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Self-care NOT Health-care Series - Introduction

{youtube}D-orSeaZJf8{/youtube}

Eat Right for your Ayurvedic Body-type - Lesson 1

{youtube}kLvTQee1J34{/youtube}

Its Not What you Eat, but What you Digest - Lesson 2

{youtube}YXznAeFX24Q{/youtube}

Are you Detoxing your Body Enough?- Lesson 3

{youtube}Lf_awddzWI0{/youtube}

How to Avoid & Overcome Nutritional Deficiencies - Lesson 4

{youtube}h_VFFJSkqCl{/youtube}

The Best Superfoods for Each Ayurvedic Body-type/Dosha - Lesson 5

{youtube}8sco0eAVzjw{/youtube}

The Importance of and how to have Regular Bowel Movements - Lesson 6

{youtube}Lhpcg4tA89w{/youtube}

Why and how to Naturally Get A Good Night Sleep - Lesson 7

{youtube}4z_22IH5z88{/youtube}

How to use Fermented Foods for Optimum Health - Lesson 8

{youtube}FXJrXzLsipA{/youtube}

Improve Digestion Naturally with Spices and Seasonings-

□ Lesson 9

{youtube}IWMMenu0hmys{/youtube}

Reset Digestion & Boost Immunity with Fasting□ - Lesson 10

{youtube}bEd8CT5kwek{/youtube}

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<http://www.naturalhealingojai.com/services/detox-cleansing>

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