, natural ways to enjoy glowing skin and gorgeous hair. In *The Beauty Diet*, he offers these solutions for cleansing and nourishing the body, slowing the aging process, and transforming your health from the inside out so that your beauty radiates like never before. Grounded in science and based on a foundation of rejuvenation and the enjoyment of life, *The Beauty Diet* is a guide to unleashing the potential for beauty within you. Wolfe explains how the human body chemically reacts to various elements of nutrition, physical activity, and sleep—information you can use to look and feel better instantly. Natural, toxin-free beauty is not only the best way to achieve lasting beauty, it is the only way. Under Wolfe's guidance, learn the simple dietary and lifestyle changes like implementing organic superfoods and detoxifying through proper mineralization—balancing your acid and alkaline levels that have lasting results. Featuring simple, clean recipes for delicious meals and smart tips for using natural resources such as cryotherapy, activated charcoal, probiotics, and more, *The Beauty Diet* is the ultimate resource for the healthiest route to radiant beauty.

An Integrated Science Of The Absolute Based On The Darsana Mala (Garland Of Visions) Of Narayana Guru

Organized by type of aphrodisiac, this playful cookbook covers 17 sensual foods, ranging from traditional favorites like oysters and strawberries to lesser-known but just as potent foods such as pine nuts and asparagus. This anniversary edition features more than 34 new, couple-tested recipes and a completely revised appendix.

The Beauty Diet

Rethink conventional notions of beauty and wellness, abandon established regimes and commercial products, and embrace your "renegade" beauty In this essential full-color guide, Nadine Artemis introduces readers to the concept of "renegade" beauty—a practice of doing less and allowing the elements and the life force of nature to revive the body, skin, and soul so our natural radiance can shine through. Anyone stuck in perpetual loops of new products, facials, and dermatologist appointments will find answers as Artemis illuminates the energizing elements of sun, fresh air, water, the earth, and plants. This book is a comprehensive resource for anyone who wants to simplify their self-care routine, take their health into their own hands, and discover their own radiant beauty.

The New Intercourses

'Each page solidifies my commitment to living a life of ritual, observance and beauty' Kathryn Budig 'Mira's book is a timely reminder to love yourself - to give yourself that much needed moment to stop and breathe' Asma Khan Beautifully simple age-old rituals for modern-day living that will enhance your wellbeing and bring you happiness. Prajna is the Sanskrit word for wisdom, and this book brings the ancient wisdom of Ayurveda into your life by guiding you through simple practices for every day and every occasion. Ayurveda is one of the world's oldest healing systems, rooted in the principle of a mind-body-spirit connection that is more relevant than ever to our busy modern lives. This book extracts the essence of this Indian philosophy and provides a wealth of timeless rituals to effect positive change. Prajna offers rituals and routines for the entire day, from the moment you wake up and need the energy and positive mindset to help you start the morning, to night-time practices that allow you to wind down, relax and get the most benefit from the healing power of sleep. In between there are numerous breathing exercises, mindfulness techniques, yoga stretches and simple recipes to enjoy, all to help you destress and reset, bringing you back to yourself and to lasting peace and happiness.

Renegade Beauty

A PRACTICAL, SAFE, TIME-TESTED, AND EFFECTIVE A-TO-Z GUIDE TO NATURAL HEALING REMEDIES For years, sisters Joan Wilen and Lydia Wilen have been collecting and incredible home remedies. These range from old treatments that have been passed down for centuries (but forgotten by modern medicine) to methods recently uncovered by doctors and medical researchers. *Healing Remedies* combines the best entries from the Wilens' *Chicken Soup & Other Folk Remedies* books, plus a significant amount of new material, including sections on diabetes, osteoporosis, ADD, anxiety, and children's common ailments—from colic and diaper rash to tantrums and teething. Also, check out these other remarkable remedies: • Eating two pectin-packed apples a day may help lower blood pressure. • For an energy boost, slap the inside of your elbows and the back of your knees. • Eating one-half avocado a day may lower cholesterol by up to 42 percent. • Vaporize a headache by bringing a cup of apple cider vinegar to a slow boil, then put a towel over your head, bend over the pot at a safe distance, and inhale/exhale through your nose for about 10 minutes. • To tone up your circulatory system and strengthen your heart, pretend to vigorously conduct an orchestra for 10 minutes a day. • To improve your memory, pop six raw almonds a day. • Add pizzazz to your sex life by consuming any fruit beginning with p: peaches, plums, pears, pineapple, papaya, and persimmon. • Practice “girth control” by killing your cravings with pure grape juice. Though not meant as a substitute for doctor's visits, this amazing guide also features special sections on men's health challenges, especially prostate concerns, and women's symptom relief, from cramps and morning sickness to vaginitis and hot flashes. Remedies galore—and more—are at your fingertips!

Basic Principles of Ayurveda

This book on the picturesque lifestyle of the erstwhile Indian princes and maharajas is now available in a revised Indian edition. The princes may have become mere citizens but the enchantment remains

Prajna

How did she turn a side hustle into a game-changing business, and at the same time, achieve happiness and fulfillment in her life? For Charlotte, it all came down to one thing—jeong. One of the most important Korean cultural values, jeong is a feeling of loyalty and of strong emotional connection to people and places. It goes deeper than love and friendship and grows stronger with time. In South Korea, jeong is critical for success in every facet of daily life, from cultivating hobbies to developing careers and relationships. In *The Little Book of Jeong*, Charlotte shares how jeong changed her own trajectory in life, landing her a job opportunity in Seoul and giving her the fuel she and her husband Dave needed to launch a ground-breaking digital skin care platform and skin care line. A personal story that centers around the deep bond she built with Korea, Charlotte reveals how jeong can radically change our relationships with our loved ones, our work, and the world around us, and challenges us to cultivate jeong in our own lives.

Healing Remedies

Asphalt Renaissance is a brilliant account of the rebirth and re-imagining of the art of street painting by top artist Kurt Wenner. He revolutionized this tradition by creating a technique for drawing on pavement in 3-D. This system enables him to craft astounding images that reach out of the ground toward the viewer and appear perilously deep. Wenner has traveled the world over and his incredible art is both a global and an Internet phenomenon.

Lives of the Indian Princes

A national bestseller in India, *Almond Eyes, Lotus Feet* is the fictional memoir of a wise Indian princess, who recalls the ways the women of the Indian court found friendship, faith, and love through their beauty traditions. We journey with her as she recounts a lifetime of comforting rituals, tantalizing textures, colors, and fragrances, exquisite jewels and adornments, and assorted beauty and health secrets passed through generations of women by word of mouth. In *Almond Eyes, Lotus Feet*, Sharada Dwivedi, a native of India, and Shalini Devi Holkar, an Indian princess by marriage, draw on the oral histories of privileged Indian women to capture and revive their many wonderful and wise beauty traditions. The result is a rich cultural tapestry, filled with ancient remedies, recipes, and tonics used to soften skin, silken hair, enrich the body, and lift the spirit like no store-bought products can. Additionally, the book offers a glossary of plants, flowers, spices, and grains and simple home remedies for women in all stages of life—from puberty to pregnancy to menopause—including: Almond-Saffron for cleansing

and exfoliation Papaya-Mint-Tea for acne and pimples Cream & Honey for dry skin and wrinkles Cress & Rosewater for post-natal strength Tulsi Kadha (Basil Tea) for coughs or morning sickness Replete with gorgeous photos and illustrations from a bygone era, Almond Eyes, Lotus Feet is a treasure trove of time-honored health and beauty customs that will delight the senses of modern women everywhere.

The Little Book of Jeong

Asphalt Renaissance