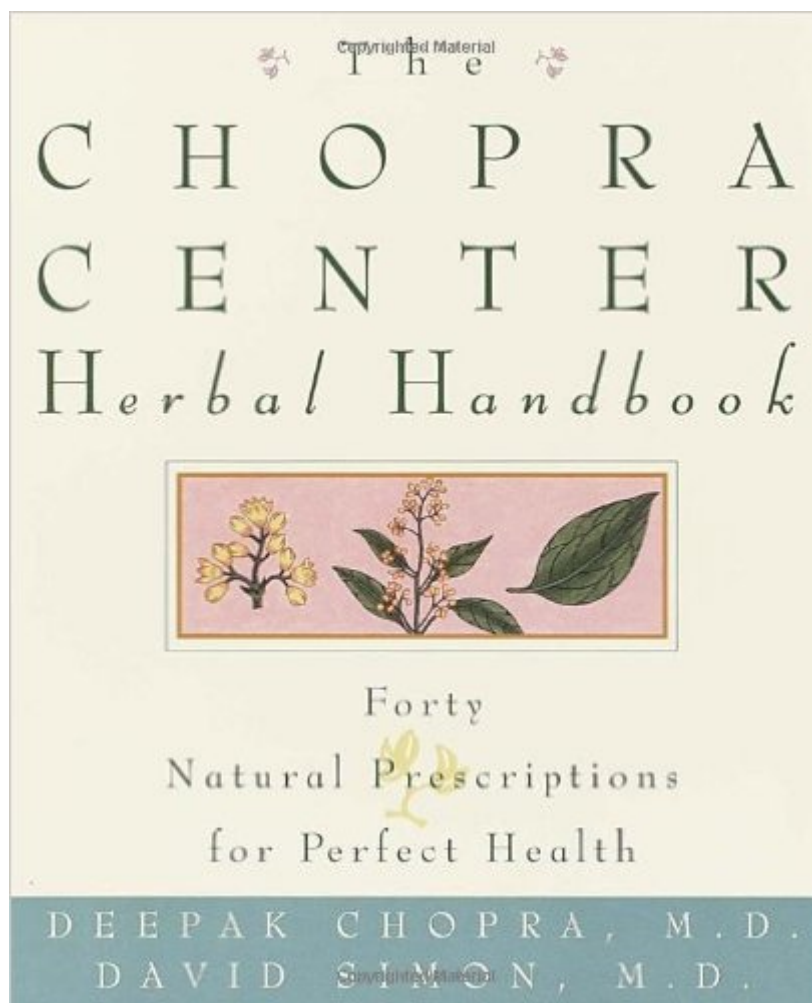


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# The Chopra Center Herbal Handbook: Forty Natural Prescriptions For Perfect Health



## Synopsis

People around the world are increasingly working with their own bodies to restore balance. They're using medicinals found in nature to avoid the side effects of antibiotics and turning to traditions that have passed the test of time. The oldest medical system of all is Ayurveda, which dates back 5,000 years to its origins in India. In *The Chopra Center Herbal Handbook*, Deepak Chopra, M.D., and David Simon, M.D., draw on the forty most important herbs of Ayurveda, from aloe and amrit to ginger and winter cherry, to create a practical, popular reference book that shows how to strengthen immunity, rejuvenate the body, boost energy, and detoxify the system. Each listing in *The Chopra Center Herbal Handbook* contains botanical information, scientific research, instructions on using the herb, a line drawing, precautions, and most important, the specific ailments each herb is best suited to remedy, including those involving digestion, mind and emotions, women's and men's health matters, metabolism, pain, arthritis and inflammation, circulation, and many more.

## Book Information

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Average Customer Review: 4.5 out of 5 stars [See all reviews](#) (13 customer reviews)

Best Sellers Rank: #165,341 in Books (See Top 100 in Books) #54 in [Books > Health, Fitness & Dieting > Alternative Medicine > Ayurveda](#) #192 in [Books > Science & Math > Biological Sciences > Botany](#) #361 in [Books > Health, Fitness & Dieting > Alternative Medicine > Herbal Remedies](#)

## Customer Reviews

It is known today that we heal ourselves and one great way to do so is with proper diet infused with organic herbs. It is wise to become familiar with the nutritional value as well as the healing benefits of all herbs. An awesome read!

I have read many herbal books. This one had some different types that I have never heard of. That makes this an excellent find since I am always looking for new knowledge or new plants to learn

about. I wish it had photographs rather than drawings.

this is the most accurate book I have ever found on natural prescriptions and I have been searching for years. thanks you so much chopra center.

It has many varieties of herbs, and indeed accurate information and knowledge about them, I just wished there had been more variety in the use of them for cooking.

As always, in my experience, Dr. Chopra delivers the "goods." (In this instance through De. Simon.) I love having this resource material in my library.

Deepak has done it again! He never ceases to enlighten me. This is essential for healthy living. Vital information if you care about your health and well being.

Always looking for ways to improve my health in a more natural way and this book has been very helpful.

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