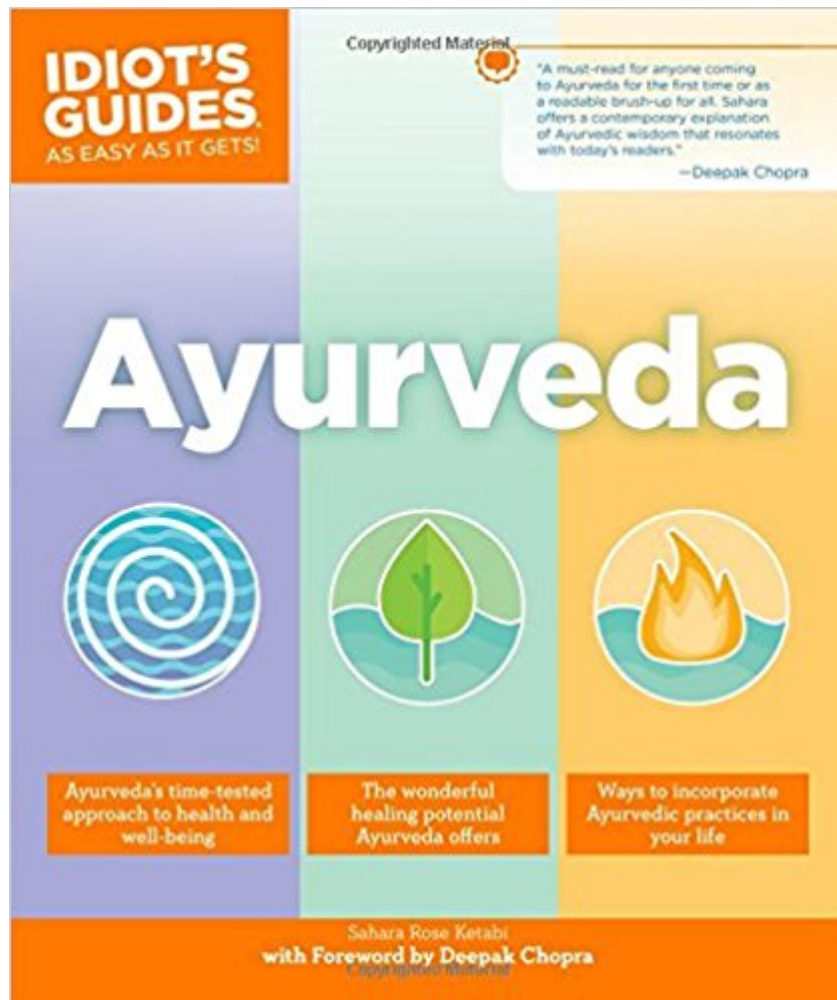




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# Ayurveda (Idiot's Guides)



## Synopsis

â œA must-readÂ forÂ anyone coming to Ayurveda for the first time or as a readable brush-up for all. Sahara offers a contemporary explanation ofÂ AyurvedicÂ wisdom thatÂ resonates with todayâ s readers.â •Deepak ChopraDiscover your Ayurvedic Dosha (mind-body type) and find the ideal foods, self-care practices, yoga poses and meditations that are tailored to your unique needs! Well-known Ayurveda Expert Sahara Rose Ketabi explains Ayurveda in a contemporary way that hasnâ t been done before. Ayurveda is the worldâ s oldest health system and sister science of yoga, originating in India 5000 years ago. Itâ s the age-old secret to longevity, digestive health, mental clarity, beauty and balance thatâ s regaining popularity today for its tried-and-true methods. However, itâ s often been difficult for readers to fully grasp Ayurvedaâ s intricate teachings.. Until Idiotâ s Guides: Ayurveda.Sahara revitalizes ancient Ayurvedic wisdom and illustrates how little changes such as timing your meals, incorporating practices such as dry-brushing, oil-pulling and tongue-scraping, eating the correct foods for your digestive type and practicing the right yoga and meditation practices for your unique personality will radically enhance your health, digestion, radiance, intuition and bliss.The book includes:

- â Â Â Â Â Â Â Discovering your unique Dosha and how it shows up in your physiology, metabolism, digestion, personality and even dreams.
- â Â Â Â Â Â Â Learning how your bodyâ s needs change according to the season, environment and time of day
- â Â Â Â Â Â Â Ways to regain luster, passion and flow in your life
- â Â Â Â Â Â Â Easy-to-make, plant-based recipes relating to each element
- â Â Â Â Â Â Â Establishing an Ayurvedic morning and nighttime ritual for optimal balance
- â Â Â Â Â Â Â Balancing your chakras according to your Dosha
- â Â Â Â Â Â Â Using Ayurvedic herbs and spices to healÂ digestive issues, skin problems, hormonal imbalance and other ailments.
- â Â Â Â Â Â Â Plenty of fun facts, holistic humor and sacred knowledge by Sahara that will help you seamlessly integrate Ayurveda into your lifestyle

