

THE AYURVEDIC COOKBOOK

Amadea Morningstar
with Urmila Desai



A Personalized Guide to Good Nutrition and Healing

The Ayurvedic Cook A Personalized Guide To Good Nutrition And Health

William Shurtleff; Akiko Aoyagi



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Quick & Easy Ayurvedic Cookbook Eileen Keavy Smith,2008-07-15 Eat better and live healthier with this easy to follow Ayurvedic cookbook Ayurveda is an ancient Indian system of health and healing based on the principle that each human being is unique and has a distinct individual constitution genetic inheritance and predisposition to certain ailments Practitioners can stay healthy and happy by following rules such as Warm comfort foods like Shepherd s pie or butternut soup can help alleviate joint pain and poor circulation brought on by chilly windy weather In summer pasta primavera shrimp salad sauteed tofu and other sweet and light foods cool off irritable moods and help digestive problems Pungent astringent foods savory lentils turkey loaf kasha and the like can help ease the distress of a winter cold The Quick Easy Ayurvedic Cookbook allows you to implement Ayurvedic principles in your cooking easily and improve your health without devoting long hours of study to the subject or breaking your budget Learn how to cure insomnia and indigestion and even mood swings just by making food choices based on your Ayurvedic constitution The recipes include familiar favorites making this cookbook a practical addition to your kitchen and home

The Way of Ayurvedic Herbs Karta Purkh Singh Khalsa,Michael Tierra,2008-08-14 Ayurvedic herbs have reached the mainstream of health care now two experts teach you about the earth s oldest healing system

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Sattwa Cafe Meta B. Doherty,2007-08-15 An excellent Ayurvedic cookbook with an incredible range of recipes including many western dishes and specialties from Australia A good addition to any Ayurvedic kitchen Sattwa Cafe will greatly expand your Ayurvedic cooking repertoire

The Complete Book of Alternative Nutrition Jennifer Haigh,Sari Harrar,1998 A comprehensive guide to the latest research and information on vegetarianism Chinese nutrition and macrobiotics also includes facts about controversial supplements claims about ginger and garlic and interviews with leading practitioners and scientists in the alternative medicine field

Ayurvedic Spa Melanie Sachs,Robert Sachs,2008 If you are a spa owner looking for new authentic world class treatments a body worker wanting to learn methods that touch your clients on a heart level or someone who enjoys creating nurturing rituals for yourself and family in your home Ayurvedic Spa will guide and help you to offer and or achieve greater levels of beauty peace and wellness

The Everything Guide to Ayurveda Heidi E Spear,2011-12-18 Combining the Sanskrit words ayur life and veda knowledge Ayurveda is an ancient Indian practice for living that dates back thousands of years Ayurveda promotes a mind consciousness body balance that when in perfect alignment results in improved health outlook and attitude This is the

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