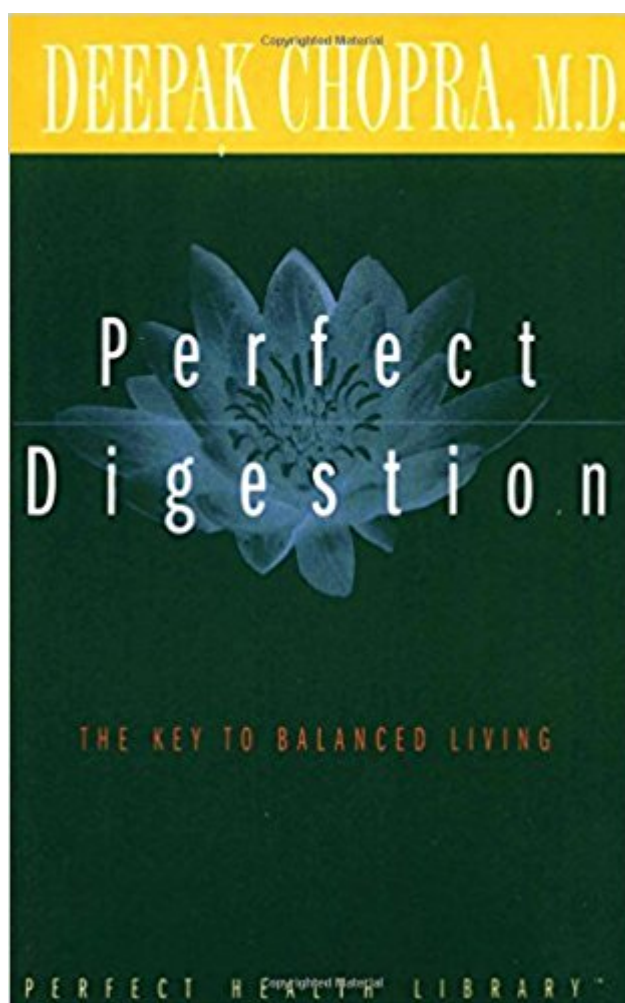




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# **Perfect Digestion: The Key To Balanced Living (Perfect Health Library)**



## Synopsis

or the millions of Americans whose digestive disorders fail to respond to conventional medical treatments, Dr. Chopra offers an alternative approach based upon the principles of Ayurvedic medicine. Among the topics covered are the relationship between emotions and intestinal functions, biological rhythms and neuromuscular integration, and the importance of diet. LG Alternate.

## Book Information

Series: Perfect Health Library

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Average Customer Review: 4.2 out of 5 stars 19 customer reviews

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## Customer Reviews

Continuing with his quest for physical and emotional health, Deepak Chopra (Ageless Body, Timeless Mind) zeroes in on common intestinal disorders in *Perfect Digestion: The Key to Balanced Living*, due in October from Harmony. Digestion plays a central role in our lives, says Chopra, turning to Ayurveda, the traditional Indian science of health, for greater understanding of the mind-body connection. Explaining how the gastrointestinal tract works when it's healthy, he offers suggestions for restoring it to health when ideal functioning is lost through imbalance or disease. Literary Guild and Doubleday Book Club alternate selections. (\$15 128p ISBN 0-517-79975-8) An autoimmune disorder that often defies diagnosis and to date has defied a cure is closely considered in Dr. Daniel J. Wallace's *The Lupus Book*, an October title from Oxford University Press. Describing the mechanism of the disease and putting therapies into perspective, Wallace, an L.A.-based specialist in lupus, blends clinical information with practical advice. (\$25 256p ISBN 0-19-508443-8) In *The Race Is Run One Step at a Time: Every Woman's Guide to Taking Charge of*

Breast Cancer, a September title from the Summit Group, Nancy Brinker addresses the reader in personal terms. Having lost her sister to breast cancer and waged her own successful battle with the disease, she describes the devastating course of her sister's disease and discusses the importance of early detection, care and preventative measures. This revision is updated from a 1990 edition to incorporate information about the latest technologies and statistics. (\$13.95 paper, 224p ISBN 1-56530-182-X) Copyright 1995 Reed Business Information, Inc. --This text refers to the Audible Audio Edition edition.

or the millions of Americans whose digestive disorders fail to respond to conventional medical treatments, Dr. Chopra offers an alternative approach based upon the principles of Ayurvedic medicine. Among the topics covered are the relationship between emotions and intestinal functions, biological rhythms and neuromuscular integration, and the importance of diet. LG Alternate.

