A woman with long dark hair, wearing a white lace dress, stands in front of a blue wall with a white floral pattern. She is holding a wooden basket filled with various fruits, including apples, bananas, and a pineapple. To her left is a green trellis with climbing plants. The overall scene is bright and fresh.

eat feel fresh

A CONTEMPORARY
PLANT-BASED
AYURVEDIC COOKBOOK

Sahara Rose Ketabi
WITH FOREWORD BY DEEPAK CHOPRA, MD

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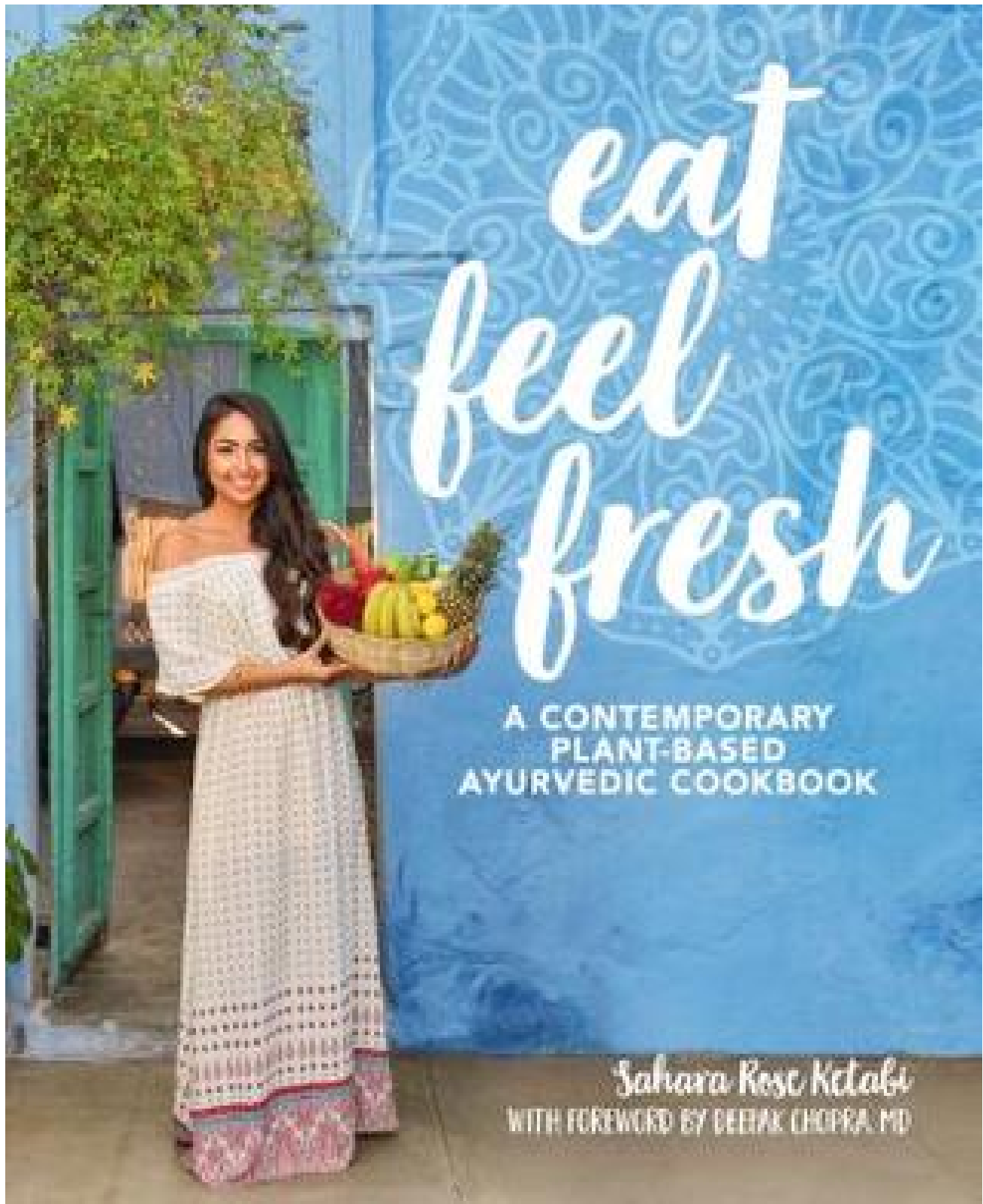
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: Alpha Language : ISBN-10 : 1465475621 ISBN-13 :
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Synopsis book

