



Nature Care College

BOOKLIST

PROFESSIONAL CERTIFICATE IN AYURVEDIC HEALING

Compulsory Textbooks

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