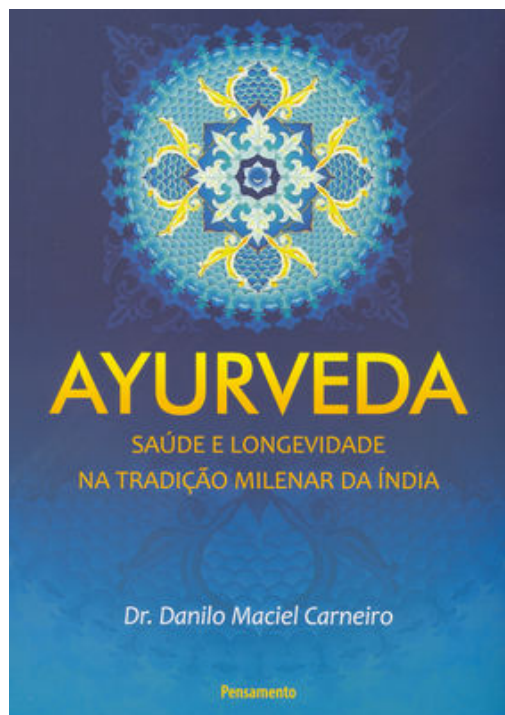


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O autor, uma das maiores autoridades em Ayurveda no Brasil e um dos maiores estudiosos da Fitoterapia em nosso país nos ensina, de maneira simples, dicas preciosas de como usar as ervas brasileiras no dia a dia para aperfeiçoar nossa saúde. E, todo o conhecimento adquirido pelo autor na convivência com os melhores médicos indianos (vaidyas) que estiveram em nosso país, contido neste livro, poderá mudar a sua visão sobre a sabedoria milenar do Ayurveda - o sistema de promoção de saúde mais antigo do mundo.

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