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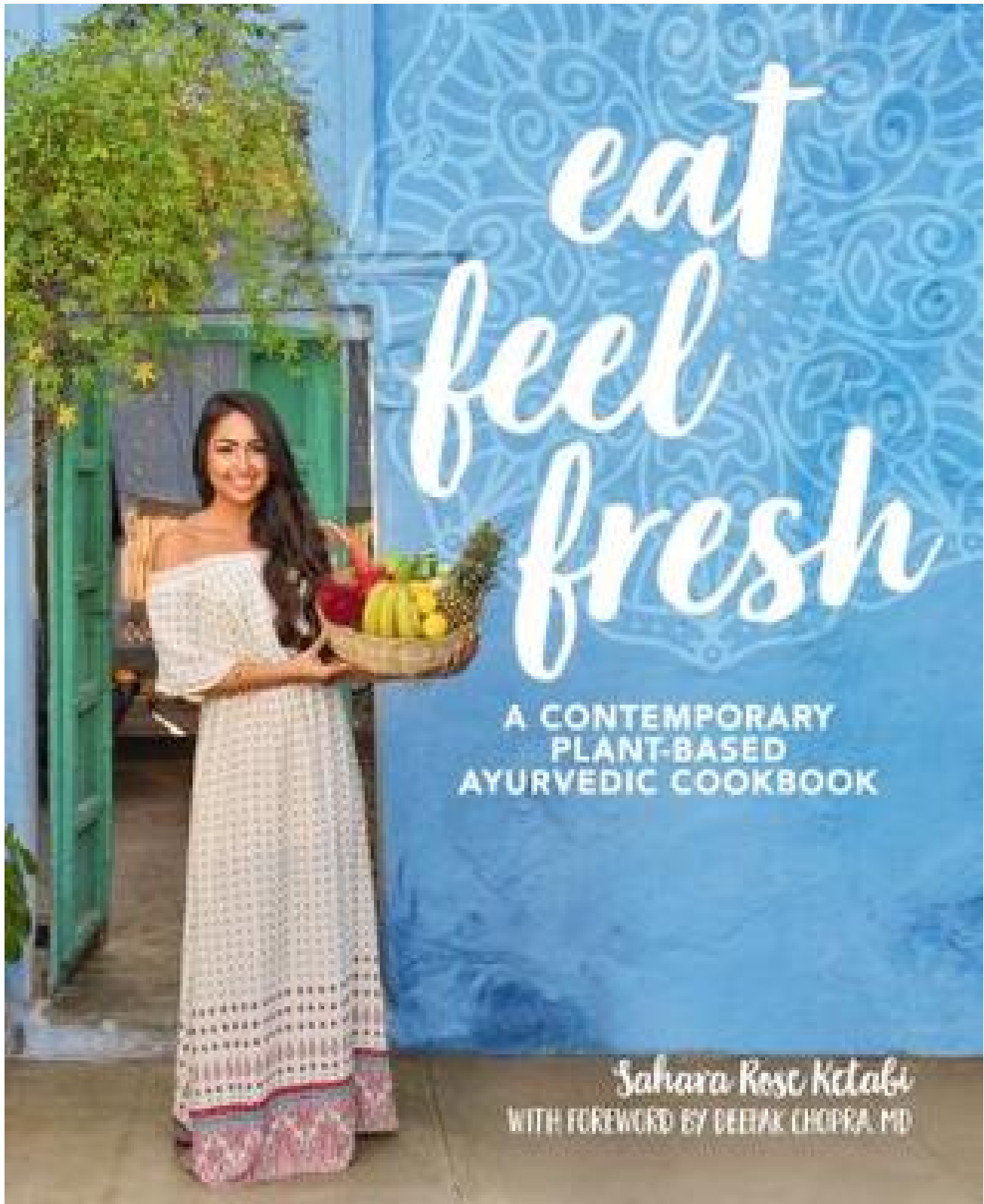
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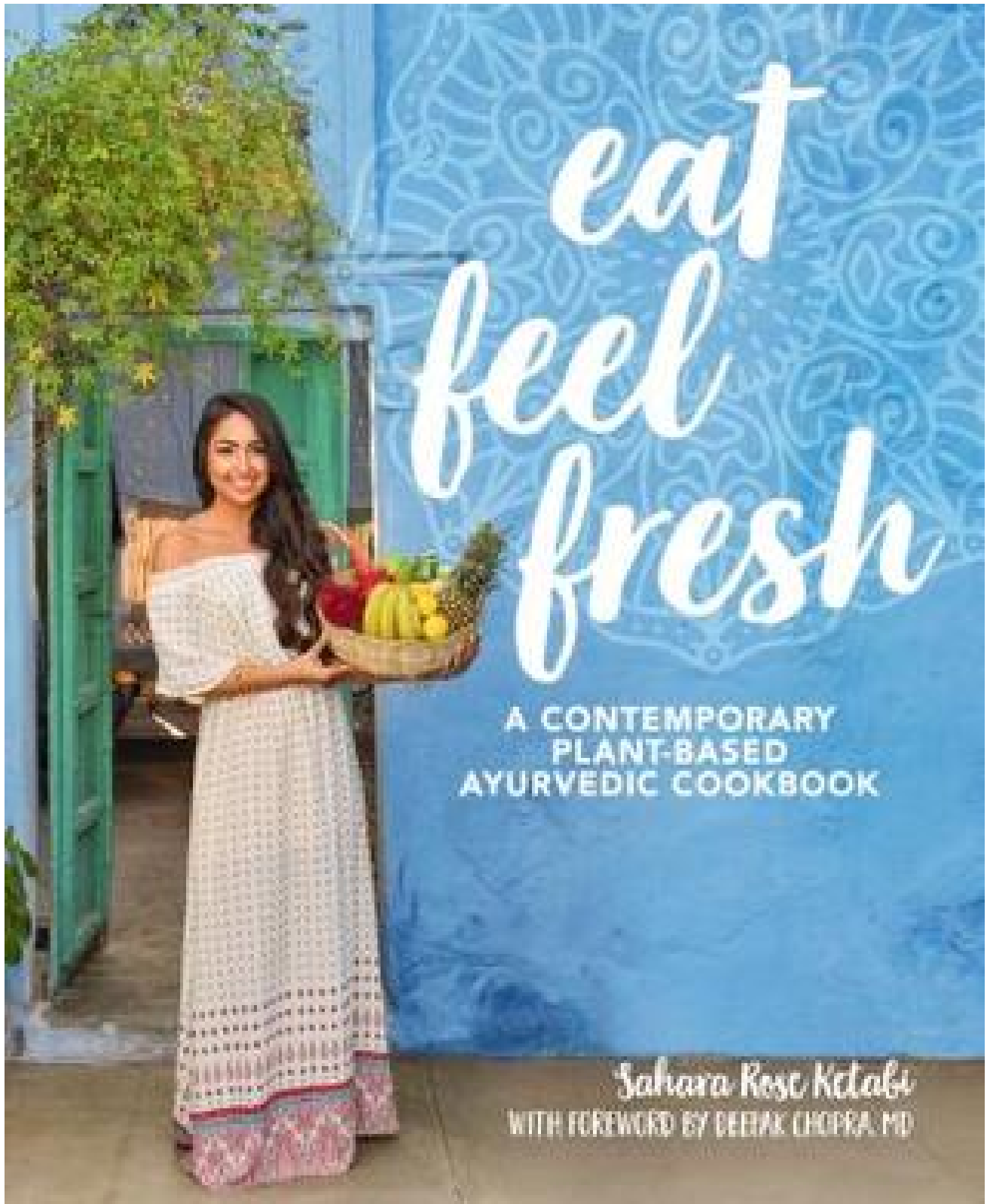
