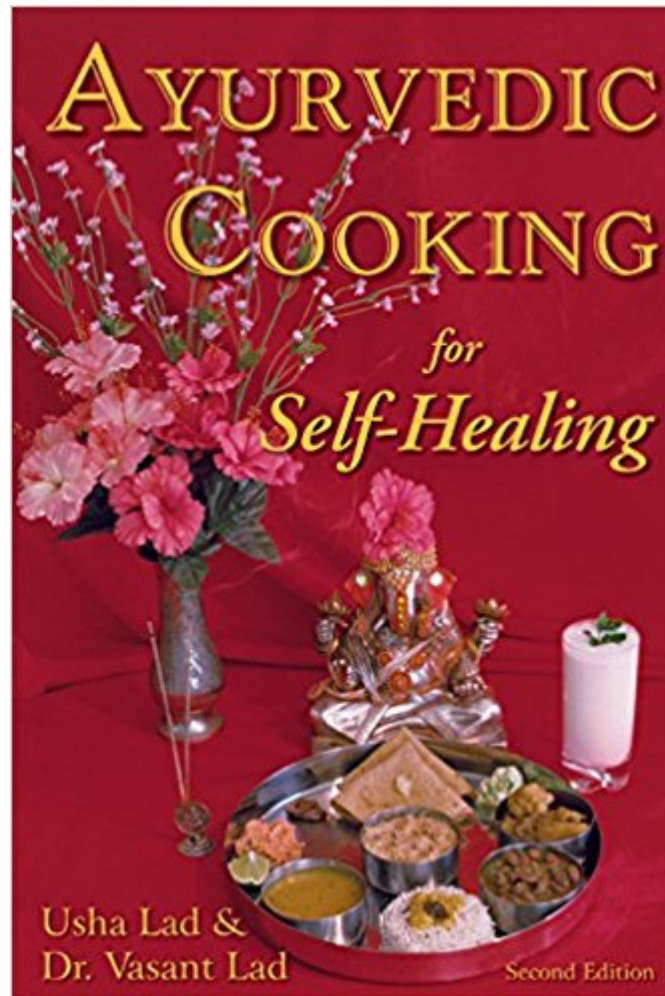




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Ayurvedic Cooking For Self Healing



Synopsis

Ayurveda, the ancient healing art of India, teaches that food plays an essential part in one's health and sense of well-being. Here is an authentic guide of the Ayurvedic approach to food and tasty vegetarian cooking. The recipes are formulated using herbs and spices to help balance the constitution of each person. The effects of the foods on individual constitution is included with every recipe together with the medicinal properties of many of the foods. This is a cookbook and much more. Included in this book are chapters on: the principles of Ayurveda and individual constitution; maintaining one's health, digestion and constitutional balance; the importance of proper food combining for optimal well-being; setting up an Ayurvedic kitchen and planning menus inclusive of every member of your family and more than 100 recipes of delicious Ayurvedic cuisine. These important sections include even more benefits from Ayurveda: nearly 300 simple remedies for everything from the common cold and skin problems to stabilizing blood sugar in diabetics, all using familiar household herbs, fruits and vegetables! A chart for determining your individual constitution. Comprehensive food guidelines for basic constitutional types. A listing of the qualities of foods and their affects on the doshas.

Book Information

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Customer Reviews

...a tasty, loving rendition of favorite Indian foods. The food guidelines and explanations of food's healing properties are indispensable. --Rebecca Withers, Yoga International, Sept. 1998 --Rebecca Withers, Yoga International, Sept. 1998

