

Changing Your Work or Career

**How to Explore
Self-Employment Options
After Injury or Illness**



**Tips, Facts, & Resources
edited by Dee Adams**



"Noticeably often one who struggles with limitations rises above [those who are] unrestricted..."

— Johnson O'Connor *Aptitudes and the Languages*

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Editor's Note: Ayurveda [I-Your-Veda] means knowledge or science of life.

Original texts were written in Sanskrit, and date back 1,000 to 5,000 B.C. It is the oldest known complete system of natural medicine. Greek, Chinese, and Roman healthcare models are believed to have been influenced by the ayurvedic system.

There are several ayurvedic practices including Indian and Tibetan, classical and modern. Modernists believe only what can be proven by modern science, while classical ayurvedic physicians rely on the original concepts.

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