

# **Healing Through Ayurveda Herbs: In Your Kitchen Garden**

**By Dr Sonica Krishan**

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**Dr Sonica Krishan -**

Dr Sonica Krishan is Author and Speaker in the areas of Healthy and Joyous Living through Ayurveda, Meditation, Yoga and other Contemplative practices Dr Sonica

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Aug 03, 2013 Book Review: Healing Through Ayurveda by Sonica Krishan Published by Rupa & Co Pages: 100 Price: 95 ISBN: 9788129117717 To live a healthy and happy life

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May 19, 2013 'Healing through Ayurveda' is my third published book with Rupa and co, and also available at Amazon. Humans. Men and women. Some skinny, some plump.

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Dr Sonica Krishan Title Author of 5 Healing through Ayurveda and Healing through Ayurveda Herbs in your Kitchen Garden & Healthy Living through Dosha Healing;

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