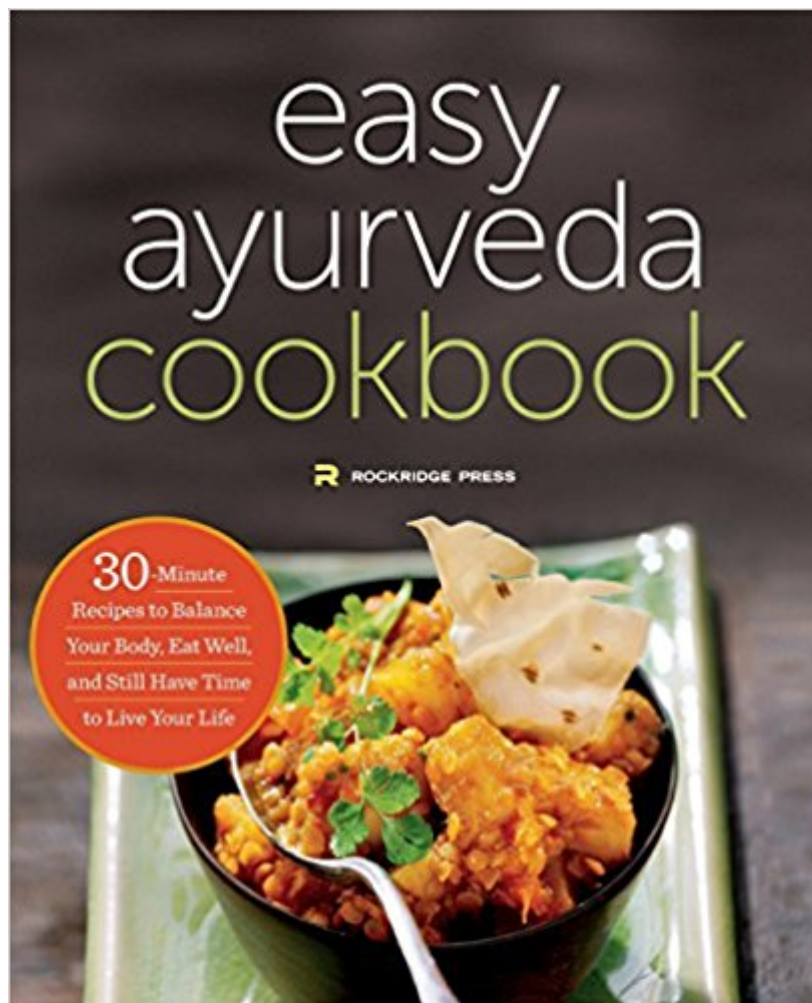




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# The Easy Ayurveda Cookbook: An Ayurvedic Cookbook To Balance Your Body And Eat Well



## Synopsis

Put the power of an ancient healing tradition to work for you by creating a balanced body, clearer mind, and delicious meals--even on your busiest day. ã ã Ayurveda, a tradition that's helped people flourish for 5,000 years, can become a powerful practice for strengthening our bodies, spirits, and minds. The Easy Ayurveda Cookbook combines a proven traditional approach to health with an understanding of today's time constraints. ã ã The Easy Ayurveda Cookbook offers: ã ã A handy quiz to help you determine your dosha--the essence of your body's composition125 tantalizing recipes that can all be made in 30 minutes or lessClear labels that help you determine which recipes will balance your doshaMore than 100 mindfulness tips that you can start using right nowHarness the balancing power of an ancient tradition with The Easy Ayurveda Cookbook.ã ã

## Book Information

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## Customer Reviews

ROCKRIDGE PRESS is a trusted voice in health and diet publishing a wide variety of lifestyle guides and cookbooks, including The New York Times best seller Paleo for Beginners, The Wicked Good Ketogenic Diet Cookbook, The Mediterranean Diet Plan and the Instant Pot Electric Pressure Cooker Cookbook. Our authors take pride in publishing thoughtful, well-researched books that help readers make positive lifestyle changes and build permanent healthy habits. Headquartered in Berkeley, California, Rockridge Press is situated in the heart of one of the healthiest regions in the world, the San Francisco Bay Area.

