



The Mysterious Mind: How to Use Ancient Wisdom and Modern Science to Heal Your Headaches and Reclaim Your Health (Paperback)

By Trupti Gokani MD

Silver Tree Communications, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. One book. Thousands of years of wisdom. Finally, a solution to your suffering. When most people hear the word disease, they think of something deadly, uncontrollable and swift -- like cancer. But we re facing an epidemic of dis-ease -- of Americans simply feeling unwell and unable to embrace the lives they want to lead. They re tired, overweight, and inflamed. They re dealing with ongoing digestive issues like constipation or diarrhea (or both), and they aren t sleeping well. And many are suffering from regular and sometimes debilitating headaches. I just don t feel healthy, you might say. You look in the mirror and think, What happened to the strong, vibrant person I was in my teens, 20s, 30s? Where has she gone and how do I get her back? Getting back to a healthy you requires understanding your natural state. Only when you know what a balanced self looks like can you identify the symptoms of imbalance and make appropriate changes to reverse the trajectory of poor health. In ancient Ayurvedic medicine, these natural states are called Doshas: Vata, Pitta...



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