

# Light Miller

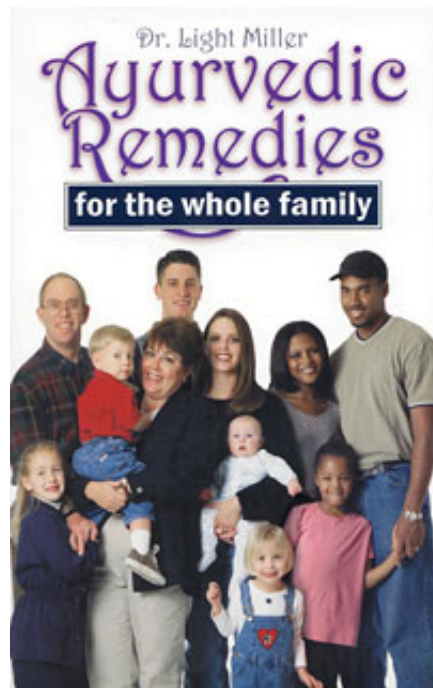
## Ayurvedic Remedies for the Whole Family

Reading excerpt

[Ayurvedic Remedies for the Whole Family](#)

of [Light Miller](#)

Publisher: Lotus Press



<http://www.narayana-verlag.com/b13251>

In the [Narayana webshop](#) you can find all english books on homeopathy, alternative medicine and a healthy life.

Copying excerpts is not permitted.

Narayana Verlag GmbH, Blumenplatz 2, D-79400 Kandern, Germany

Tel. +49 7626 9749 700

Email [info@narayana-verlag.com](mailto:info@narayana-verlag.com)

<http://www.narayana-verlag.com>





# TABLE OF CONTENTS

**Dedication**

**Foreword**

**Testimonial**

**Introduction**

<b>Chapter 1: What is Ayurveda and Why Should I Use It?</b>	<b>1</b>
<b>Chapter 2: Aromatherapy</b>	<b>17</b>
Guidelines of Essential Oil Amounts	19
Mini-Monographs	22
<b>Chapter 3: Pregnancy</b>	<b>31</b>
Birth	33
Returning to Work	37
Massage	37
Teething	38
Crying	38
Possible Conditions During Pregnancy	38
Recommended Herbs	39
Herbs to Avoid During Pregnancy	40
Essential Oils to Avoid During Pregnancy	41
Products to Avoid During Pregnancy	41
Recipes for Healthcare During Pregnancy	42

Excerpt from Light Miller

„Ayurvedic Remedies for the Whole Family“

Publisher: Lotus Press

Excerpted by Narayana Publishers, 79400 Kandern,

Tel.: +49 (0) 7626 974 970-0

<b>Chapter 4: Childrens Health and Childhood Illnesses</b>	<b>47</b>
Diet	49
Discipline	51
TV and Computers	53
Should I immunize My Child?	53
Children's Illnesses	56
<b>Chapter 5: Young Adulthood</b>	<b>59</b>
Teen Years	59
Peer Pressure	61
Alcohol and Drugs	61
Teens and Sex	62
Young Adults and Health	63
College Years	65
Herbs & Essential Oils for College Students	68
<b>Chapter 6: Maturity and the Aging Process</b>	<b>75</b>
Stress	77
Menopause	78
Herbal Allies for Menopause	79
<b>Chapter 7: Causes of Illness</b>	<b>85</b>
Poor Diet	85
Environment	86
Overconsumption	86
Over Processing of Food	86
Illnesses Caused by Medical Mistakes	87
Lack of Purpose	87
Failure of the Mind-Body Connection	87
Conclusion	89
Physical Imbalances	89
Emotional Imbalances	93
Addictions	94
<b>Chapter 8: Healthy Eating</b>	<b>99</b>
Spices for Cooking	100
Preparing Foods	100
Food Combining	104
The Art of Chewing	105

