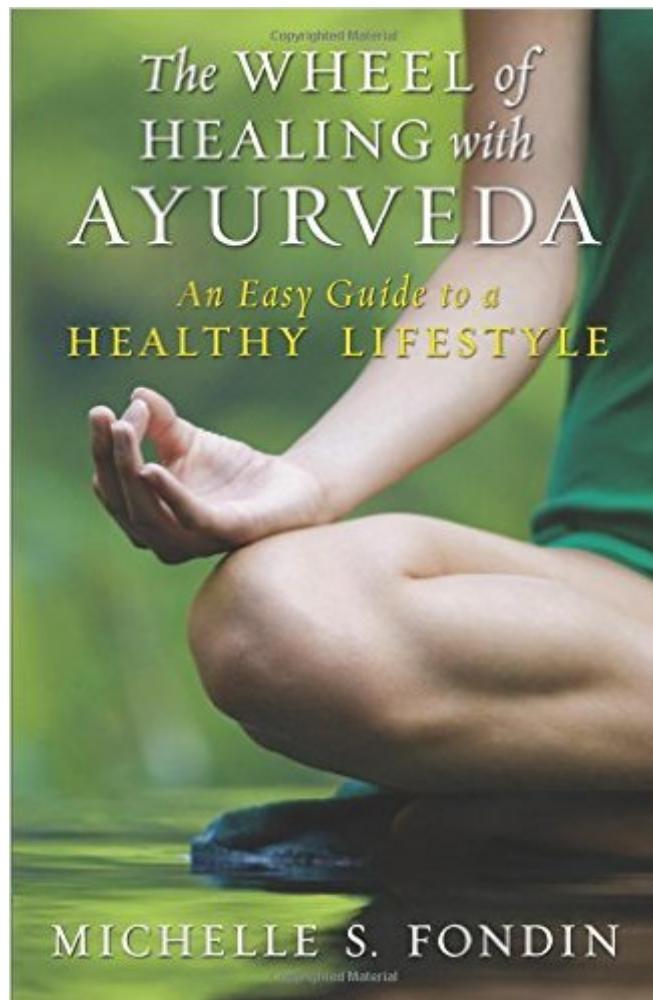


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# The Wheel Of Healing With Ayurveda: An Easy Guide To A Healthy Lifestyle



## Synopsis

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.

## Book Information

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## Customer Reviews

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!

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

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

The word, AYURVEDA, was a word I never heard or known about until about seven years ago. I ignored it because it was not in the dictionary that I usually use to look up words that I am not familiar with. I heard it again two years later, spoken by Deepak Chopra on the Oprah show. I again tried looking it up, this time on the internet, which said it was from the Sanskrit language. It was described as an ancient medical treatise that summarized the Hindu art of healing and prolonging life. I could not understand it in depth until I bought the "Wheel of Healing : An Easy Guide to an AYURVEDIC LIFESTYLE". I was able to find my Ayurvedic Mind-Body Type, which was very easy and spot on. This book makes it so easy to understand and implement the spokes of your life and health, so your "wheel won't eventually collapse from the lack of wholeness", as Michelle Fondin so amply describes it. This life guide to whole health is a must read if you want to live a life that is natural and full of wonderful, positive life choices presented to you.

I have been fascinated by Ayurveda for a long time. This is the first book that I have read that really explains it very well. I am finally able to understand how our dosha's really affect our health. I am so excited to apply all of these principles to my every day life. I highly recommend this book!

This is by far my favorite Ayurveda book. Both thought provoking and well written, it gives a easy-to-understand approach to Ayurveda that is extremely practical and useful. The author shares her story and speaks in a wonderfully conversational style that makes the information approachable. It's also packed with great information.

Michelle was able to successfully transition an ancient, complex medical system to present day. It is easy-to-read guide to an Ayurvedic lifestyle and great for anyone looking to take a total mind/body/spirit approach to their health. The book can be read cover-to-cover or used as a reference guide. I would highly recommend it!

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