



Perfect Health

The Complete Mind Body Guide

Deepak Chopra, M.D.
Three Rivers Press

Perfect Health is a fascinating, well written and easy to read introduction to East Indian Ayurvedic Medicine. Deepak Chopra is a prolific writer and speaker. Born and raised in India, Chopra is the son of a British trained cardiologist. He attended a British-style medical school in India and moved to the U.S. to become trained in endocrinology. Chopra was already a fully trained endocrinologist when he became interested in the ancient Indian view of medicine and the body.

Each person is a mix of the three main body types: Vata, Pita and Kapha. Usually, one or two types are predominate in any one individual—there are guides to mapping out your own type. **A person's body type affects everything — from the types of food, fruits and vegetables that are most beneficial, to the best time of day for work and thinking.**

In America, people are always trying to determine the ideal diet or the perfect vitamin, exercise, lifestyle regimen, etc. In Ayurveda, that depends on the individual's characteristics. **No single plan is going to be perfect for everyone.** That may sound obvious but it is not the way standard, American, allopathic medicine works. In American medicine, for any given condition, everyone is treated the same.

This is a great book for anyone who wants a different view of lifestyle and health. **This book helped me to start on my path to holistic medicine.**

Robert P. Goldman, MD