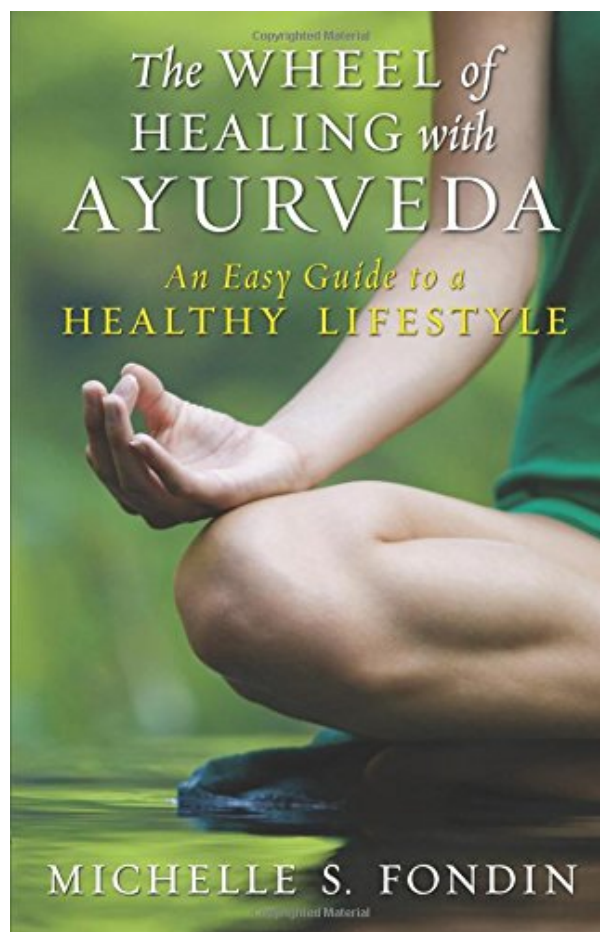
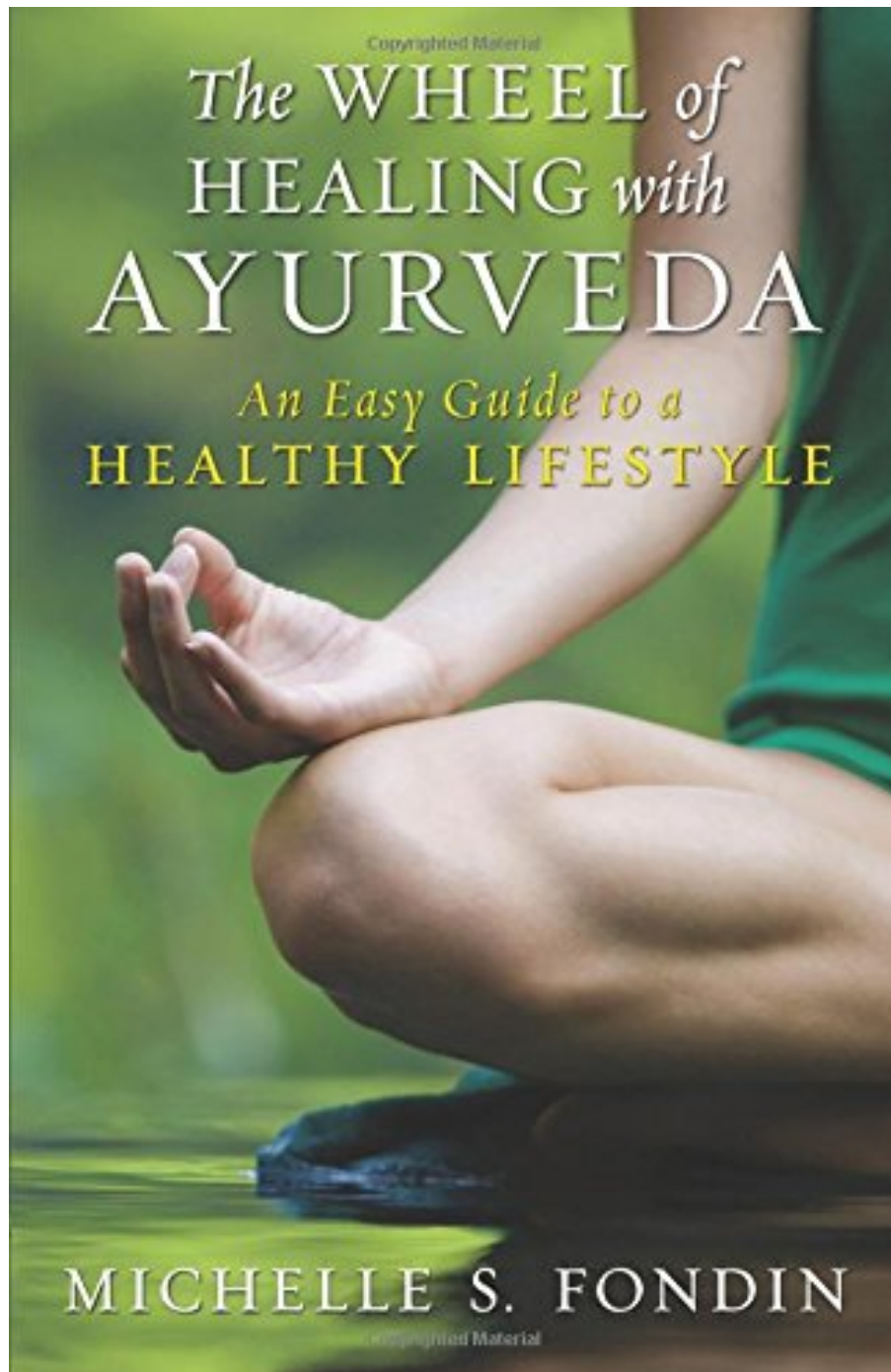