## Book Information

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## Customer Reviews

Sahara Rose Ketabi is an expert in the mind-body connection and has been called "a leading voice speaking to the millennial generation" by Deepak Chopra. She's a Certified Ayurvedic Practitioner, Holistic Health Coach and Sports Nutritionist who specializes in blending ancient Ayurvedic wisdom with modern nutritional science and spiritual wisdom to help people become their highest selves. She's a well-known wellness personality with over 100k subscribers on her website EatFeelFresh.com and Instagram @IAmSaharaRose, as well as the host of the Highest Self Podcast which has been called "medicine for the millennials." Sahara Rose lives in Los Angeles, CA and speaks and leads retreats around the world. Discover your unique mind-body type on her quiz at eatfeelfresh.com and receive a free 3-day Ayurveda mini-course. Follow her heart-filled Instagram stories @IAmSaharaRose and soul-filled podcast episodes at The Highest Self Podcast on iTunes. Sahara is a graduate from Boston University, Institute of Integrative Nutrition, International Sports Science Association, Sri Kaya Kalp Ayurvedic Institute, Matthew Kenney Culinary Academy and a member of the American Association of Drugless Practitioners and California Association of Ayurvedic Medicine. She is currently undergoing advanced studies in Yoga, Ayurveda, Mantra and Meditation at the American Institute of Vedic Studies. She has been featured in Yoga Journal, Daily OM, LA Yoga Magazine, Mind Body Green, Elephant Journal, India.com, amongst other leading media sources.

This is a great book that covers so many parts of Ayurveda! Sahara presents this information in such a great way that you feel like it is friend explaining it to you!

I read this book very quickly, in less than 24 hours. It is a great comprehensive resource that I plan to refer back to on a regular basis.

Sahara is an amazing writer, and so knowledgeable. This book breaks down a topic that isn't so simple, in a way that's easy to understand and gets you excited about what you're learning. The

book gives you recipes, oils, practices, and routines that are catered to your own body. It opened my eyes to how important it is to find out what works for you individually, and not follow general guidelines that might not work for our body specifically. Sahara is a brilliant and compassionate soul, and that really shines through in this book. Seriously a must have!

This book has everything: an easy-to-digest breakdown of Ayurveda from a young, knowledgeable teacher at the top of her game. I love how easy Sahara makes it to understand. Parts of ayurveda I have been puzzled by or intimidated by before are broken down seamlessly and she really makes you feel like your knowledge of ayurveda is growing throughout the read, which I love. You'll easily be able to identify your dosha and then learn the best habits and practices for you, which is just plain fun! I have bookmarked various pages to refer to later and look forward to sharing this book with so many friends. A must-have if you've ever sought to demystify this practice for yourself.

Whether you are an expert on the topic or have never even heard of Ayurveda, I would highly recommend this book. The writer takes a seemingly foreign and ancient topic, modernizes it and makes it RELEVANT to our lives today. This is an excellent book to have as a resource and would even make an excellent gift. Not to mention that the foreword is written by DEEPAK CHOPRA?!?! This book provides a logical and clear breakdown of an ancient system of medicine and gives practical advice on how we can apply and benefit from these practices. Just finished reading & I already find myself telling everyone I encounter that they NEED to get this book!!!

Sahara is a beautiful light, spreading holistic, ancient wisdom that every human being needs to hear!! As our society finds itself experiencing illness and disease in unbelievable numbers, we must all take our power back and learn how to intuitively work with our bodies and minds and Sahara is one of those gurus who spreads her knowledge with light and grace!! You must have this in your library!

I am only on page 12 and yes I gave this book a 5 star review. Here is why... I am not new to Aryurveda but also certainly not an expert. I even have seen an Aryurveda practitioner, drink my tulsi tea, take my herbs shatavari and ashwagabdhha, tongue scrape, pranayama, ashtangha, and on and on. Have I been consistent NO! And here is why, because the key to sticking with anything is to 1. Have motivation which I have being of vata mind and body that are imbalanced and 2. Understand why you are doing what you are doing... key word understand. Being 100% honest most and I

won't say all Aryurveda books and practitioners are not teaching on a level of modern understanding and how Aryurveda principles really can serve us. Reading the first 5 pages Sahara says what I have been thinking all along... how can this ancient beautiful system apply to me in a simple format... no one has hours to be making kitchari, rubbing oil on my body and doing most of the recommended practices. This review will be updated once I finish the book but for now 5 stars for keeping it real, already teaching me so much in the first 12 pages, simple format, and how the book is constructed. I am truly excited about the future chapters. This book will be my tool and resource for everything and I can already tell I will purchase many copies for me and others . Thank you Sahara for sticking your intuition and making us teaching us something so valuable in a simple format!

I do not think a mere review will truly express the power behind this book and the gratitude I feel for Sahara Rose's guidance. To say this book will change your relationship to yourself, food, and how you view your world is an understatement. As someone who has long suffered from eating disorders and body image issues, Sahara's words on her blogs and in this book have filled me with a new found hope and positivity. Filled with ancient wisdom, her guide creates a very different approach to healing than what the Western world experiences. In reading through, the information is presented with compassion and absolutely understandable. She beautifully melds the old with the new. Plus, it is simply fascinating to read. It seems as though I am entering into knowledge that has been locked away from me for a long time. I feel the love permeating through the work. All is written from a place of the utmost care. If you wish to heal your mind, body, and soul, take the step to purchase this amazing gift. Give it to people you know. Tell everyone!

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