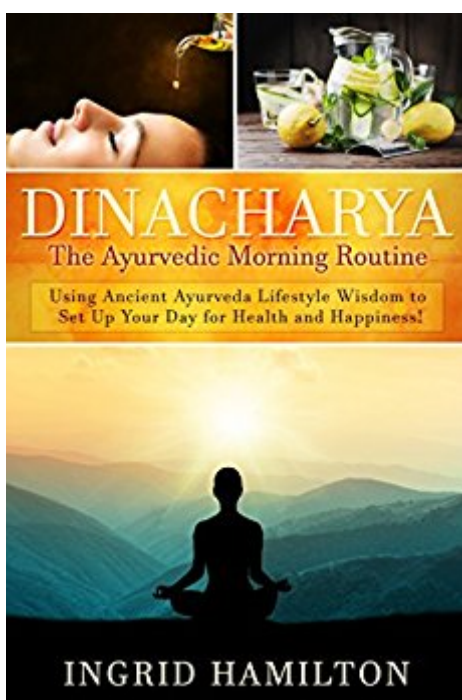


The book was found

Dinacharya - The Ayurvedic Morning Routine: Using Ancient Ayurveda Lifestyle Wisdom To Set Up Your Day For Health And Happiness!



Synopsis

Improve Your Life by Improving How You Start Your Day! Imagine the peace of mind you will feel when you start your day nurturing your body, mind, and spirit. Many ancient cultures knew the secret that having a great day and a great life starts with the habits and routine you have each morning. In Ayurveda, which is one of the world's oldest holistic medical systems, they stress the importance of having a Dinacharya, meaning a daily routine or practice. In this book I dive into what all is traditionally included in the Dinacharya practice as part of a successful morning routine. It is the ancient way to do habit stacking and have your own miracle morning to set your day up for success! Some of the things you will learn in this book are: Oil Pulling A way to clean your mouth and whiten your teeth while also detoxifying your body. Cleansing Your Senses Including how to clean and nurture your eyes, ears, nose, and mouth. Abhyanga The art of performing a self-oil massage which is known in Ayurveda to be the Fountain of Youth. Ideas on how to create the best exercise, yoga, and meditation practice for you. How to set a wake time that works the best with your body type. How to pick the routine that best suits your Dosha or Personal Constitution. Download this book by clicking the "Buy Now" button at the top of the page and be on your way to a happier and healthier you!

Book Information

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Customer Reviews

This book is simple, very easy to understand, and at the same time gives the reader an insight into the practices of Dinacharya and Ayurveda. This book is a quick read so it serves as a perfect intro to these fascinating ancient practices and gave me plenty of areas that I learned I would like to learn about more. Would highly recommend!

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