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Autore	Markschies, Christoph
Titolo	Origenes und sein Erbe : gesammelte Studien / Christoph Markschies
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Collana	Texte und Untersuchungen zur Geschichte der altchristlichen Literatur ; 160
Soggetti	Origene Ascetica Origene Ascetica
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Autore	Tirtha Sada Shiva
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Pubbl/distr/stampa	Bayville, NY, : Ayurveda Holistic Center Press, c2007
ISBN	0-9658042-8-3
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Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Testimonials; HH Swami Narayan Tirtha; Dhanwantari, Bharadwaj; Table of Contents; Dedication; Atreya; Poem; Foreword; Ashwinis, Uttarkashi; Acknowledgements; Vaidyas & Centers; Introduction; Section 1; Section 2; Section 3; Section 4; Appendix 1: Sanskrit; Appendix 2: Health Forms; Appendix 3: Dosha Food Plans; Resources; About the Author; Poetry; Glossary; Bibliography; Index
Sommario/riassunto	The theories and practices of Ayurvedic medicine?including the therapeutic benefits of aromas, foods, herbs, meditation, yoga, and more?are featured in this comprehensive handbook. With a section dedicated to health disorders, this guide clarifies the simplicity of healing naturally and offers counsel towards an improved sense of well-being, reduced stress, and mental peace. Photographs of more than 80 herbs and yoga postures round out this home reference and teaching tool.