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Bibliography & Recommended Reading : Caduceus | -

Polarity Therapy Healing with Life Energy Alan Siegel ND and Phil Young. The Ayurvedic Guide to Polarity Therapy A self-care Guide Amadea Morningstar.

Amadea Morningstar (Open Library) -

Books by Amadea Morningstar The Ayurvedic guide to polarity therapy 2 editions - first published in 2001

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Amadea Morningstar is the author of The Ayurvedic Cookbook, Ayurvedic Cooking for Westerners, and The Ayurvedic Guide to Polarity Therapy. For more information, visit

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