AYURVEDIC REMEDIES FOR THE WHOLE FAMILY

Excerpt from Light Miller  
 „Ayurvedic Remedies for the Whole Family“  
 Publisher: Lotus Press  
 Excerpted by Narayana Publishers, 79400 Kandern,  
 Tel.: +49 (0) 7626 974 970-0

Restaurant Eating	106
Chemicals in Our Food Supply	108
Food Additives to Avoid	108
Foods to Use With Caution	110
The Role of Vegetarianism and the Various Classes of Diets	111
Shopping for Healthy, Natural Foods	113
<b>Chapter 9: Why Do I Need Vitamins and Minerals</b>	<b>117</b>
So, Why Should I Take Vitamin and Mineral Supplements?	118
Symptoms and Diseases	119
How Can I Get More Vitamins and Minerals in My Diet?	119
Ayurvedic Vitamin Chart	121
Ayurvedic Mineral Chart	142
Ayurvedic Trace Mineral Chart	156
<b>Chapter 10: Herbs and Their Uses</b>	<b>159</b>
Herbal Constituents	161
Herbal Therapeutic Properties	162
Ways to Use Herbs	164
Liquid Preparations	165
Dry Herb Tea	165
Sun Tea	165
Juice Tea	166
Infusions	166
Decoctions	166
Digestion	166
Lymphatic Cleanser	166
Weight Reduction	167
Pacifying Doshas	167
Tonic - Stimulating - Nutritive	167
Very Dry Condition	167
Muscle & Bone Problems	167
Dryness in the Body	167
Milk Decoction	167
Tinctures	168
Fresh Herb Juice	168
Cold Water Extract	168

AYURVEDIC REMEDIES FOR THE WHOLE FAMILY

Excerpt from Light Miller  
 „Ayurvedic Remedies for the Whole Family“  
 Publisher: Lotus Press  
 Excerpted by Narayana Publishers, 79400 Kandern,  
 Tel.: +49 (0) 7626 974 970-0

Herbal Vinegars	169
Herbal Wine	169
Medicated Ghee	169
Medicated or Infused Oils	169
Cold Infusion - Medicated Oil	170
Poultice	170
Capsulated Herbal Blends	170
Herbal Tablets	170
Roasted Herbs	170
Powder or churnas	171
Oatmeal Gruel	171
Slippery Elm Breakfast Delight	171
Immune Broth	171
Rice Water Herbs	173
For Good Digestion	173
Suggestions	173
Culinary Herbs	174
<b>Chapter 11: Alternative Therapies</b>	<b>177</b>
Chelation Therapy	177
Color Therapy	178
Homeopathy	178
Kaya Kalpa	180
Massage	182
Massage Recipe Blends for Body Types	185
Music and Sound Therapy	195
Pancha Karma	195
Reflexology	202
Reiki	204
Therapeutic Touch	206
<b>Chapter 12: Self Care</b>	<b>207</b>
Abyangha Self Massage	207
Bathing	209
Breath	209
Color Therapy	212
Compress	219
Dry Skin Brushing	221

AYURVEDIC REMEDIES FOR THE WHOLE FAMILY

Excerpt from Light Miller  
 „Ayurvedic Remedies for the Whole Family“  
 Publisher: Lotus Press  
 Excerpted by Narayana Publishers, 79400 Kandern,  
 Tel.: +49 (0) 7626 974 970-0

Fasting and Elimination Diet	222
Breaking Your Fast	224
Essential Oil Patches	224
Foot Bath	224
Inhalation Therapy	225
Mantra	226
Meditation	227
Music and Sound Therapy	231
Noni	234
T'ai Chi and Ch'i Kung	237
Yoga	239
Tantra	240
<b>Chapter 13: 75 Health Conditions and Their Treatments</b>	<b>243</b>
How to Use The "Condition" Section	243
Acne	246
Aids	249
Alcoholism	252
Allergies	254
Alopecia	257
Alzheimers	259
Amenorrhia	262
Anemia	264
Anorexia - Bulimia	266
Anxiety	268
Arteriosclerosis	270
Arthritis	272
Athlete's Foot	275
Back Problems	278
Bad Breath	280
Bi-Polar	282
Black Eye	284
Bleeding	285
Bruises	287
Burns	289
Cancer	291
Candidiasis	293

