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all dread the thought of visiting a doctor or a hospital Don t we Unfortunately the air that we breathe in is full of hazardous pollutants the food that we eat is full of chemicals and the water that we drink is devoid of any minerals All this makes us weak and sick Our hectic and mindless lifestyle further deteriorates our body and mind Unfortunately due to all this visiting a doctor regularly is unavoidable Each one of us is different and reacts differently to what we eat and what we do This book is an honest attempt to help you understand your unique body along with its dosha guna prakriti The Daily Yoga Plan including yoga asanas pranayama or breathing exercises mudras meditation and diet plan will keep you fit and healthy forever Further this book also guides you to prevent and cure the most common lifestyle diseases prevalent these days The recommended Daily Healing Plan along with Neuro Healing Meditation NHM will help fight the ailment and make you fit and healthy The suggested plan is quite simple and will ensure that you never visit a doctor again *Basic Yoga* Susannah Marriott,2004

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