I read a series of books about the digestive system (overview, problems, solutions) and am grateful that I started with this one. Deepak Chopra gives a good overview of the system, solid advice for integrating solutions into your daily life. The suggestions are practical, achievable and effective. On the downside the specific dietary advice is sometimes confusing and solutions referred to are sometimes not ever follow-ed up on. Still, net/net this is a great place to begin your journey because it provides an overview that will set you on a humane and action-able path.

If you have any problems at all with your digestive system, this book would probably help you. He writes of things that a conventional doctor will not know to tell you. I found it helpful as I am aging. When we were young we ate everything without thought. Later in life we need some help.

Wonderful direction and information from Ayurvedic wisdom. Deepoc Chopra has a great way with words, and getting to the heart of digestion.

Great information!

In "Perfect Digestion" Deepak Chopra just looks at digestion in a different way than most books do. Just as no man is an island, no pancreas is an island either. He sees the digestive process as a small part of all of our bodily functions including internalizing stress, feeling joy or angst, etc. Really, revolutionary.

This was a very good and informative book for me. I will continue to refer back to it and will keep it with my reference books. Excellent book for anyone suffering from IBS and other gastrointestinal problems. It certainly gave me a lot of insight and helped me gain some relief.

Dr. Chopra brings the reader from the first level of understanding up to self-education and proper use of flavors to enhance digestion. Digestion is the basis of life and ayurveda deals with all three modes: slow, medium, and fast. Can't ask for more in a book. An excellent primer!

This book was purchased for my mother she was very satisfied on how well it looked when she received it would buy from them again

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Perfect Digestion: The Key to Balanced Living (Perfect Health Library) Nora Roberts Key Trilogy CD Collection: Key of Light, Key of Knowledge, Key of Valor Health Communication: From Theory to Practice (J-B Public Health/Health Services Text) - Key words: health communication, public health, health behavior, behavior change communications Invitation To Holistic Health: A Guide to Living a Balanced Life Alkaline diet: Step By Step Guide to adopt Alkaline Diet immediately & Keep Your Acidity Levels balanced: A Complete List of Alkaline Foods (Alkaline Diet, ... Health Living, Alkaline Chart Book 1) Giant Book of Kitchen Counter Cures: 117 Foods That Fight Cancer, Diabetes, Heart Disease, Arthritis, Osteoporosis, Memory Loss, Bad Digestion and ... Problems! (Jerry Baker Good Health series) Digestive Wellness: Strengthen the Immune System and Prevent Disease Through Healthy Digestion, Fourth Edition (All Other Health) Mayo Clinic on Digestive Health - Enjoy Better Digestion with Answers to More Than 12 Common Conditions- Gerd, Ulcers, IBS, Crohn's Disease, Celiac, Diverticular, Gallstones, Pancreatitis, Liver Disease - Paperback - First Edition, 1st Printing 2000 Optimal Living 360: Smart Decision Making for a Balanced Life Buddhism: A Beginners Guide Book for True Self Discovery and Living a Balanced and Peaceful Life: Learn to Live in the Now and Find Peace from Within Transformative Nutrition: The Ultimate Guide to Healthy and Balanced Living Live Lagom: Balanced Living, the Swedish Way Lagom: Not Too Little, Not Too Much: The Swedish Art of Living a Balanced, Happy Life Living A Balanced Life: Applying Timeless Spiritual Teachings To Your Everyday Life Buddhism: A Beginners Guide Book For True Self Discovery and Living a Balanced and Peaceful Life: Learn To Live In The Now and Find Peace From Within - ... - Buddha / Buddhist Books By Sam Siv 1) The Ayurveda Way: 108 Practices from the World's Oldest Healing System for Better Sleep, Less Stress, Optimal Digestion, and More

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