



## Forever Healthy: Preventing and Treating Disease through Timeless Natural Medicine

By Kumuda Reddy & Stan Kendz

Motilal Banarsidass Publishers Pvt. Ltd., New Delhi, India, 2004. Softcover. Book Condition: New. First Edition. If you've ever looked for a better way a more fundamental way to improve your health look no further. Here age-old principles of health from the Maharishi Ayurveda tradition are described in clear simple prose. As the authors explain there is an inner intelligence within each of us that governs and coordinates all the life processes of the body. The secret of staying forever healthy is simply to enliven this natural inner intelligence. Printed Pages: 214.

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