Before I started reading this cookbook I wasn't sure what Ayurveda was. I found the book gave an excellent description and explanation of Ayurveda. It was interesting to find that you can nourish and rebalance your mind, body and spirit through food. With Ayurveda being a Hindu medical practice, the book teaches what type you are, what you can do and eat to help rebalance yourself when you get out of whack from illness, stress and hectic life obstacles. I found I am a blended type of vata-pitta. After thoroughly reading about my type, then looking through the recipes, I found that after looking at recipes that caught my eye more than others that the ones I liked actually were designated towards vata or pitta. I did make the egg scramble w/mushroom, asparagus and cilantro. It was easy to make and tasted amazing. I was a little iffy with the cilantro and egg combo but it was great. Now for the beverages I wasn't a big fan of any that I saw, so I didn't try any of those. The stove top Garlic coriander naan with seeds was excellent! I love naan, but it usually takes me all day to make this, but this recipe took me just over 30 mins. I found this cook book to be a good read and even better for following through with some of the recipes. A lot of the same spices are used throughout the recipes which made it nice because a few spices are not common, had to go to a specialty store for them, so I am able to use them for more than just one thing. I do recommend reading and giving a few recipes a shot. It was fun learning about the Hindu medical tradition through food, but even more than food- your mind, body and spirit.

If you're looking for a holistic approach to dieting this is the book! It explains every aspect of Ayurveda lifestyle. In the beginning chapters, it breaks down how your body type, family life, work life and exercise routine effect how you eat. It helps you determine which category you fall into and then explains what herbs, spices, vegetables, fruits, meats and sweets that you should eat to find the perfect balance of mind, body and spirit.

I did not know anything about Ayurveda before reading this book, but wanted to try and maintain a healthier lifestyle. This book is a great guide for starting out with this practice. Ayurveda helps to balance you out spiritually as well as physically. I have felt so much better since following some of the suggestions and recipes in the book. You will gain a very clear understanding of this ancient practice by reading the book as well as have access to recipes to follow. The recipes in the book are delicious and don't take hours to make. Give this book a read, you won't be disappointed!

Prior to reading this book, I had no idea that there could be such a connection between food and

your soul. The Easy Ayurveda Cookbook explains and guides you through the important connection of feeding your mind, body and soul, through food. I especially enjoyed the easy to follow steps, and vibrant pictures. This cookbook is a commitment read, as it helps you find a very personalized path, based on your answers to some questions. Once you have it down, its great to follow. The first dish i made was a little different than what i am used to, but it definitely opened my mind to new things. I would recommend this read to anyone looking to take a deep look into mind, body and soul eating. I was gifted this book to read and give my honest, unbiased, opinion.

Does the title confuse you? It did me, but this was completely described in great detail in the beginning. The tell you the history behind it and why it is beneficials to a variety of people. There is a quiz that helps you determine your DOSHA. Once you complete it there is a section that explains to you what that dosha means, how to exercise, activities that support your dosha needs and foods that are best for your dosha. Im a KAPHA apparently. I liked reading the beginning to find out more about this lifestyle. I do not think it is for me though. I read through nearly every recipe and I do not think there was one I was willing to try. If you know about this 'diet" lifestyle then I am sure this will be a great cookbook for you. Im not looking for a "diet" lifestyle as I am VERY picky with what I eat.

Food is actually considered medicine in Ayurveda? I'm all in! This cookbook is designed to nourish your body as well as your mind and spirit. It tells you which foods make you tired, energetic, focused, depressed, etc. Basically, what you choose to eat will benefit your quality of life! The pictures of food are beautiful. It explains what Ayurveda is in detail. I made the "Spiced Oatmeal with Almonds and Flaxseed" and the "Spicy Coconut Lentils with Mint". Both recipes were very clear, easy to follow, delicious and I felt good after eating them. Ill be preparing many more of the recipes from this cookbook. I highly recommend it!\*I received a copy of this book to review free. I was not required to write a positive review. The opinions expressed are my own and are based on my observations while reading this book.\*

In Ayurvedic medicine food is considered medicine. This book starts by focusing on your "doshas" and helps you identify which doshas to focus on. There are 3 doshas, each making up your "constitution". With 125 recipes taking around 30 minutes or less to prepare. Based on your constitution you can choose the perfect recipe to balance your doshas (which will be determined based on a quiz in the book) The saffron lemon sweet teas, cinnamon almond chai, and the warm hazelnut granola yogurt are a few of my favorites. \* I was given this book free for review but all

opinions are mine\*

This book is easy to follow with good instructions.

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