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## **Anti-Aging and Longevity in Ayurvedic Medicine**

Reference and Reading List. from Vasant Lad, B.A.M.&S., M.A.Sc. The modern texts are English language books that contain general and specific information about Ayurveda.

## **Reference and Reading List - Leading Ayurveda School**

Ayurveda is the Science of Life and Longevity. Ayurveda is a 5000-year old system of health and longevity. An Ayurvedic consultation can help you understand your individual constitution and identify how your system manifests imbalances, helping you to become a co-healer in your own life.

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approach to health and healing that is as relevant to the modern world as it was to the ancient world from which it emerged. Herbs and minerals, nutrition and purification, affirmative ways of living are a few of the ways in which Ayurveda treats not just the ailment but the whole person, emphasising prevention of disease to avoid the need for cure.

## **Ayurveda: Life, Health and Longevity: Amazon.co.uk ...**

Ayurveda : Life, Health and Longevity by Robert E. Svoboda (1993, Trade Paperback)

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