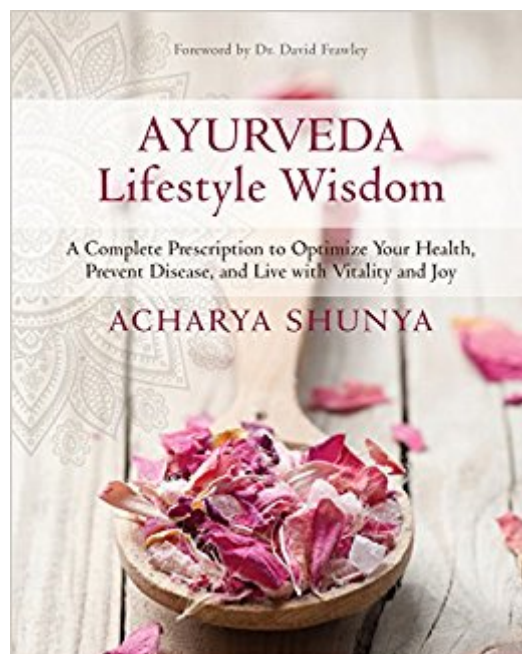




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# **Ayurveda Lifestyle Wisdom: A Complete Prescription To Optimize Your Health, Prevent Disease, And Live With Vitality And Joy**



## Synopsis

An empowering guide to finding balance and restoring health in mind, body, and soul Ayurveda teaches us that true health is our birthright — and that by artfully adapting to the rhythms of nature, we can bring ourselves back into balance and experience optimal well-being. Ayurveda Lifestyle Wisdom is a groundbreaking work within the field of holistic health and traditional yoga, written by internationally renowned Ayurvedic healer, teacher, and scholar Acharya Shunya. Raised in a distinguished lineage of Vedic mystics and healers, Shunya learned the ancient art of Ayurveda directly from her grandfather, a well-known healer in Northern India. Here, she presents both an engaging narrative of her unique education, as well as a complete encyclopedia of Ayurvedic practices, recipes, and knowledge. With Ayurveda Lifestyle Wisdom, Shunya maintains the integrity of Ayurveda's traditional teachings while showing us how to integrate them into our modern lifestyles. Through her in-depth teachings, we learn to live in a way that supports our greatest health through daily ritual, nourishing food, spiritual practice, and self-care. Highlights include:

- Detailed instructions for a nourishing daily routine, organized by time of day and aligned with seasonal changes
- Clear, accessible guidance in the basic principles of Ayurveda, as transmitted through an uninterrupted lineage of Ayurvedic healers
- Dozens of traditional recipes, along with advice for structuring your meals according to the season, your constitution, and your unique health needs
- A treasury of lifestyle teachings and wellness practices — meditation and pranayama, exercise and yoga, connecting with nature, rituals for self-care and pleasure, daily cleansing routines, and working with the doshas (energetic body types)
- An approach to healing both practical and spiritual — restore your body to health with holistic lifestyle guidance, rather than a list of rigid rules or dos and don'ts
- Beauty routines and rituals, including recipes for homemade scrubs, oil blends, gargles, and more
- How modern lifestyles contribute to chronic disease, and how to restore vital health through Ayurveda
- Experience greater physical energy, more joy, better sleep, increased sexual pleasure, improved digestion, stronger immunity, and many other benefits in mind, body, and soul

“This book that you are holding in your hand has the potential to change your state of health for the better, permanently,” writes Shunya.

“Health is not a probability that you may achieve. It is a reality, an underlying natural state of

being. Whether you're looking for help with a specific health concern, or if you'd simply like to improve your overall well-being, in Ayurveda Lifestyle Wisdom you'll find a treasury of Ayurvedic lifestyle teachings and wellness practices for every part of your day.