AYURVEDIC REMEDIES FOR THE WHOLE FAMILY

Excerpt from Light Miller  
 „Ayurvedic Remedies for the Whole Family“  
 Publisher: Lotus Press  
 Excerpted by Narayana Publishers, 79400 Kandern,  
 Tel.: +49 (0) 7626 974 970-0

Canker Sores	295
Chicken Pox	297
Chronic Fatigue	299
Colitis	301
Common Cold	303
Constipation	305
Cystitis	308
Diabetes	310
Dysmenorrhia	313
Earache	315
Eczema	317
Edema	320
Fever	322
Fibrocystic Breast	325
Fibroids	327
Flatulence	329
Gall Bladder	331
Glaucoma	334
Gout	336
Headache	338
Heart Attack	341
Hemorrhoids	344
Hepatitis	347
Hot Flashes	350
Hypoglycemia	352
Indigestion	355
Infection	358
Inflammation	360
Insomnia	362
Kidney Stones	365
Laryngitis	370
Leucorrhea	373
Mononucleosis	376
Morning Sickness	378
Mumps	380
Parasites	382
PMS	385

AYURVEDIC REMEDIES FOR THE WHOLE FAMILY

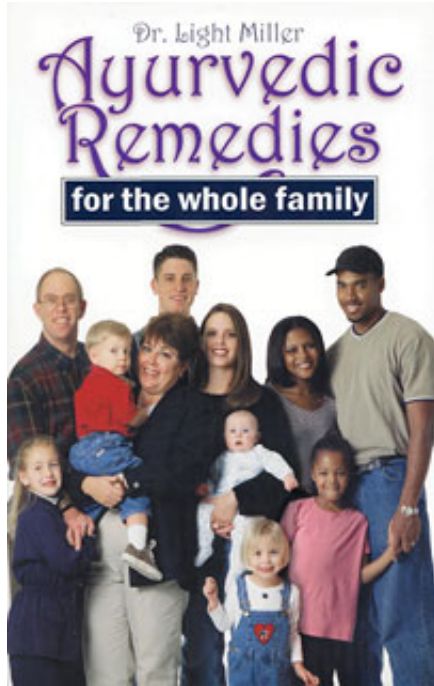
Excerpt from Light Miller  
 „Ayurvedic Remedies for the Whole Family“  
 Publisher: Lotus Press  
 Excerpted by Narayana Publishers, 79400 Kandern,  
 Tel.: +49 (0) 7626 974 970-0

Sciatica	388
Shingles	390
Shock	392
Sinus or Nasal Problems	394
Sore Throat	396
Stress	398
Ulcers	400
Vaginitis	402
Varicose Veins	404
Vomiting	407
Forgiveness	411
<b>Chapter 14: Discovering your Ayurvedic Type</b>	<b>413</b>
Ayurvedic Questionnaires to Determine Body Type	414
Specific Diets for Body Types	421
Daily Diary	436
<b>Resources</b>	<b>437</b>
<b>Bibliography</b>	<b>449</b>
<b>About the Author</b>	<b>450</b>
<b>Index</b>	<b>451</b>

AYURVEDIC REMEDIES FOR THE WHOLE FAMILY

Excerpt from Light Miller  
 „Ayurvedic Remedies for the Whole Family“  
 Publisher: Lotus Press  
 Excerpted by Narayana Publishers, 79400 Kandern,  
 Tel.: +49 (0) 7626 974 970-0





Light Miller

[Ayurvedic Remedies for the Whole Family](#)

488 pages, pb  
publication 1999



More books on homeopathy, alternative medicine and a healthy life [www.narayana-verlag.com](http://www.narayana-verlag.com)