



# **Ayurveda kompakt: Heilkunst und Rezepte für Körper und Seele (German Edition)**

*Kerstin Rosenberg*

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In kompakter Form führt Kerstin Rosenberg in die Ernährungs- und Heillehre des Ayurveda ein. Durch die Ayurvedische Ernährungsweise und Meditationsübungen werden Körper, Geist und Seele in Einklang gebracht. Rezepte und Anleitungen zu Schonkosttagen, Fastenkuren und Anwendungen helfen dabei, Einblick in die Prinzipien des Ayurveda zu erhalten und Ihren Körper zu reinigen und zu entschlacken.

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