

The Ayurvedic Cookbook: Get Fit in Just Two Weeks

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Reviews

This publication is definitely not simple to begin on studying but quite fun to see. It really is full of knowledge and wisdom I am just effortlessly can get a satisfaction of studying a created pdf. *(Alfreda Bradtke)*

THE AYURVEDIC COOKBOOK: GET FIT IN JUST TWO WEEKS



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Lustre Press/Roli Books, New Delhi, India, 2013. Hardcover. Condition: New. Dust Jacket Condition: New. First Edition. The book translates ancient knowledge into a practical, easy-to-follow guide with simple recipes. Good food brings harmony to ones body, mind and soul. Keeping this in mind the recipes in The Ayurvedic Cookbook are tailor-made to suit different body types. They are pure vegetarian, nutritious recipes with therapeutic values. If cooked with love and attention, the recipes can be wholesome, tasty and hearty. The informative section on nutritional and medicinal values of fruits and vegetables and spices makes this a comprehensive introduction to eating the Ayurvedic way. The Ayurvedic Cookbook is a must buy for anyone who wants to live healthy and eat healthy. Printed Pages: 96 with numerous colour illustrations. Size: 21 x 21 Cm.

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