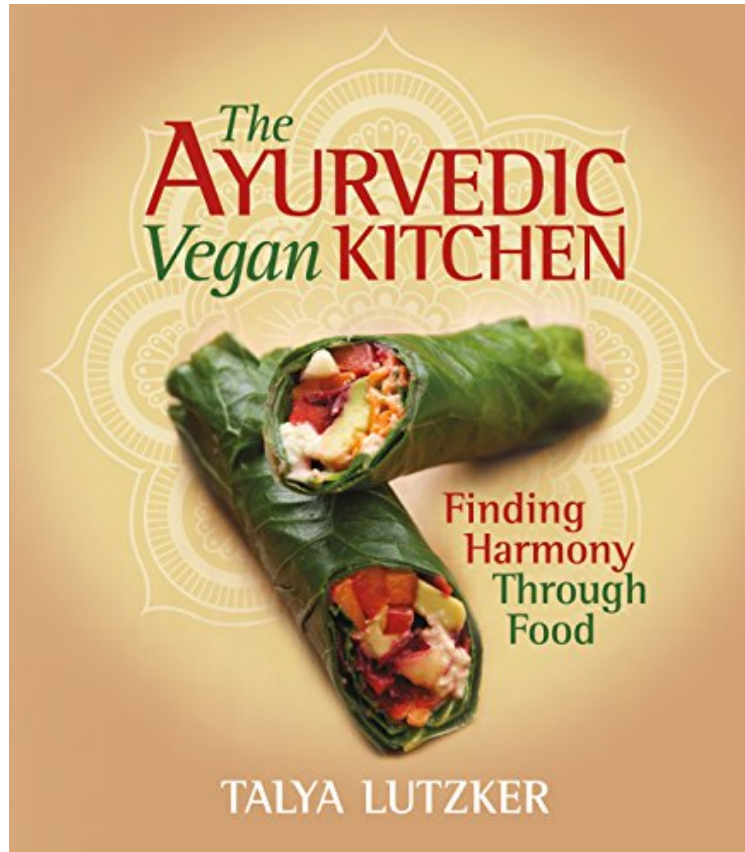


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The Ayurvedic Vegan Kitchen: Finding Harmony Through Food

Talya Lutzker

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Talya Lutzker : The Ayurvedic Vegan Kitchen: Finding Harmony Through Food before purchasing it in order to gage whether or not it would be worth my time, and all praised The Ayurvedic Vegan Kitchen: Finding Harmony Through Food:

1 of 1 people found the following review helpful. Interested in Ayurveda? Get this book!By Michelle L BenedictI love learning about Ayurveda but as a vegan, traditional Ayurvedic remedies call for some meat and dairy so this is a helpful tool to apply Ayurveda to a vegan lifestyle.The recipes are fun to prepare and the author provides helpful details and advice. I love this book so much I enjoy giving copies as a gift.1 of 1 people found the following review helpful. Fantastic Resource!By esilaI have really enjoyed using this cookbook. I bought it without an understanding of Ayurveda or doshas and used it like I would any other cookbook. The recipes I tried were delicious, and encouraged me to continue using the book with a better understanding. After a bit more research, I began using the book with the intention of balancing, increasing and decreasing certain doshas. In addition to recipes, the book contains a good bit of information on each dosha and the effects created by different foods. I found this to be very helpful, as I prepare meals for a diverse group of family members and understanding what they crave and what they need helps me to make meals that each of them enjoys. A couple of the recipes (Creamy Miso Lentils and the Berry Kapha Pie) have already

become staples in our household. Highly recommended! 13 of 14 people found the following review helpful. Easy, delicious and really fun recipes
By Gwendynn
I bought this for myself and as a wedding gift to a friend who has Celiac's disease. She said, "I love this author, she is so fun to read, I love how she personalizes the recipes, I feel like she's in my kitchen with me. Plus, I have all these ingredients in my pantry already, except one or two, so I can just open the book and cook. I want to take personal cooking classes with her." I love it because of the new ideas on how to prepare gluten free dishes, and the wonderful way Talya Lutzker makes it easy and fun with how she describes the food and process. I hope she writes more cook books, and I think it would be great if she could do a cooking show.

The Ayurveda Vegan Kitchen offers people the opportunity to follow an Ayurvedic diet without the use animal products. Ayurveda is a holistic healing system developed in ancient India to increase an understanding of the human body, mind, and spirit. It organizes the elements of ether, air, fire, water, and earth into three body types, or doshas. Although each person is unique, one of these doshas will predominate their constitution and will need to be balanced on a regular basis. Dairy products are important foods in traditional Ayurveda; however, for every milk-based food that Ayurvedic healers revere, there is an equally effective whole-food, vegan alternative. Following the same nutritional principles as traditional Ayurveda, Talya created over 120 delicious recipes that provide healing flavors and harmony to the mind and spirit. Easy-to-follow symbols on each recipe page show how the unique chemistry of that recipe can be used to balance the body's constitution. Since a healthy digestive system is at the core of ayurvedic medicine, these recipes will keep you on track and in good health.