



# Ayurveda HAIR SECRETS & SOLUTIONS

*Ancient Herbal & Botanical Remedies  
For Growing Longer, Thicker Hair  
And Curing Hair Loss*

# INTRODUCTION

**L**ike your skin, your hair needs nourishment from the inside. If your diet lacks hair-friendly foods, or if your digestive system is inefficient, all of the expensive hair treatments in the world won't help you. Hair or scalp problems that cause everything from brittle, frizzy hair to breakage and hair loss will continue to plague you,



The best guidelines for nourishing your hair are found in the time-honored approach known as **Ayurveda** (pronounced "aa-yer-VAY-da"). I'd like to call these "secret steps," but really, Ayurveda is extremely well-known to some . . .

Ayurveda is a system of healing that originated thousands of years ago. It is intimately known and religiously followed today by millions of people who have about the most beautiful, healthiest hair on the planet: the people of India.

Ayurveda, which means the "science of life," is a medical science that can be traced back to ancient books from India. It is considered the earliest recorded system developed by humans to cope with illness.

Ayurveda was recently made popular in Western civilization thanks to Deepak Chopra, MD. Through his creation of The Chopra Center for Well Being in La Jolla, California, Dr. Chopra established a formal vehicle for the expansion of this approach by combining the best of Western medicine with Indian Ayurvedic medicine traditions.

The World Health Organization [WHO] recognizes Ayurveda as a prime alternative therapy. It's a holistic system of medicine, meaning it's designed to make every aspect of you healthy – **mind, body, and soul**. In essence, following Ayurvedic practices makes everything about you become more beautiful – head to toe and inside out. This, of course, includes **your hair!**

Because it delivers such great results, Ayurveda has become quite popular around the world at spas and beauty salons, and among skin and hair care manufacturers. This is because it not only

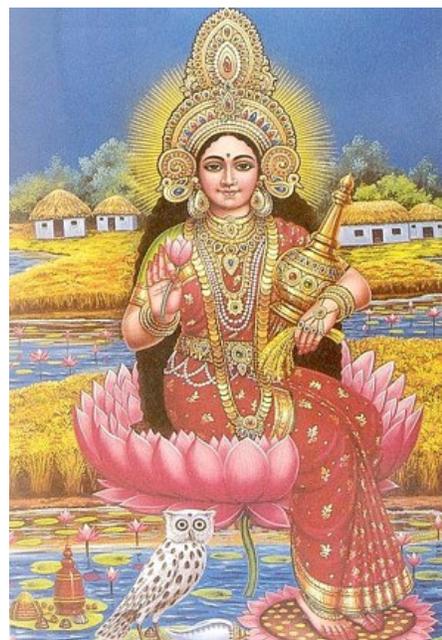
effectively maintains your hair's strength, luster and color, Ayurveda also steers you clear from chemical-based hair care products that can create serious health problems down the road.

## Brief History of Ayurveda

**A**yurveda is a 5,000-year-old system of natural healing. It originated in India's Vedic culture, where the sacred scripture called Veda was followed. This spiritual practice was characterized by rituals and ceremonies in which practitioners strove to surpass the limitations of the mind; living in divine harmony was the goal.

Traditional Chinese and Tibetan medicines have roots in Ayurveda. Early Greek medicine also adopted many of these methods.

While Ayurveda was suppressed during foreign occupation of India, it has recently enjoyed a serious resurgence in its native land and around the globe.



The Vedic forms of belief are precursors to modern day Hinduism, a spiritual philosophy that was started many centuries later as taught by Buddha.