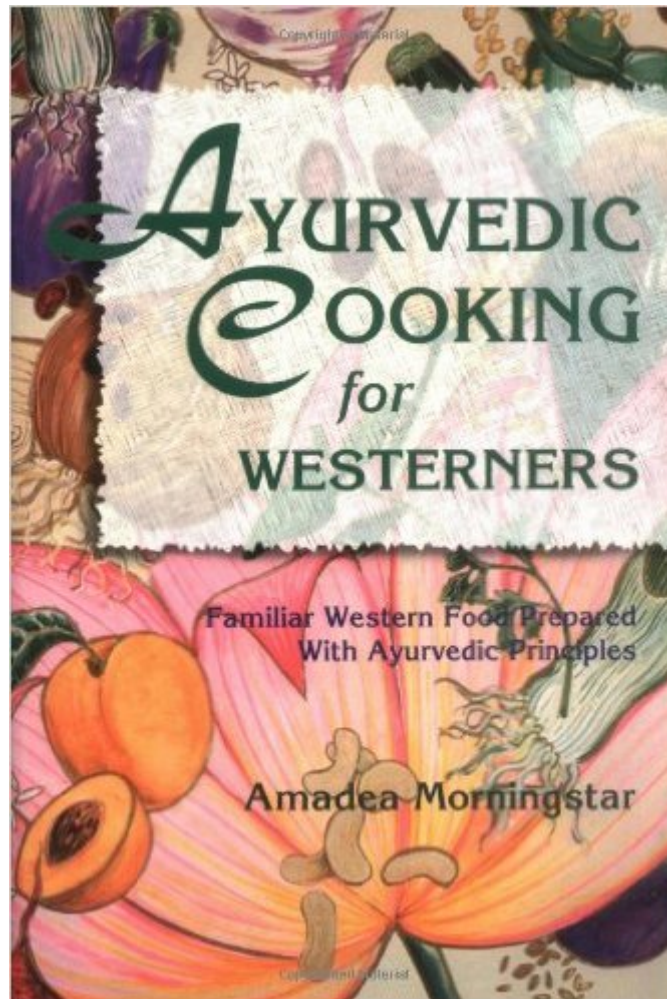


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# Ayurvedic Cooking For Westerners: Familiar Western Food Prepared With Ayurvedic Principles



## Synopsis

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

## Book Information

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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 it's such a fine art and requires years of training to become a certified practitioner.

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