



In Your Elements: A Blooming Ayurvedic Guide to Creating Your Best Life

Monica Bloom

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In Your Elements: A Blooming Ayurvedic Guide to Creating Your Best Life is a vibrant mix of Ayurvedic wisdom, humor and practicality all rolled into one book. "Ayur-What", you say? In a nutshell, Ayurveda is personalized health care which has been passed down among Indian families for over 5,000 years. Ayurveda is economical, accessible, logical, and easy to practice once you know the basics. Anyone can do it! In Your Elements was created for those of us who believe in the power of the individual and that true health stems from within. This book walks you through the fundamental Ayurvedic foundations and includes over 70 questions, exercises and oodles of tips to help you along the journey. The whole book is a customized look at your life including, your daily routine, dosha quiz, menus, recipes, home therapies, exercise recommendations and more! Bold graphics throughout will delight and inspire as you walk on your path to customize, craft and transform your life.

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