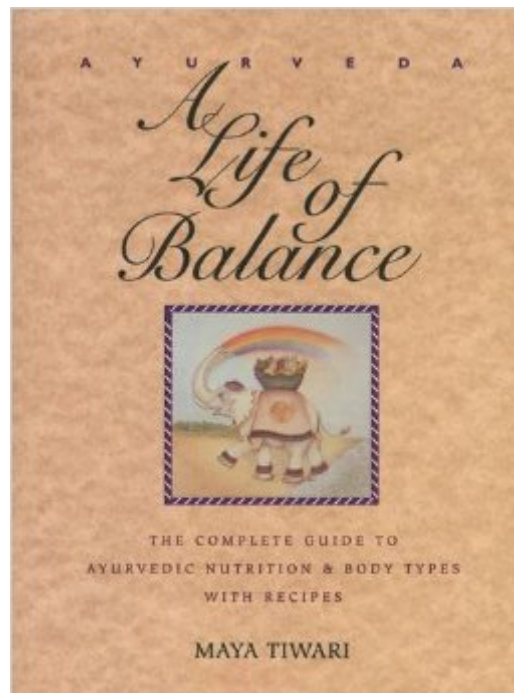


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# Ayurveda: A Life Of Balance: The Complete Guide To Ayurvedic Nutrition & Body Types With Recipes



## Synopsis

This book is a profound but practical testament to the healing power of balanced living and shows how Ayurveda's ancient principles of health can help you achieve the highest levels of physical, emotional, and spiritual well-being. Cancer survivor Maya Tiwari provides a thorough profile of the seven body types and the foods best suited to each. Her book is the first to include a complete discussion of the personality or psychospiritual attributes of the Ayurvedic body types, as well as food charts, seasonal menus, and recommended daily routines for each type. A chapter on sadhanas focuses on activities of the hearth, home, garden, and community that activate our "cognitive memory" of right living. An extensive section of uncomplicated recipes, keyed to the body types, and another on home remedies help provide a painless transition to a healthier and more fulfilling lifestyle.

## Book Information

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## Customer Reviews

As far as I'm aware, there are only 2 books in existence that are vegetarian ayurvedic cookbooks--this one & "The Healing Cuisine" by Harish Johari; and I most highly recommend them both. (I do not recommend "the ayurvedic cookbook" by Morningstar... it is not veggie & really just a disappointment in terms of ingredients & the recipes). Tiwari is a very nice compliment to Dr. Lad's "Ayurveda: the science of self-healing", which is \*the\* definitive modern introduction to ayurveda. Tiwari's perspective is much more cosmic, poetic, and much about vibrational healing, cognitive memory and DNA alignment. As one reviewer noted, she makes reference to Hinduism & the more

complex aspects of the mechanics of ayurvedic energetics that, even to those relatively familiar, will feel like walking thru mud... Visual representations & diagrams would be helpful, which this book is essential devoid of. That is my only complaint. the text could certainly be edited down to make room for more visuals. This is a complete guide for someone dedicated to an ayurvedic lifestyle--with charts covering the energetics & qualities of just about every food and their vibrational alignment with the body types, and daily & seasonal menus for the body types, all 10 of them. There is, among many things, a section on food sadhanas, or the ritualization of the nourishment process (food prep, cooking & eating). There are listings of ingredients & there's a glossary in the back of the more uncommon ingredients. She does not give much treatment to yoga asanas & pranayama, though there is treatment of daily routines. Now, unlike Johari, the recipes are all explicitly coded with respect to the 10 body types & the 4 seasons (i.e.

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