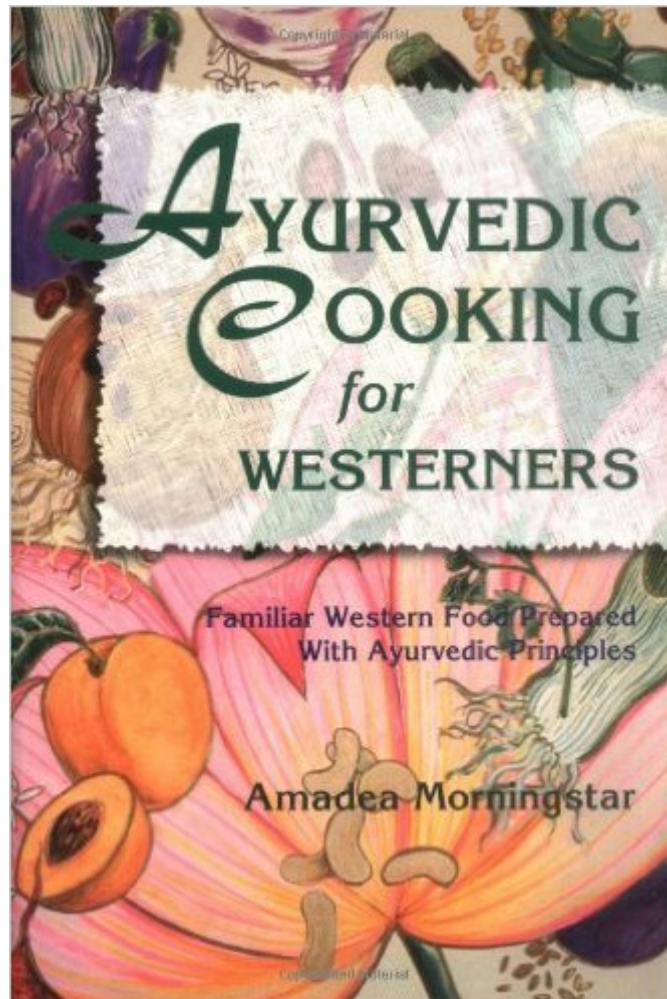


The book was found

Ayurvedic Cooking For Westerners: Familiar Western Food Prepared With Ayurvedic Principles



Synopsis

Includes 200 recipes for healthful living, prepared from ingredients easily available in the West.

Book Information

Paperback: 395 pages

Publisher: Lotus Press; 1st edition (May 31, 1995)

Language: English

ISBN-10: 0914955144

ISBN-13: 978-0914955146

Product Dimensions: 6.1 x 0.8 x 9.1 inches

Shipping Weight: 1.3 pounds (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars [See all reviews](#) (38 customer reviews)

Best Sellers Rank: #72,697 in Books (See Top 100 in Books) #26 in [Books > Health, Fitness & Dieting > Alternative Medicine > Ayurveda](#) #145 in [Books > Cookbooks, Food & Wine > Special Diet > Vegetarian & Vegan > Non-Vegan Vegetarian](#)

Customer Reviews

This book is interesting to read and great help in deciding what to eat to balance your vikrities (imbalances). You start out learning some Ayurvedic basics and then you can test yourself to find out what your dosha (constitution) is. Then you learn what foods and tastes aggravate or calm that dosha. It tells you a little bit about what the symptoms of an imbalance might be, but I got more descriptive information about that on the Internet. One reason I like this book is because me and my fiancée are different constitutions, and this book tells us which foods will calm/ balance us both. There are simple instructions on most recipes that explain how to modify the recipe so that it suits a person with a different constitution. It also has codes for what seasons to eat what food, and every chapter or so has interesting blurbs about different foods and philosophies. That part I enjoy. And from my experience, Ayurveda WORKS. Feeling flighty, hyper, dried out and flaky? Balance your Vata. Feeling irritable, is your skin oily, have heartburn, or an infection? Balance your Pitta. Are you overweight, or sluggish? Balance your Kapha. Eating ayurvedically will heal all/ any of those (and many other) ailments very quickly. I haven't been sick at all since I started paying attention to my ayurvedic needs, and I used to get sick all the time. I am a Pitta person, and by eating to calm pitta imbalances, I wiped out acne in a short time (a week) - something prescription creams and antibiotics didn't help with at all. In doing so, I also managed to become a less angry, irritable person. But remember that this is a continuous process. Balancing one dosha

can offset another. That's why its such a fine art and requires years of training to become a certified practitioner.

[Download to continue reading...](#)

Ayurvedic Cooking for Westerners: Familiar Western Food Prepared with Ayurvedic Principles
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) Genogramas en la evolucion familiar (Terapia Familiar) (Spanish Edition) Prakriti: Your
Ayurvedic Constitution (Your Ayurvedic Constitution Revised Enlarged Second Edition) Filipino
Cooking: for beginners - Basic Filipino Recipes - Philippines Food 101 (Filipino Cooking - Filipino
Food - Filipino Meals - Filipino Recipes- Pinoy food) Cruising the Southern and Western Caribbean:
A Guide to the Ships & the Ports of Call (Cruising the Southern and Western Caribbean) (Cruising
the Southern & Western Caribbean) B Western Actors Encyclopedia: Facts, Photos and
Filmographies for More Than 250 Familiar Faces 100 Exotic Food Recipes (Puerto Rican Food
Recipes,Picnic Food RecipesCaribbean Food Recipes,Food Processor Recipes,) Cooking for One
Cookbook for Beginners: The Ultimate Recipe Cookbook for Cooking for One! (Recipes, Dinner,
Breakfast, Lunch, Easy Recipes, Healthy, Quick Cooking, Cooking, healthy snacks, deserts)
Cooking for Two: 365 Days of Fast, Easy, Delicious Recipes for Busy People (Cooking for Two
Cookbook, Slow Cooking for Two, Cooking for 2 Recipes) Men from Under the Sky: The Arrival of
Westerners in Fiji In a Persian Mirror: Images of the West and Westerners in Iranian Fiction Love
Everyone: The Transcendent Wisdom of Neem Karoli Baba Told Through the Stories of the
Westerners Whose Lives He Transformed The Geography of Thought: How Asians and Westerners
Think Differently...and Why The One Earth Herbal Sourcebook: Everything You Need to Know
About Chinese, Western, and Ayurvedic Herbal Treatments Southern Cooking Cookbooks:
southern cooking recipes Collection Of the Best, Healthy, Delicious And Recommended Soul Food
Cookbook (soul food for diabetes,Southern Cookbook): Best Fried Chicken Southern Cooking: for
beginners - Simple Southern Food Recipes - Old South Recipes (Southern Food - Southern Meals -
Southern Recipes - Soul Food - American Cuisine Book 1) ORGANIC COOKBOOK: Healthy And
Delicious Baby Food Recipes Which Are Nutritious And Easy To Cook (organic food, food recipes,
nutritious food) Homemade Baby Food: 17 Wholesome Baby Food Recipes for Easy, Nutritious,
and Delicious Homemade Baby Food (How to Make Baby Food) Raw Food Diet: 50+ Raw Food
Recipes Inside This Raw Food Cookbook. Raw Food Diet For Beginners In This Step By Step
Guide To Successfully Transitioning ... Vegan Cookbook, Vegan Diet, Vegan Recipes)

[Dmca](#)