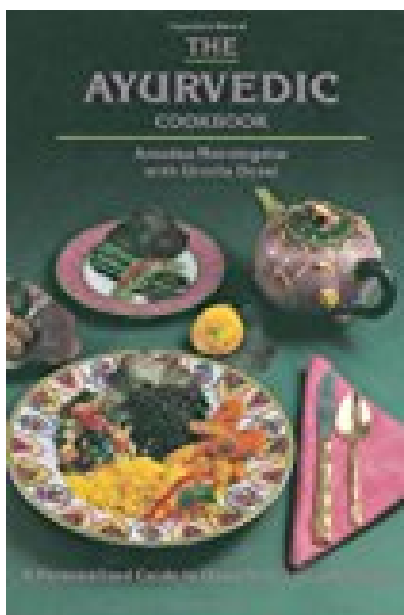


The Ayurvedic Cookbook



BOOK DETAILS

- Author : Amadea Morningstar
- Pages : 351 Pages
- Publisher : Lotus Press
- Language : English
- ISBN : 0914955063

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BOOK SYNOPSIS

The Ayurvedic Cookbook gives a fresh new perspective on this ancient art of self-healing. Over 250 taste-tested recipes are specifically designed to balance each constitution, with an emphasis on simplicity, ease and sound nutrition. Recipes range from exotic Indian meals to old American favorites. Amadea Morningstar, M.A., a Western trained nutritionist, and Urmila Desai, a superb Indian cook, are both well-versed in a variety of healing traditions. The Ayurvedic Cookbook includes an in-depth discussion of Ayurvedic nutrition, tridoshic perspectives and ways to make dietary changes that last.

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