



Dear Ayurveda Student,

Please find the following documents attached.


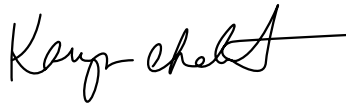
Book 2 Chapter 9

Ama, Metabolic Waste: The Root Cause of Disease

1. [Book 2 Chapter 9 PDF](#)
2. [Intro to Jyotish 2017](#)
3. [Gunas & Planets Table PDF](#)
4. [Body Parts, Houses, Tissues PDF](#)

Thank you.

Namaste,
Karyn



The state of ill health is a
moment to moment happening.
Healing is moment to moment
balance, bringing awareness to
our thoughts, feelings and
emotions and how we respond.

Vasant Lad

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