**THE WHEEL OF HEALING WITH
AYURVEDA: AN EASY GUIDE TO A
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Review

“Beautifully written, comprehensive, and real-world! Michelle Fondin brilliantly guides the reader through a transformational journey and teaches us to ‘roll smoothly’ through life’s twists and turns with a powerful and easily accessible game plan.”

— davidji, bestselling author of *Secrets of Meditation*

“Having actively participated in her own healing by following the principles of Ayurveda, Michelle Fondin is a living example of the beauty and benefits of Ayurveda. She outlines a holistic approach with which we can keep all areas of our lives healthy and balanced. Simple yet profound — loved it!”

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— Midwest Book Review

About the Author

Michelle S. Fondin holds a Vedic Master Certificate from the Chopra Center and is a member of the National Ayurvedic Medical Association and Yoga Alliance. She treats clients at her Ayurvedic Path center, speaks and offers workshops, and lives in Herndon, Virginia.

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Adjustment your habit to hang or throw away the time to just chat with your close friends. It is done by your everyday, don't you feel burnt out? Now, we will certainly reveal you the brand-new practice that, really it's a very old practice to do that could make your life much more certified. When really feeling bored of always chatting with your friends all downtime, you can discover guide entitle *The Wheel Of Healing With Ayurveda: An Easy Guide To A Healthy Lifestyle By Michelle S. Fondin* and then review it.

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Build Optimal Energy and Health in Body, Mind, and Spirit

Ever wondered why you're feeling out of balance, stressed-out, sick, and exhausted but still can't sleep? Western medicine often ignores the underlying issues that can lead to fatigue, illness, and disease, but there is a way to revitalize your body and mind without drugs or dangerous side effects. Ayurveda, the "science of life," is a complete wellness system that includes all that we associate with medical care — prevention of disease, observation, diagnosis, and treatment — as well as self-care practices that are generally absent from Western medicine. This truly holistic approach considers not just diet, exercise, and genetics but also relationships, life purpose, finances, environment, and past experiences. In this thorough and practical book, Michelle Fondin guides you gently through self-assessment questions designed to zero in on your needs and the best practices for addressing them, such as eating plans, addiction treatment, detoxification, and techniques for improving relationships. She outlines steps you can take, with minimal cost, to heal common ailments such as high blood pressure, heart disease, diabetes, excess weight, anxiety, and depression. These time-tested methods for body, mind, and spirit wellness offer benefits to anyone at any age.

