



Modern Health Care **Introduction to Ayurveda** *The Ayurvedic Body Types and Their Characteristics (Vata Pitta Kapha)*

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Find Your Body Type- A Comprehensive Guide to Vata, Pitta\u0026 Kapha **VATA INCREASING FOOD AVOID LIST IN VATA BY NITYANANDAM SHREE**  
Powerful Spells Casting With This Miracle Plant Root Managing Vata-Pitta Combinations with Dr. Marc Halpern

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