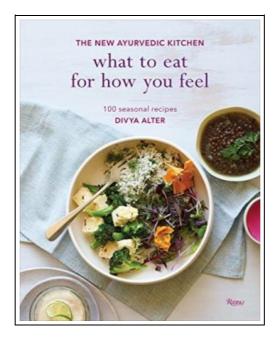
# What To Eat For How You Feel: The New Ayurvedic Kitchen (Hardback)



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Rizzoli International Publications, United States, 2017. Hardback. Condition: New. Language: English . Brand New Book. Ayurveda is the lifestyle and diet of yoga, and is right at the tip of the wellness zeitgeist. There is a gap in the marketplace for a beautiful, illustrated cookbook with delicious innovative recipes, adapted to the contemporary western palette. This indispensible Ayurvedic kitchen companion will inspire health conscious yogis and non-yogis alike to embark on a flavorful journey that will open them to a new personalized relationship with food. What to Eat for How You Feel translates the foundations of the ancient wisdom of Ayurveda and stimulates the senses with over 100 imaginative, globally inspired, seasonal recipes adapted for modern lifestyles. The basic principal of the Ayurveda diet is a vegetarian diet with a focus on whole foods and seasonal fresh produce, taken to the next level by tuning people in to the rhythms of nature and teaching them how to select foods according to the seasons and their individual constitution and need for balance.



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