



Ayurvedic Tongue Diagnosis

By Walter Shantree Kacera

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Ayurvedic Tongue Diagnosis is a book that is about much more than Ayurvedic tongue diagnosis. It is one of the best books ever written on the relationship of Ayurvedic medicine to modern nutrition... I strongly recommend this book for both lay people and trained healers as a way to increase their depth of understanding and knowledge. This book helps us merge, in wonderful ways, with the healing powers of Ayurvedic principles as they are applied to the use of high vitality foods. Gabriel Cousens, M.D., M.D. (H), Diplomate in Ayurveda, Author of Spiritual Nutrition and Conscious Eating

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