## Book Information

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## Customer Reviews

"Shunya, president of the California Association of Ayurvedic Medicine, says it was her karma to write an authoritative bible of sorts on Ayurvedic wisdom. Raised in India, Shunya studied Ayurveda under the tutelage of her grandfather, who was born in 1900 and served as his town's Ayurvedic guide; throughout this informative text she weaves poignant stories and lessons learned from her highly esteemed relative and advisor. Ayurveda, Shunya explains, is a 5,000-year-old system that covers such topics as lifestyle, food, health, spirituality, meditation, and yoga. Her focus is on applying the ancient principles to modern life and she includes selected case histories from clients and students who believe Ayurveda helped them resolve a variety of issues (e.g., eating disorders, stress). Despite the range of applications Shunya cites, she cautions that Ayurveda is not "one size fits all" and gives readers a number of guidelines. Shunya writes with passion and expertise; newcomers to Ayurveda will receive a comprehensive education, and long-standing practitioners can also delve more deeply into this wellspring of knowledge. This is an important addition to a holistic approach to health that readers will want to refer to time and

again. **• Publishers Weekly** “This is the ultimate guidebook for optimizing your self-care habits|Shunya makes Ayurvedic ideas and practices completely accessible. **• Bustle** “Acharya Shunya is one of the extraordinary teachers of the living, embodied wisdom of Ayurveda. She transmits it through the roots of her family lineage as well as throughout Ayurveda Lifestyle Wisdom. She is a model of how to access the healing power of nature within. **• Shiva Rea**, author of *Tending the Heart Fire* “Ayurveda Lifestyle Wisdom is a valuable companion for those wishing to understand and apply holistic concepts of health and healing to real-life challenges. You will find many pearls of wisdom that will inspire you to a mindful and positive lifestyle. **• Suhas Kshirsagar**, BAMS MD (Ayurveda), and author of *The Hot Belly Diet* “Acharya Shunya has gifted all of us with her story of learning Vedic wisdom from her grandfather, Baba, as a very young girl. Baba’s timeless wisdom is woven throughout Ayurveda Lifestyle Wisdom as Shunya teaches us all the pearls of Ayurveda, Baba through Acharya, and now to us. **• John Douillard**, author of *Eat Wheat; Body, Mind, and Sport*; and *The 3-Season Diet* “Shunya offers us a path that integrates body with mind and spirit, showing us the secrets of Ayurvedic daily practice, self-care, and much more. This is a book to cherish, consult often, and use throughout your life. **• Sally Kempton**, author of *Awakening Shakti* and *Meditation for the Love of It* “Acharya Shunya shares with us a prescription to optimize our health in a clear and straightforward fashion, giving each of us the power to change our lives. **• James R. Doty**, MD, clinical professor of neurosurgery and director at the Center for Compassion and Altruism Research and Education, Stanford University School of Medicine “Ayurveda Lifestyle Wisdom rings out like a temple bell and shines like the sun at dawn. A healing balm for our distracted lives, it offers us easy-to-implement, practical Ayurvedic guidance for healthy living every day. It boldly inspires us to claim our inherent healing power and shows us how to do it. You won’t want to put this book down, and fortunately, we don’t have to because its wisdom continues to whisper in our inner ear, like Acharya Shunya’s beloved Baba: “Your life is sacred; remember, you can live that way. **• Yogacharya Ellen Grace O’Brian**, spiritual director at the Center for Spiritual Enlightenment and author of *Living the Eternal Way: Spiritual Meaning and Practice for Daily Life* “Reading this book is an enchantment. This is a rare and refreshing appearance of the heart and soul of Ayurveda, alongside the body of wisdom in a modern lifestyle book. Enough story to relate easily and enough tools to transform your experience of life, and finally, finally, a book on Ayurveda that speaks to all the parts

of us. • Siva Mohan, MD, founder of AyurvedaBySiva.com, founder of Veda MeLA, and board member of the California Association of Ayurvedic Medicine  
“Ayurveda Lifestyle Wisdom” is a poetic and inspiring journey through the joy of life deeply rooted in a millennia-long tradition. With Ayurveda and the way Shunya explains it, life is an art, a wisdom, and the embodiment of a tradition going far back in time. Acharya Shunya brings that tradition back to life in the twenty-first century.

• Alain Touwaide, PhD, cofounder and scientific director at the Institute for the Preservation of Medical Traditions  
“Ayurveda Lifestyle Wisdom” is the ultimate practical guide that promises to reconnect you to the fundamental truth of your spiritual nature and the divine cosmic laws of balance, rhythm, seasonal detox, and so much more. Shunya’s deep-seated knowledge about Ayurveda, and her compassionate and warmhearted writing gave me the confidence to try her suggestions about losing weight and getting better sleep and eliminating heartburn. It all worked when nothing else would!

• Meg Jordan, PhD, chair of the Department of Integrative Health and Human Sexuality, California Institute of Integral Studies  
“With this highly readable and eminently practical book, Acharya Shunya illuminates Ayurveda in all its fullness not just a collection of remedies for preventing and treating disease, but a holistic system that draws from its venerable sister sciences, yoga and Vedanta, to address all facets of human life. Every household should own a copy.