During and after my internship, I worked as a house physician in the departments of medicine, surgery, gynecology and pediatrics at the Ayurvedic Hospital in Pune. At that time I observed repeatedly how correct diet, combined with proper herbal medicine and lifestyle, can play a vital role in healing. I became increasingly aware that illness provides an "invitation" to change one's habitual patterns. As my awareness grew about the role of food as medicine, I observed that many health problems seemed intertwined with the stresses of daily life. These include worries about one's job or money, tension and even the stress created by eating the wrong kinds of food and improper food combining. In the last twenty years I have seen many problems, sometimes culminating in serious illness, that were the result of poor food choices and ignorance of the art of proper cooking for oneself and for the family. In this book you will find simple, practical approaches to food and specific recipes from the Ayurvedic art of cooking to help restore the body's healthful balance. Though there is much helpful information within these covers, this book is not proposed as a treatment plan for any disease. This, of course, you must obtain from your own doctor. I met my wife Usha at the Ayurvedic Hospital in Pune where she was a student of Ayurvedic nursing. After we were married, Usha began using her knowledge and love of Ayurveda as her guiding light in preparing our meals. She always brings great love and respect to every stage of food preparation, and she cooks each meal with all of her heart. My wish is that you will discover in these pages a creative program for better health for yourself and your family. These recipes and healing ways are meant to enter your life as a natural method of healing without any side effects or reactions. Enjoy your Ayurvedic cooking for health, happiness and the healing of family and friends. God bless you with love and light. Dr. Vasant Lad

I bought this book because I found several references to it in the "The complete book of Ayurvedic Home remedies" written by the same Author. The book itself looks very beautiful with hard cover and good quality pages filled with vibrant colorful pictures. So far I have tried most of the recipes in this book. They are pretty easy to follow and the food turns out to be flavorful. Best part is that most of the recipes are Tridoshic (suitable for all individuals). Some of the recipes have tips at the end, if a certain ingredient should be used less/ more or skipped by individuals with certain constitution. Some of the recipes are similar to what I grew up eating (I am from India) but after reading this book I got insight into the selection of ingredients in various recipes. In some recipes I prefer to use less amount of Ghee (Clarified butter) than what is stated (which I found to be a bit excessive). The book also has a chart that helps you to determine the constitution of your body and

several other charts that list the kind of food suitable/ not suitable for various constitutions. In general I liked the book. Why only 4 stars? So there are two formats of this book - one is paperback without colorful pictures and this one (hardback with colorful pictures). I found that most of the recipes would not result into the food shown in the picture alongside the recipe. I mean the upma recipe has the picture of upma. But the recipe/ ingredient used for the food in the picture is different than the recipe listed in this book. So for a novice in Ayurvedic or Indian cooking this might be confusing. Like, one might wonder - Even though I followed the recipe to the Tee, why my food looks different from what is shown in the picture? Also some of the recipes do not have a picture at all. I can understand certain teas and Ayurvedic milk not being pictured since they all would look more or less same, but certain vegetable and rice preparations also have no pictures. I know this is a very minor point but for a book that is advertised as "hardcover edition! Illustrated with delectable photographs of the recipes throughout the book", I believe it would be better to have real pictures instead of some look alike. Should you buy this book? Yes sure! Other than some of the missing or misleading pictures the book is really good and looks beautiful. If you are Ok with that please go for it.. On the other hand, if you only care for the recipes then there is a cheaper version (Paperback) of this book available on . Please hit the like button if you found this review useful. Thank you.

We love this book and own several, giving as gifts. The most unique aspect is the listing, for each recipe, of the impact on each yurvedic type with little up or down arrows which I cannot show here. It totally takes the guesswork out. Highly recommended.

I love this book! It is not only a cookbook but a book filled with valuable information about following the Ayurvedic guidelines for health. There are many different reference sections in this book as well.

This is a fabulous introductory book with well-organized and usable dosha guides. The commentary on each recipe page is very informative and gently introduces the user to individual theory/methodology concepts.

This is a good reference for understanding Ayurvedic body types and how food affects them. I didn't necessary follow the recipes but it helped me to understand what my body's needs and to loose 70 lbs. I never knew bodies and eating could be so different and that what we put in our bodies has such a huge affect on how our bodies function.

Great book. Use it often after years and years...

Love this cook book. I keep on my counter and use daily.

A,great cookbook with great recipes.

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