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## **Teach yourself ayurveda : sarah lie :**

Teach Yourself Ayurveda by Sarah Lie, Sarah Lie is a freelance journalist and PR consultant and holds a BA Hons in Ayurvedic Medicine from Thames Valley

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Sarah Lie is a freelance journalist and one of the very few people in the UK to hold a BA Hons in Ayurvedic Medicine. She has recently worked in Ayurvedic hospitals

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