



Vitality Fusion Second Edition: A Comparative, Interactive Survey of Western, Chinese and Ayurvedic Medicine

By Susan Shane

Shape by Shane. Paperback. Book Condition: New. Paperback. 212 pages. Dimensions: 9.0in. x 6.0in. x 0.5in. Vitality Fusion Second Edition is a comparative, interactive survey of Western, Chinese and Ayurvedic medicine. The book not only covers the philosophies and practical approaches of these three disciplines, but also provides mix-and-match insights and activities to help fit the personal wellness needs of each reader. One example of this unique type of synthesis is Exaircise, a cross-cultural exercise program introduced by the author in the chapter that compares the three exercise philosophies and regimens. Vitality Fusion's goal is to tap the rich knowledge of the Western, Chinese and Ayurvedic traditions to provide a simple, easy-to-use guide to increased health and longevity. Additional information is available at vitalityfusion.com. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.

DOWNLOAD



READ ONLINE
[1.09 MB]

Reviews

The ideal ebook I possibly study. Better than never, though I am quite late in start reading this one. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- Ava Witting

The ideal ebook I possibly study. Better than never, though I am quite late in start reading this one. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- Ava Witting

Related eBooks



Summer Fit Preschool to Kindergarten Math, Reading, Writing, Language Arts Fitness, Nutrition and Values

Summer Fit Learning. Paperback. Book Condition: New. Paperback. 160 pages. Dimensions: 10.6in. x 8.3in. x 0.5in.Summer Fit Activity Books move summer learning beyond academics to also prepare children physically and socially for the grade ahead. Academic exercises are based on Common Core...



Dont Line Their Pockets With Gold Line Your Own A Small How To Book on Living Large

Madelyn D R Books. Paperback. Book Condition: New. Paperback. 106 pages. Dimensions: 9.0in. x 6.0in. x 0.3in.This book is about my cousin, Billy a guy who taught me a lot over the years and who can teach you a lot. Everyone who...



The Day I Forgot to Pray

Tate Publishing. Paperback. Book Condition: New. Paperback. 28 pages. Dimensions: 8.7in. x 5.8in. x 0.3in.Alexis is an ordinary five-year-old who likes to run and play in the sandbox. On her first day of Kindergarten, she makes her first school-aged friend, Elizabeth, and...



DK Readers Animal Hospital Level 2 Beginning to Read Alone

DK CHILDREN. Paperback. Book Condition: New. Paperback. 32 pages. Dimensions: 8.9in. x 5.8in. x 0.1in.This Level 2 book is appropriate for children who are beginning to read alone. When Jack and Luke take an injured duck to the vet, it is just...



DK Readers Day at Greenhill Farm Level 1 Beginning to Read

DK CHILDREN. Paperback. Book Condition: New. Paperback. 32 pages. Dimensions: 8.8in. x 5.7in. x 0.2in.This Level 1 book is appropriate for children who are just beginning to read. When the rooster crows, Greenhill Farm springs to life. Join the ducklings, cows, and...



Too Old for Motor Racing: A Short Story in Case I Didn't Live Long Enough to Finish Writing a Longer One

Balboa Press. Paperback. Book Condition: New. Paperback. 106 pages. Dimensions: 9.0in. x 6.0in. x 0.3in.We all have dreams of what we want to do and who we want to become. Many of us eventually decide it is too late; we have missed...