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Feb 15, 2012 This is a short post to consider herbs with the practice of Yoga & mantras. It will be further elaborated upon and updated in the future. A useful guide

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### **David frawley (author of yoga and ayurveda)**

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Taken from The Yoga of Herbs An Ayurvedic Guide to Herbal Medicine written by: Dr. David Frawley and Dr. Vasant Lad. SPIRITUAL BACKGROUND

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