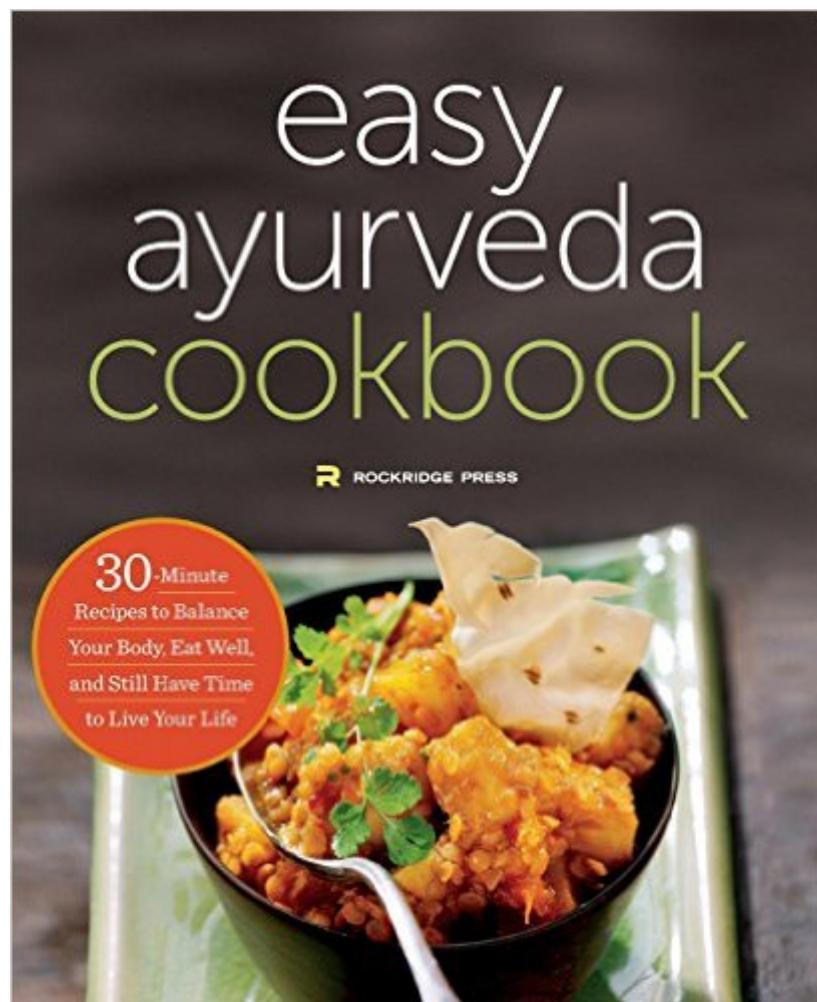


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# The Easy Ayurveda Cookbook: An Ayurvedic Cookbook To Balance Your Body And Eat Well



## 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. 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. The Easy Ayurveda Cookbook offers: 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.

## Book Information

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## Customer Reviews

Before I started reading this cookbook I wasn't sure what Ayurveda was. I found the book gave a 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 vatta-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 vatta or pitta. I did make the egg scramble w/mushroom asparagus and cilantro

. it was easy to make and tasted amazing. I was 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 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.

Before reading this cookbook, I had no clue what Ayurveda was but I understand it a little more with the explanations within this cookbook. I felt like it was a self-help book wrapped into a cookbook which is a bit unusual. The cookbook has you take a quiz to find out your Dosha (one of three energies/traits) and from there the cookbook helps you identify what foods, activities and lifestyle factors best suit your Dosha and what ones can work against you. There are over 125 recipes that look really tasty and are clearly marked with icons (for your Dosha) and take under 30 minutes to cook. Disclosure: I received this book courtesy of Third Voice Marketing to review and received compensation in the form of this book for free for my time to write this post. All opinions expressed herein are 100% my own and not influenced in any way.

I really had no idea what ayurveda was before I read this book. I'm always looking for something to help reach my healthy lifestyle goals. It comes with a great explanation of the ideas behind ayurveda. Plus a great recipe guide. The recipes look really good and love that they can all be made in under 30 minutes. That's important because even though I'm trying to focus on my health, I'm a busy working mom and I don't have a lot of time at the end of the day to spend cooking dinner.

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 have used Ayurvedic beauty products for about two years, but strangely, had not thought of how

the practices of balancing my DOSHA could be further enhanced by doing that with food, too! The idea with Ayurvedic teachings is that you balance your energies and you will obtain balance in your health and elsewhere. I received this e-cookbook in exchange for my honest opinion. This beautifully illustrated book is the perfect introduction into following an Ayurvedic lifestyle as it begins with a very brief history (we're looking at over 5,000 years here - so it has to be brief when you're in a cookbook!) and gives you an outline as to why this would be important to you and how it could help. Following that is a quick lesson on the energies and finding which may be yours - this can help people determine what is best for them. I love how this is laid out and is very easy to read. Beyond that, the recipes are flavorful, easy to follow and has a little something for everyone, so you are certain to discover a dish that will make you smile.

At first I did not know what Ayurveda meant and was really confused by this cookbook. In the beginning of the cookbook there is an information section that goes through what the Ayurveda lifestyle is and how it can be applied to cooking. Some of the recipes in the book sounded very tasty, but they are not for the person that is just learning to cook. These recipes are a little bit more complex, and you are not going to find all of the ingredients in your rural supermarket. I was trying very hard to picture these recipes helping to improve my lifestyle both mentally and physically, but I think cooking like this all the time will only make me stressed out even more. I received this product in return for my honest and unbiased review.

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