



# Nature Care College

## BOOKLIST

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### PROFESSIONAL CERTIFICATE IN AYURVEDIC HEALING

#### Compulsory Textbooks

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**NOTE: If a subject from your course program is not listed in this document, then there is no compulsory textbook for the subject**

#### **AYURVEDIC MEDICINE – AN INTRODUCTION**

Matthews, S. (2016). *The Art of Balanced Living: The Right Diet and Lifestyle for Your Body Type*. Finch Publishing.

#### **Source:**

- Directly from your trainer Shaun Matthews during your first lesson