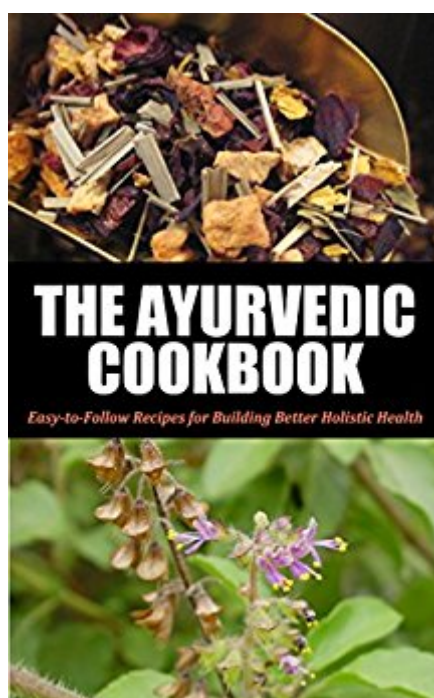


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# Ayurvedic: Cookbook For Beginners: Easy-to-Follow Recipes For Building Better Holistic Health (Ayurvedic Cookbook, Ayurvedic Home Remedies, Ayurveda, Ayurvedic ... Ayurvedic Self Healing, Ayurvedic 1)



## Synopsis

Get Recipes to Cook While Living the Ayurveda Way  
The Ayurveda lifestyle has been around for centuries, but it has recently found a new rise in popularity. With this way of life comes a change in what you eat. While a diet change may bring thoughts of bland, disgusting meals to mind, this cookbook gives recipes that allow you to follow the Ayurveda diet while still eating appetizing food. Pick up your copy today and make the most of your new life!

Here's a Preview of What You Will Learn\*  
The basic principles of Ayurveda\*  
What is a constitution?\*  
The three doshas\*  
The six tastes\*  
Ayurvedic recipes

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Comments From Other Readers

I had just started the Ayurveda lifestyle and was trying to make a complete change in how I lived according to these principles. Obviously, what I ate was going to be one of the biggest changes. Imagine my delight when I found that there was an entire cookbook for Ayurveda friendly food. These are delicious!

“ Marge M. (Oakland, USA) “  
After reading about Ayurveda, I found that my dosha is balanced with sweet, cold foods. Thankfully, this book gave me several recipes that delivered exactly what I needed in this area. The dishes are filling, yet healthy.

“ Roshan G. (Chicago, USA) “  
I appreciate the detailed nature of this cookbook. Not only is there a large list of recipes, but it also takes the time to thoroughly describe each of the three doshas, what their traits are, and what foods balance out these innate traits. Within those same chapters are recipes that meet that criteria. Thanks to the author for a detailed, easy to reference cookbook for those who wish to follow Ayurveda and find their balance.

“ Mike H. (Toronto, Canada)

Tags: special diets, Ayurveda, Ayurveda lifestyle, Ayurvedic food, dosha, three doshas, cookbook, recipes, Ayurvedic medicine, Ayurvedic diets, Ayurvedic yoga, Ayurvedic book, Ayurvedic ebook, Ayurvedic oil, Ayurvedic detox, Ayurvedic home remedies, Ayurvedic cookbook, Ayurveda self healing, Ayurveda wellness & health, Ayurvedic vegan kitchen, Ayurveda

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## Customer Reviews

I am really into staying as healthy as I can, even though I'm terrible at sticking to any kind of healthy routine, so I did a little research and saw something called an Ayurvedic diet. I didn't find a lot of useful information and a lot of the articles I read were contradicting, so I thought I'd buy a book and give that more consideration than a random person's blog post, and I'm glad I did. This book clears up a lot about Ayurvedic diets including how to change your lifestyle for the better of your health. It doesn't only talk about diet, it also talks about how to exercise and your own spiritual development. It's the perfect balance of diet, physical health, and spiritual awareness without pushing any specific religions onto you. It's definitely recommended if you want to try to change your life for the better.

This book is an Ayurvedic recipe book. If you don't know what that means, it is okay because it is explained in the book. It also explains what holistic is and why you may want to choose a holistic approach to your health. There are recipes broken down that go with different Ayurvedic elements, and there is an explanation of each aspect. There are also many tips about what foods you can eat and what they are good for in this type of diet. I would recommend this book to anyone that believes in alternative medicine or diets, or wants to take an Ayurvedic approach to their health and diet.

While on a recent business trip, I became acquainted with another woman who was very much into the herbal and holistic healing methods. Before that I figured it was all granola and tree bark. Ok so that's not the most flattering opinion. We talked over dinner a few nights about the benefits and the drawbacks too. I bought this book out of curiosity. I found it interesting how they have different body types and temperaments relate to different eating needs. I found that I relate most strongly

with the kapha. While I had to hunt down a few of the ingredients, I pulled together the lamb dish that they suggested. It might not be an everyday meal but it was truly delicious! I'm looking forward to trying more of these tasty recipes!

This book presents a wholistic approach to health through balance and nutrition. If you are interested in this type of approach to nutrition, this is a good book to snag. It also highlights common conditions such as bad breath, unhealthy skin, hair and nails, even our emotions, being connected to our state of mind and nutrition. Since each person is different, it looks at the constitutions of individuals and recommends diets suitable to return balance to each. The book also looks at how to incorporate the six taste senses into meals in a balanced way. If one finds it difficult to decide how to do so successfully, tips are provided on how to achieve it and also on the purpose and effect of each taste sense on the body. Further dealt with in this book is the effectiveness of curry and its constituent spices, and the benefits to the body. In addition, to this, ayurvedic recipes containing these spices are given as a guide to restoring balance to the body.

I thought this book was well done. It covers the basics of the Ayurvedic diet. It has some good recipes. Not as many recipes as I would have liked. But it was a good beginner's book. I would certainly recommend it to anyone just starting to learn about the Ayurvedic way of eating and cooking.

This book has been a wonderful way to introduce Ayurvedic cooking into our kitchen. The author has taken the principles of Ayurveda and applied them to food supply and lifestyle. As a beginner, I find most recipes in other traditional Ayurvedic cooking sources a bit too much for my full-time work week, yet as an added benefit from using this cookbook I found that I've built up the courage to try those challenging ones as well... maybe on the weekend, initially. This cookbook includes recipes with easy-to-find ingredients, short prep and cooking times. I especially liked the inclusion of chicken recipes (most Ayurvedic cookbooks are completely vegetarian) and most recipes taste great! I've already made two of the recipes, neither of which required expensive foods, and both of which were very easy to make. Both recipes took 20 minutes TOTAL - preparation & cooking time - to make, which is an added bonus since I find many health recipes to be very consuming. To top it off, the results were DELICIOUS. I would highly recommend this cookbook to anyone looking for good, healthy food that's easy to make and tastes great!

Since month and half ago I am having some stress related health issues. Since then I am trying to avoid stress, as much as possible. I am also trying to change my eating habits, and to take responsibility for my health. I knew that Ayurveda is good solution and this book confirmed me that. This book provides me great information about Ayurveda, and also great healthy and easy recipes. I am so happy that I stumbled upon it. I am using information from this book and recipes and it is helping me, so I am certain that I will use it a lot more in the future. I highly recommend it.

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