• Philip Goldberg, author of *American Veda: From Emerson and the Beatles to Yoga and Meditation, How Indian Spirituality Changed the West*  
“A beautifully written book that offers a unique perspective of the simple and effective diet and lifestyle changes from Ayurveda that you can make to achieve better health.

• Diana I. Lurie, PhD, professor of neuropharmacology at the University of Montana and editor-in-chief of the *Ayurveda Journal of Health*  
“Ayurveda Lifestyle Wisdom” encourages us to explore all aspects of our lives as they contribute to health. Acharya Shunya’s explanations are comprehensive, clear, passionate, and often poetic. They offer us opportunities to reconsider assumptions of what we consider “normal” in our daily lives and show us how to gradually achieve health-enhancing change.

• Ricki Pollycove, MD, author of *The Pocket Guide to Bioidentical Hormones*  
“Acharya Shunya, a well-respected Ayurvedic teacher and practitioner, acquired this authentic knowledge from her grandfather and guru shri Baba, distilled it through her personal experience and practice, and observed the transformative effect of this knowledge. Now she shares that eternal knowledge through this book with stories and examples that are easy to follow and put into practice. This book

serves as an invaluable resource for anyone who is embarking on a journey to restore vibrant health, and as a source of inspiration to those who have already embarked on that transformative journey.

•Dhaval Dhru, MD, Ayurveda chair at Bastyr University and president of the board of the National Ayurvedic Medical Association “I love how Shunya weaves together easy-to-understand, health-focused practices that are deeply rooted in ethical and socially responsible interventions, which are good for both our inner health and outer relationships. This is a must-read that belongs in every home and on the reading table of everyone who wants to lead a natural, healthy, and happy life.”

•Richard Miller, PhD, author of *iRest Meditation: Restorative Practices for Health, Resiliency, and Well-Being* “Acharya Shunya takes you home in this fascinating, detailed guide to proactive health practices through the principles of Ayurveda. She conveys profound, time-proven knowledge in this passionate, step-by-step guide that can be easily embraced by all, at any age, for a life of balance, order, rhythm, and harmony.”

•Peter Z. Wasowski, founder and CEO of Vasper Systems, NASA Ames Research Park “Ayurveda Lifestyle Wisdom offers a way of living that promotes continued well-being for those who are healthy and a path back to health for those who have been unwell. Acharya Shunya skillfully guides the reader in incorporating these time-tested health practices to create a balanced state of natural resiliency.”

•Anand Dhruva, MD, associate professor of medicine at the University of California San Francisco Osher Center for Integrative Medicine “This is a masterpiece book that should be an essential for every Ayurvedic practitioner, health care professionals, and all the patients with chronic diseases, who will find themselves coming back to the text time and time again for deeper study and practice.”

•Dilip Sarkar, MD, president of the International Association of Yoga Therapists (IAYT) “A unique and profound guide to healing as well as the art balancing life energies, this book presents an elegant and practical approach to health and well-being appropriate for anyone.”

•James Kelleher, cofounder of the American Council of Vedic Astrology and author *Path of Light: Volumes I and II* “Ayurveda Lifestyle Wisdom is a pleasure to read and inspiring in its mission to provide the tools with which we can reclaim our lives. The book highlights a spiritually and ecologically conscious, ethically grounded, health-centered rather than disease-focused Ayurvedic method, with extensive information and pragmatic instructions that make it easy to follow the counsel within.”

•Rita D. Sherma, PhD, chair of hindu studies at the Graduate Theological Union, Berkeley, and editor-in-chief of the *International Journal of Dharma Studies* “Have you ever wondered what you would have learned if you were raised by an Ayurvedic guru? Acharya Shunya

shares her experience in growing up in family of Ayurvedic sages and carrying on the healing traditions in the United States. She shares her best family stories, recipes, and authentic Ayurvedic lifestyle wisdom in her book, which is sure to become a classic of students of Ayurveda around our Earth.

•Cate Stillman, founder of Yogahealer.com and author of Body Thrive

“Ayurveda Lifestyle Wisdom by Acharya Shunya beautifully unfolds the ancient Ayurvedic wisdom in an experiential manner relevant to our contemporary lifestyles.

