



Ayurveda Weight Loss: The Ultimate Guide to Successful Ayurvedic Detox and Weight Loss (Ayurvedic Medicine, Ayurveda Diet, Ayurvedic Remedies, Weight ... Loss Maintenance, Detox Diet, Detox Cleans)

Michael Cesar

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Ayurveda is an amazing tradition to help detox the body and lose weight in a healthy, productive manner! !

5,000 years of performance, 5,000 years of consistent results, 5,000 years of tradition and efficacy describe what this book will discuss: Ayurveda Weight Loss: The Ultimate Guide to Successful Ayurvedic Detox and Weight Loss.

Cleansing, detoxing, changing diet and sleep patterns are a part of the Ayurvedic method and as you read, you will find yourself more knowledgeable, more positive, and enthusiastic to embark on this journey of self-discovery and improved health.

There are dozens of fad diets on the market, a plethora of pharmaceutical choices, even surgery options to lose weight. This culture's desire for instant gratification has served to increase obesity, and, ironically, that same desire has produced "solutions" that are dangerous and potentially deadly. Ayurveda Weight Loss: The Ultimate Guide to Successful Ayurvedic Detox and Weight Loss is exactly what it says—it's the quintessential guide for using Ayurveda for weight loss and lifestyle adaptations.

This book covers the cleansing/detoxification process, the Ayurvedic diet, the lifestyle changes, as well as tips and aids for daily life and maintaining commitment to your weight loss goals and personal goals.

If you're serious about weight loss and are ready to make a commitment, Ayurveda Weight Loss: The Ultimate Guide to Successful Ayurvedic Detox and Weight Loss is perfect for you.

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