## ayurveda a complement to modern dietetics

#ayurveda #modern dietetics #holistic nutrition #integrative dietetics #ayurvedic dietary principles

Explore how Ayurveda serves as a powerful complement to modern dietetics, offering ancient wisdom to enhance contemporary nutritional science. This article delves into how traditional Ayurvedic dietary principles can provide a holistic perspective, improving individual wellness outcomes and offering a more personalized approach to health beyond standard dietary guidelines.

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