•Yogini Shambhavi Devi, co-director of the American Institute of Vedic Studies in Santa Fe and author of Yogini: Unfolding the Goddess Within

“In this gorgeous book, Acharya Shunya combines stories of the lessons she learned from her family with her years of experience training students and coaching clients. The combinations of stories, recipes, practices, and rituals is a superb addition to the bookshelf of any seeker. Acharya Shunya offers the advice of a trusted sister, whose dedication to Ayurveda shines through every page.

•Felicia Tomasko, editor-in-chief of LA Yoga magazine and president of the Bliss Network

Acharya Shunya is an internationally recognized spiritual teacher who awakens health and consciousness through Ayurveda lifestyle and Vedic spiritual teachings. She is founder of Vedika Global, a wisdom school and spiritual community in California, and is President of the California Association of Ayurvedic Medicine. For more, visit [acharyashunya.com](http://acharyashunya.com).

This book reads like sitting down with the author and having a series of deeply engaging and memorable conversations. It is by far the best resource I have found on understanding Ayurveda and how it is a powerful, accessible and uplifting lifestyle. While the book is rich with recipes, remedies and wise counsel on how to be healthy and happy, what I found outstanding and absolutely unique is how the context for each section is created through evocative and deeply informative stories from the author's young days studying with her grandfather, who was a learned yogi and insightful traditional healer. These stories are vivid, endearing, and deeply spiritual, and invite the reader to contemplate and experience the many dimensions of the state of health that the author and Ayurveda focus on. The author then illustrates how these same teachings are so beneficial and surprisingly easy to apply for those of us who live in Western cities and not on the banks of holy river in the India of a generation or two ago. I found the stories of the author's students very encouraging: how their health and state of mind improved dramatically just by applying this knowledge one step at a time. The style of the book inviting and fascinating to read, and consistently positive - quite a feat to maintain in a long chapter on constipation and diarrhea!

The book has a wealth of very accessible advice laid out in ways I know I'll be able to keep referring to easily. The recipes are uncomplicated and easy to follow. I highly recommend this book both for those who want to really explore what Ayurveda is about, and for those who are already familiar with the principles of Ayurveda, as it will give a fresh, full and inspiring perspective.

While I'm still making my way through the book, I wanted to take a moment to share my thoughts. This is a must read - If you, like me, are concerned about our healthcare system and believe everyone should take responsibility for their own health. This is a must read if even you don't spend much time thinking about health because you will be glad you did. This is a must read if you are a lover of nature and believe in living in sync with macrocosm. This is a must read if you are tired of the information overload from the media on the latest super foods/fads etc. and are looking for simple time tested health tips to incorporate in your daily routine. This is essentially an User Guide for the human body. Now back to more deeper reading.

I read the book and I am very impressed with the content, style and flow of writing. I have known Shunya ji for many years. This book not only embodies her knowledge she obviously has about Ayurveda, but also speaks volume about her personal experiences and successes with this ancient science. I highly recommend this book to anyone who wants to heal themselves at the deepest level versus looking for quick fixes.

What a gift! This book is filled with so many, practical yet beautiful gems of advice on how to live a radiant life more closely aligned with nature, a life we've always wanted and tools to liberate ourselves from mental slavery! Such deep, eternal messages brought to us by such a down to earth, reasonable teacher. She really makes it attainable and accessible. I'm going to buy copies for all my friends! Crystal

Would recommend. This is an excellent read with a lot of good sound advice.

In her new book, Ayurveda Lifestyle Wisdom, Acharya Shunya presents the ancient teachings of Ayurveda in an engaging and understandable way. I highly recommend this book to anyone who is looking for inspiration and practical insights into living a healthy and vibrant life.



This is such a special book, I am so happy I purchased it. To hear such an empowering and sweet invitation to health in this day is rare, and Acharya Shunya's message of "Awakening Health" is something so important and life-changing. Even just flipping through this book, you can feel the love and care, from generations of lives. This book is an invitation to health, and an invitation to redefine how we understand our health: something more lasting, something inherent rather than achieved. This is a message the world needs to hear and I am so happy to keep sharing this book with my family and loved ones! Honestly, even just for the remedies and recipes this book is worth it. The accessible teachings and beautiful stories make it even more special. BUY THIS BOOK. Buy it for yourself, buy it for your loved ones. Heck, even buy it for your enemies because this perhaps could even make them sweeter.

Great book, very clear, wonderful advices for ultimate health.

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