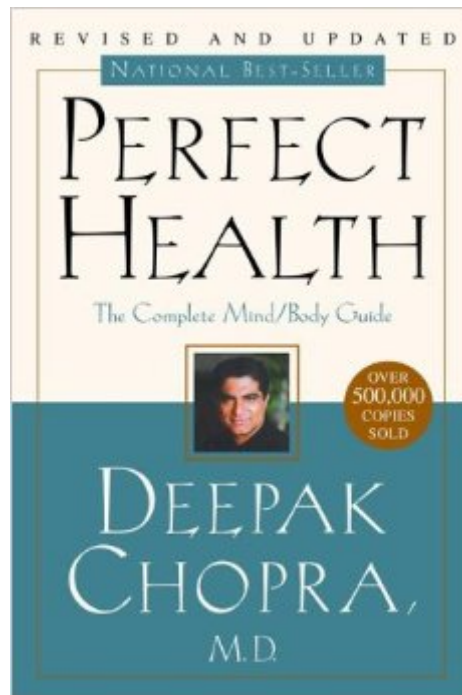


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# Perfect Health: The Complete Mind/Body Guide, Revised And Updated Edition



## Synopsis

A decade ago, Deepak Chopra, M.D., wrote *Perfect Health*, the first practical guide to harnessing the healing power of the mind, which became a national bestseller. The book described how breakthroughs in physics and medicine were underscoring the validity of a 5,000-year-old medical system from ancient India known as Ayurveda ("the knowledge of life span" in Sanskrit). *Perfect Health* went on to describe how to apply the ancient wisdom of Ayurveda to everyday life. In celebration of this classic work we have created this new edition, revised and updated to include the latest medical research. Although we experience our bodies as solid, they are in fact more like fires that are constantly being consumed and renewed. We grow new stomach linings every five days, for instance. Our skin is new every five weeks. Each year, fully 98 percent of the total number of atoms in our bodies is replaced. Ayurveda gives us the tools to intervene at this quantum level, where we are being created anew each day. Ayurveda tells us that freedom from sickness depends on contacting our own awareness, bringing it into balance, and then extending that balance to the body. *Perfect Health* provides a complete step-by-step program of mind body medicine tailored to individual needs. A quiz identifies the reader's mind body type: thin, restless Vata; enterprising, efficient Pitta; tranquil, steady Kapha; or any combination of these three. This body type becomes the basis for a specific Ayurvedic program of diet, stress reduction, neuromuscular integration, exercise, and daily routines. The result is a total plan, tailor-made for each individual, to reestablish the body's essential balance with nature; to strengthen the mind body connection; and to use the power of quantum healing to transcend the ordinary limitations of disease and aging--in short, for achieving *Perfect Health*.

## Book Information

Paperback: 390 pages

Publisher: Three Rivers Press; Rev Upd edition (February 20, 2001)

Language: English

ISBN-10: 0609806947

ISBN-13: 978-1863252928

Product Dimensions: 5.9 x 1 x 9 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars [See all reviews](#) (128 customer reviews)

Best Sellers Rank: #22,473 in Books (See Top 100 in Books) #6 in [Books > Health, Fitness & Dieting > Alternative Medicine > Ayurveda](#) #133 in [Books > Religion & Spirituality > New Age &](#)

## Customer Reviews

...Deepak Chopra is a prolific and successful author. He also creates great titles--who can resist the offer of "Perfect Health"? • I checked it out at the library because I was compelled to see if the book lived up to the title. Chopra introduces us to what he calls the "quantum mechanical human body." • His theory is that "by treating the underlying quantum mechanical body itself, Ayurveda can bring about changes far beyond the reach of conventional medicine, confined as it is to the level of gross physiology." • Sounds good to me. Let's get to those details, the details. First we take tests to learn which body type we are, Vata, Pitta, or Kapha, or a combination thereof. We learn that these names also refer to doshas, "metabolic principles." • By implication, we surmise that we must keep these doshas in balance or our health will suffer. We learn about the twenty-five gunas, or fundamental qualities. We learn about the subdoshas. We address How To Balance Your Doshas: diet, exercise, daily routine, seasonal routine. Then we get right to it, Opening the Channels of Healing. This encompasses panchakarma, meditation, primordial sound, pulse diagnosis, marma therapy, bliss technique, aroma therapy and Gandharva music therapy. That's where my problems with this book began. After convincing me of the value of meditation I learned that "meditation needs to be learned from a qualified instructor, it cannot be learned from a book." • Primordial sound, I read, "is a medical treatment taught by a qualified Ayurvedic doctor after a complete diagnosis of the patient's condition." • Then "any patient who comes in for a consultation with an Ayurvedic doctor is routinely given pulse diagnosis."

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