



Jungbrunnen Ayurveda: Das uralte Wissen um vollkommene Gesundheit (German Edition)

Axel Burkart

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Verständlich und fundiert erklärt Axel Burkart, wie Ayurveda funktioniert: als ganzheitliche Reinigung und Aktivierungsstrategie für ureigene Selbstheilungskräfte von Körper, Geist und Seele. Einfache Anleitungen und spannendes Hintergrundwissen machen aus diesem Buch ein umfangreiches Standardwerk rund um die Jahrtausende alte indische Heilkunst.

Wo die moderne Medizin versagt, erzielt Ayurveda Erfolge.

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