



# The Magic of Ayurveda

*Darryl Turakhia*

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# The Magic of Ayurveda

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## **The Magic of Ayurveda** Darryl Turakhia

An introductory volume, "The Magic of Ayurveda" strives to present the history and inherent virtue of Ayurvedic medicine in simple terms. In writing this book, I have sought to remove some of the mystery and focus upon "magical" remedies, miracle cures, that have withstood the test of time. In writing this book, I have sought to bring the wisdom of Ayurveda to the masses, prescribing a natural and holistic approach to maintaining one's health.

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