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Rather, Ayurveda maintains that all life must be supported by energy in balance. When there is minimal stress and the flow of energy within a person is balanced, the body's natural defense systems will be strong and can more easily defend against disease. It must be emphasized that Ayurveda is not a substitute for Western allopathic medicine.

Ayurveda: A Brief Introduction and Guide

Ayurveda: A Life of Balance. By Maya Tiwari. Paperback: 368 pages. Publisher: Healing Arts Press (12/1/1994) Language: English. ISBN-10: 089281490X. ISBN-13: 978-0892814909. Product Dimensions: 10.9 x 8.5 x 1.1 inches. Shipping Weight: 2.1 pounds.

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Forced by cancer to reexamine and redirect her life Maya Tiwari left a highly successful New York design career and returned to her native India to study Ayurvedic medicine. Her book a profound but practical testament to the healing power of balanced living shows how Ayurveda`s ancient principles of health can help you achieve the highest levels of physical emotional and spiritual well being.

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