



## Simple Ayurvedic Recipes - Japanese Version (Paperback)

By Myra Lewin

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: Japanese . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Simple Ayurvedic Recipes is a guide to creating quick, tasty, and balanced meals, combining the ancient wisdom of Ayurveda with practical steps for the modern cook. This book captures the essence and impact of this natural approach, taking the guesswork out of meal preparation. Offering delicious food and spice combinations, the easy recipes are deeply nourishing and fully satisfying for all constitutions. The concepts and recipes in this book increase vitality and optimize well-being. They also support illness prevention and recovery. It inspires you to connect how you feel to what and how you are eating, with concise steps toward improvement.



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