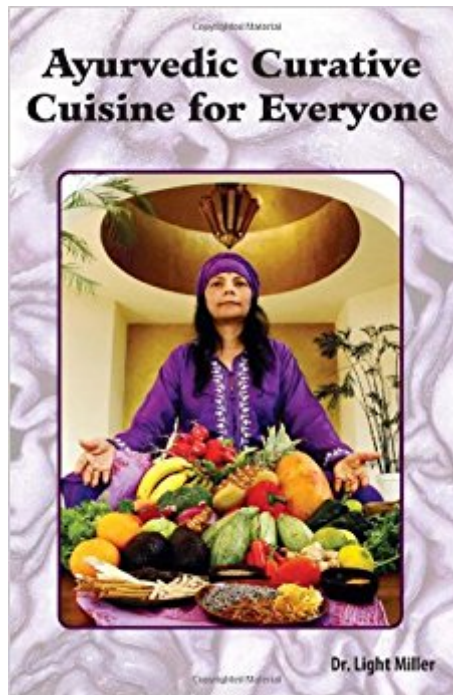




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Ayurvedic Curative Cuisine For Everyone



Synopsis

Within this book you will find information on food history, certain foods for specific conditions, preventive foods, food combining, food energetics, tastes, body types, what foods go well together, and what body systems are affected. This cookbook was designed in such a way that anyone in the Western world can keep themselves and their families healthy without having to study Ayurveda

Book Information

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Customer Reviews

Wonderful book. I like the format of listing all the fruits, grains, vegetables, etc and then giving the Ayurvedic properties related to that one, particular item.

Amazing book that covers many, many foods that I have tried to classify for taste and dosha and not found information from other sources.

I love Dr. Light and the recipes are delicious! This book is a must have.

Dr. Light Miller presents a very good source of general information about foods, the ayurvedic considerations about these foods, and varied recipes.

I love reading and using this book by Dr. Light Miller. I have used several of the recipes. They are easy to follow and everything I have made so far is delicious! Ask my family.

I enjoy using this book. The recipes meet my expectation in ease of preparation and taste.

Best Ayurveda book I have, the res. are easy to follow and very tasty.

Excellent Ayurvedics recipes publication.

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