

**Healing Hands: An Ayurvedic Massage Workbook:  
Vedic Massage Techniques For Healing Minor Ailments,  
Strengthening The Bones And Muscles And Making The  
Body More Shock Resistant By Dr. Vinod Verma**

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**By: keith bluemel (author), mark hughes (editor)**

Keith Bluemel (Author), Mark Hughes Healing Hands: An Ayurvedic Massage Workbook: strengthening the bones and muscles and making the body more shock

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