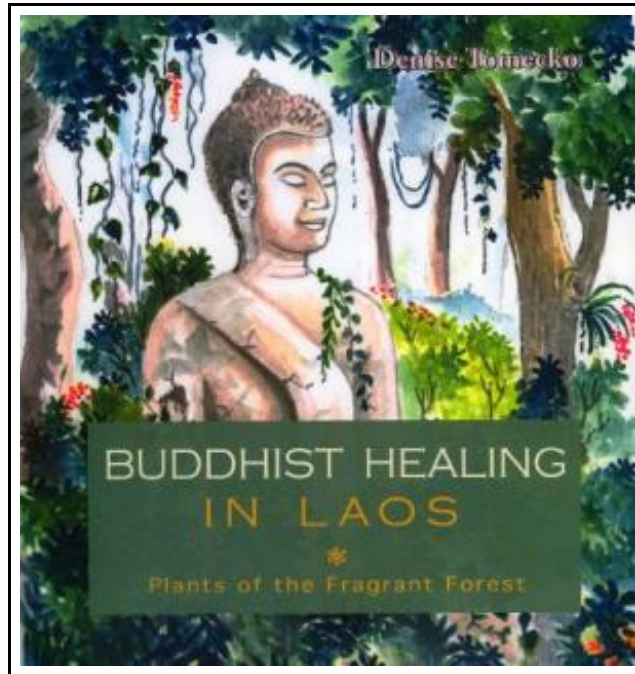


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Orchid Press Publishing Limited. Paperback. Book Condition: new. BRAND NEW, Buddhist Healing in Laos: The Fragrant Forest, Denise Tomecko, The quest for a healthy, pain-free body and a happy, peaceful mind has played an essential role in the development of mankind from the grasslands of Africa to the great river based civilizations of Egypt, Persia, China and India. It is a quest that continues to this day, as we constantly look for new and better ways to improve our health, happiness and longevity. In this beautifully illustrated book, the author shares with the reader the age-old secrets of physical healing and spiritual renewal as administered in the Buddhist monasteries of Laos. The knowledge of the use of indigenous jungle plants to provide holistic treatments in mainland Southeast Asia is rapidly being lost, as society modernizes, adopts consumer oriented practices and embraces Western pharmaceuticals. Painstakingly recording the wisdom of an elderly Buddhist nun accumulated over a lifetime of holistic healing practice, Denise Tomecko introduces us to a wide variety of locally available plants, teas and herbs, detailing their application and the natural synergy of these treatments with the spiritual renewal experienced in meditation. This is a beautifully illustrated compendium detailing the ancient secrets of physical healing and spiritual renewal in Laos. It includes information on herbal steam baths & water baths, infusions (teas), massage, herbal pills, compresses, ointment and balms, and tranquility & insight meditation. It also contains extended information on plants - those used commonly, occasionally and those used for special ailments.



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