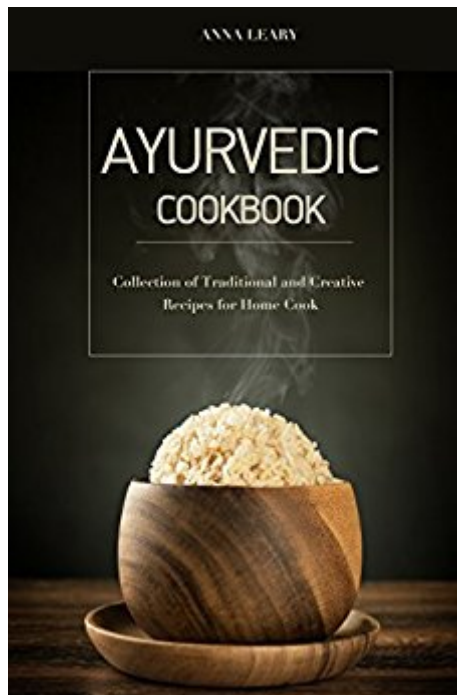


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# Ayurvedic Cookbook: Collection Of Traditional And Creative Recipes For Home Cook



## Synopsis

This book contains recipes for simple meals that can give therapeutic effects, which are part of the daily diet of many people living by the rules of Ayurveda, now not only in India, but also far beyond its borders: the Americas, Europe, Asia, and Australia. Ayurveda is a 5,000 year old system of natural healing that has its origins in the Vedic culture of India. The primary goal of Ayurvedic medicine is to promote good health rather than fight disease. It is based on the belief that health and wellness depend on a delicate balance between the mind, body, and spirit. According to the knowledge of Ayurveda, the three Ayurvedic body types, or doshas, are Vata, Pitta, and Kapha. In nature, water, fire, and air always communicate with each other. The same process is in the human body. Thus, different combinations of the three doshas determines individual characteristics of each personality. Imbalance of the three doshas is the main cause of any disease. People awarded with a perfectly balanced constitution by nature usually have a gifted inner sense of harmony, good health, and excellent digestion. However, most people dominate one or two doshas, and to achieve a balance, they need to maintain a healthy lifestyle and eat right. Ayurveda is a perfect complement to the live food lifestyle and cuisine. To get you started, here are some delicious Ayurvedic recipes to inspire you. I hope you enjoy it!

## Book Information

File Size: 6820 KB

Print Length: 62 pages

Simultaneous Device Usage: Unlimited

Publication Date: July 27, 2016

Sold by:Â Digital Services LLC

Language: English

ASIN: B01J6XIM3I

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #436,002 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #64

inÂ Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Regional & International > Asian > Indian #219 inÂ Books > Cookbooks, Food & Wine > Asian Cooking > Indian #721 inÂ Kindle

## Customer Reviews

This "pamphlet" includes only 12 recipes. (And as far as I can tell, none of them will produce the dish pictured on the cover.) The 42 pages include lots of blank space, poor quality photos and really big type. Definitely not worth paying for the printed book.

The ayurvedic diet has become more popular, and these recipes help you stick to it. It's a creative cookbook, and that's what it claims to be, and I happen to agree with that claim. I love Indian food, and I came across Indian recipes in here that made me want to try them.

This was a very fascinating recipe book. I never heard of a Spiralizer. Seems very neat. The recipes look very delicious, and did catch my curiosity to think about buying one and trying these recipes. The book is very well written and easy to understand.

Ayurvedic is very new to me but I loved how simple the recipes are. Simple meals but has therapeutic effects to our body. I really liked their rice recipes, tofu - since my husband loves eating them and also the drinks. A lot of good spices so I am already imagining how they smell and taste like. If you want to try something really different to your palate, then I absolutely recommend this book.

Cooking by way of using a gadget like spiralizer may turn difficult for some people; however, using this book has proven beneficial results. Anyone who wishes to learn about the benefits and techniques that must be used while using a spiralizer must make the most of this book. Not only it helps you get familiar with the technique in fact has countless recipes as well.

Useful book for housewife. Every man who like to cook I recommend this book. The recipes described in this book really easy to cook. I especially like chapter "Sweets and Breakfast". My favourite is "Garden Fresh Fruit Salad". It's really delicious

This is such an impressive recipe book! I'm absolutely in love with this book. It's more than a cookbook. It gives you tips for staying healthy also. It's amazing how many tips you will find in this book. The recipes are wonderful. I haven't tried any yet but I guarantee I will be making just about

everything I seen in here. It gives you recipes that best suit you. So much worth recommending recipe book to all!

Healthy, easy to make with no hassle! I love the ideas and recipes. It really shows uniqueness and mouthwatering dishes! I love it. I'm sure my family and relatives would love this with no doubt. I'm excited!!

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