

Dear Ayurveda Student,

Please find the following documents attached.

Book 1 Chapter 8  
Digestion & Nutrition

1. [Book 1 Chapter 8 PDF](#)
2. [Book 1 Chap 8 Ojas Tejas Prana PDF](#)
3. [Book 1 Chap 8 Digestion Nutrition PDF](#)

Thank you.

Namaste,  
Karyn

