

# Essential Ayurveda: What It Is And What It Can Do For You By Shubhra Krishan

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Monique is the founder and owner of *Essential Ayurveda*, a wellness practice in northwest Chicago. She performs Ayurvedic consultations with a focus on supporting

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Essential Ayurveda What It Is & What It Can Do for You. Author Shubhra Krishan has worked in print and television journalism for 14 years.

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