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THE TIBETAN MEDICINE AND YOUR HEALTH



Motilal Banarsi Dass Publishers Pvt. Ltd., New Delhi, India, 2014. Softcover. Book Condition: New. Second Reprint. Tibetan medicine is one of the greatest legacies of Tibetan Buddhist civilization. It is a system that can contribute substantially to maintaining a healthy mind and a healthy body. Like the traditional Indian and Chinese systems, Tibetan medicine views health as a question of balance. A variety of circumstances such as diet, lifestyle, seasonal and mental conditions can disturb this natural balance, which gives rise...

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