



# Perfect Health for Kids: Ten Ayurvedic Health Secrets Every Parent Must Know

*John Douillard*

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## **Perfect Health for Kids: Ten Ayurvedic Health Secrets Every Parent Must Know** John Douillard

According to Ayurveda, an ancient Hindu science, health is a state of balance among the body, mind, senses and soul. This book shows specific ways to promote children's health and well-being using Ayurvedic principles. Douillard explains how to identify the signs of imminent illness, how to make the home chemical and allergen free, and how to stock a "Lazy Susan" of useful natural medicines. Appendices provide shopping lists and a directory of national health providers. *Perfect Health for Kids* is an accessible, illustrated guide that provides highly effective health maintenance for children.

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