- Sales Rank: #54081 in Books
- Brand: New World Library
- Published on: 2015-05-12
- Original language: English
- Number of items: 1
- Dimensions: 8.40" h x .90" w x 5.40" l, .84 pounds
- Binding: Paperback
- 288 pages

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Most helpful customer reviews

17 of 17 people found the following review helpful.

Excellent introduction to Ayurveda!!

By Debbie Jones

Around one year ago, I decided that I needed more peace, happiness and balance in my life. I'm so thankful that I found Michelle Fondin's yoga studio, *The Ayurvedic Path*, in Herndon, VA to practice yoga. During my practices, I learned of Michelle's book, "*The Wheel of Healing with Ayurveda*". I had heard some things about Ayurveda, but didn't really know what it was, how it worked and if it could help me. So I decided to read Michelle's book. So glad I did! I found it to be an extremely informative and helpful introduction to Ayurveda. Michelle really breaks Ayurveda theory and practice down so that readers can understand and use it in a functional way. I love everything about this book including the very helpful questionnaires, checklists and exercises. I've learned many things, but most importantly I've learned that our health is multidimensional. This quote says it all, "Health is an integration of my mind, emotions, soul, spirit, physical body and purpose in life". So true. As Michelle says, "If one of these is out of balance, they are all out of balance, rest assured." This book has really helped me to think about my health in a different way.

I highly recommend "*The Wheel of Healing with Ayurveda*" to help you on your path to health, healing and happiness!

14 of 14 people found the following review helpful.

A great guide for beginners and experts alike

By Lauri Lumby

One of the greatest blessings in my life has been connecting with an Ayurvedic Medicine practitioner and learning how best to eat for my specific body type. Learning that my dosha (body temperament) is Vata/Pitta and how to manage the typical imbalances of this combination has helped me to alleviate all kinds of unpleasant physical as well as emotional symptoms. Ayurvedic Medicine has been a goddess-send for me! I was therefore thrilled to discover the book, *The Wheel of Healing with Ayurveda* by Michelle S. Fondin. Here she describes in very simple terms the theory and practice of Ayurveda and provides guidance for you to begin your own journey with Ayurveda. I highly recommend this book for beginners and experts alike.

- Lauri Ann Lumby, author

16 of 17 people found the following review helpful.

Best overview of an Ancient Healing System

By Susan Schenck

Ayurvedic medicine has been around for five thousand years, standing the test of time. Yet parts of it have only recently gone mainstream. Practices such as oil pulling and gallbladder/liver cleanses have contributed to the health of millions while costing only pennies.

This book is a comprehensive yet easy-to-read guide of ayurvedic medicine theory which really emphasizes balance. In other words, true health is not just about the body, but the body, mind, spirit, emotions, relationships, occupation, finances, etc. Real health involves all your life. As the author states, "It is my firm belief that most illness stems from us not living our life's purpose. When we are living out of line with what we're supposed to be doing, our bodies feel it."

The book includes 10 guidelines for eating awareness, an explanation for the three main body types (doshas) and their recommended diets and exercises, 12 guidelines for better sleep, a huge list of foods with their tastes (sweet, sour, salty, pungent, bitter, astringent), 10 tips for a better spiritual life, 12 traits of healthy relationships, four rules for compassionate communication, and much much more.

Susan Schenck, award-winning author of *The Live Food Factor* and *Beyond Broccoli*

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