



Ayurveda Live: Heilende Reisen zu den Ursprüngen des Ayurveda (German Edition)

Siegfried Kogelfranz

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Der prominente SPIEGEL-Redakteur Siegfried Kogelfranz war beileibe kein Anhänger von irgendetwas Alternativem. Als er ernsthaft krank wird und nichts anderes mehr Rettung verspricht, lässt er sich reichlich skeptisch auf eine Ayurveda-Kur in Neu Delhi ein. Sein Buch ist der Report des unmittelbar Betroffenen, der mit Ayurveda beschwerdefrei, fit und über seine Erfahrungen zum Experten geworden ist. Spannend für alle, die mehr über diesen Weg zu Gesundheit und Vitalität wissen wollen und ein Ratgeber für alle, die sich eine Ayurveda-Kur überlegen.



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