

Title:
Ayurveda

Word Count:
874

Summary:
Ayurveda is an ancient Sanskrit word meaning science of life, and actually is a branch of trad

Keywords:

Article Body:
Ayurveda is an ancient Sanskrit word meaning science of life, and actually is a branch of trad
The first step is very simple; when you are hungry then eat, but when you are not don't eat. A
Increasing your awareness of actual hunger, including the time you are actually eating, will h
The next step would be to eat right for your body type. In Ayurveda there are three basic body
Generally, one who has a Kapha body type has the hardest time with losing weight, so we will o
Sweeten your foods when necessary with honey instead of sugar, as honey reduces Kapha very wel

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