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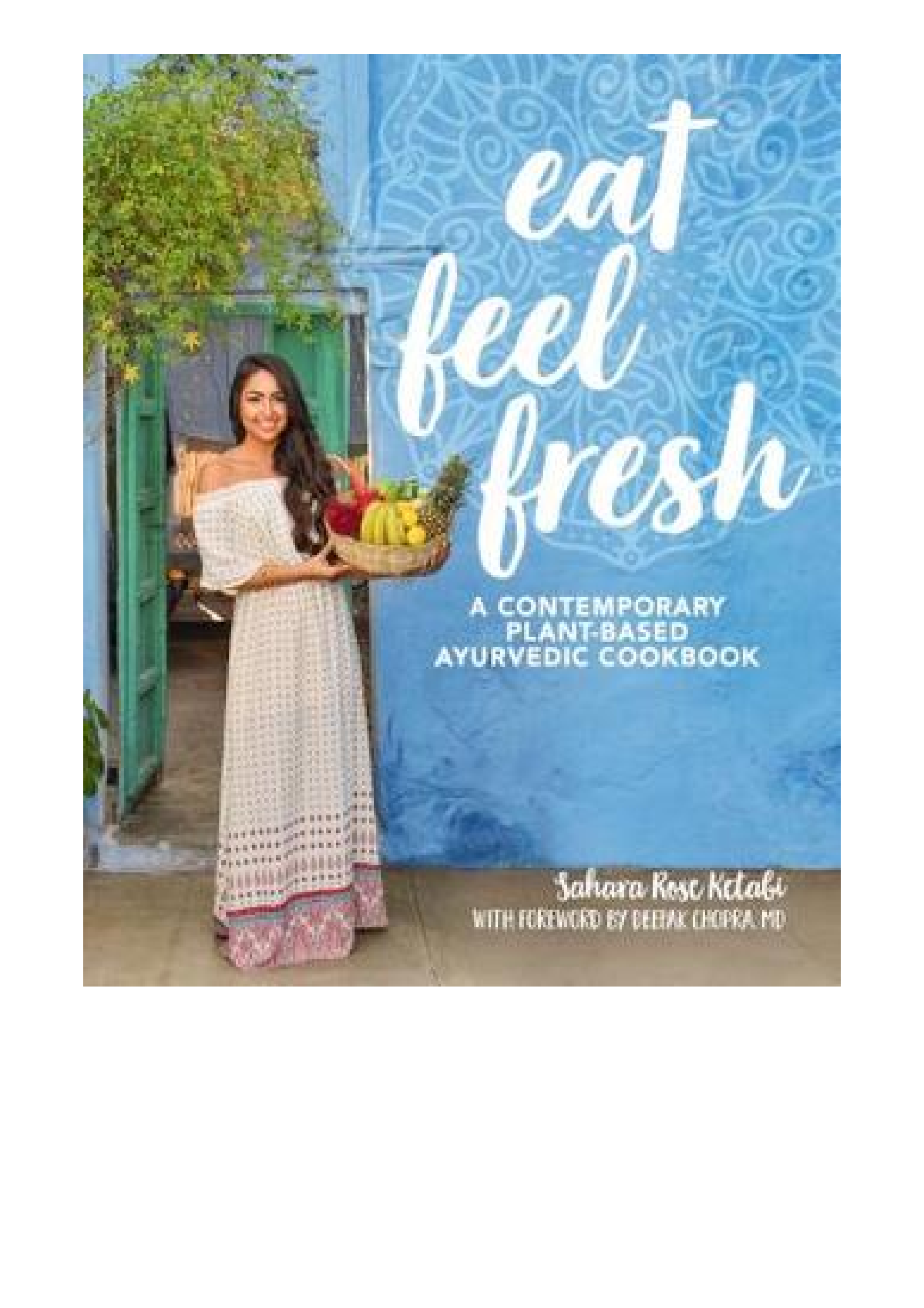


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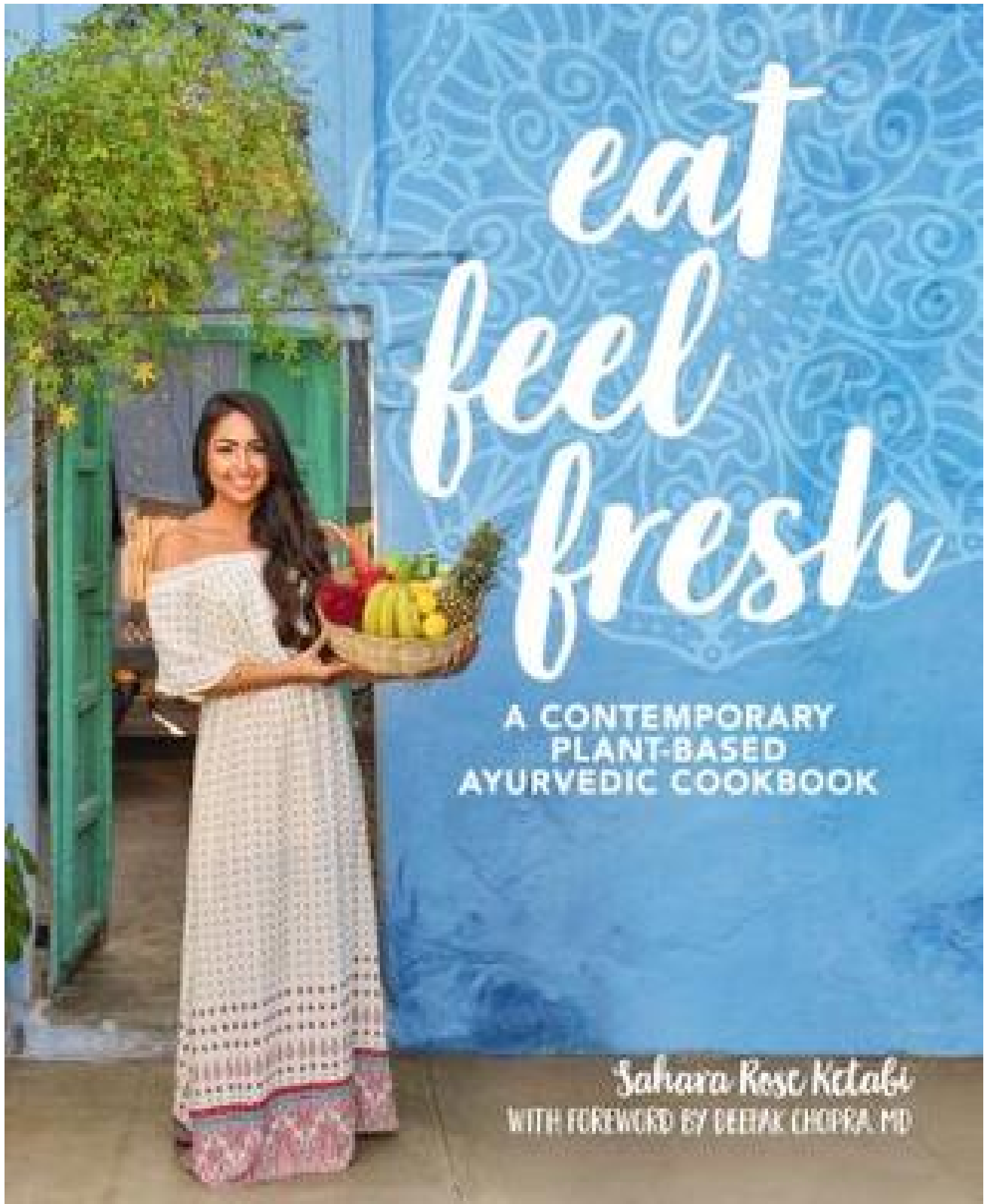
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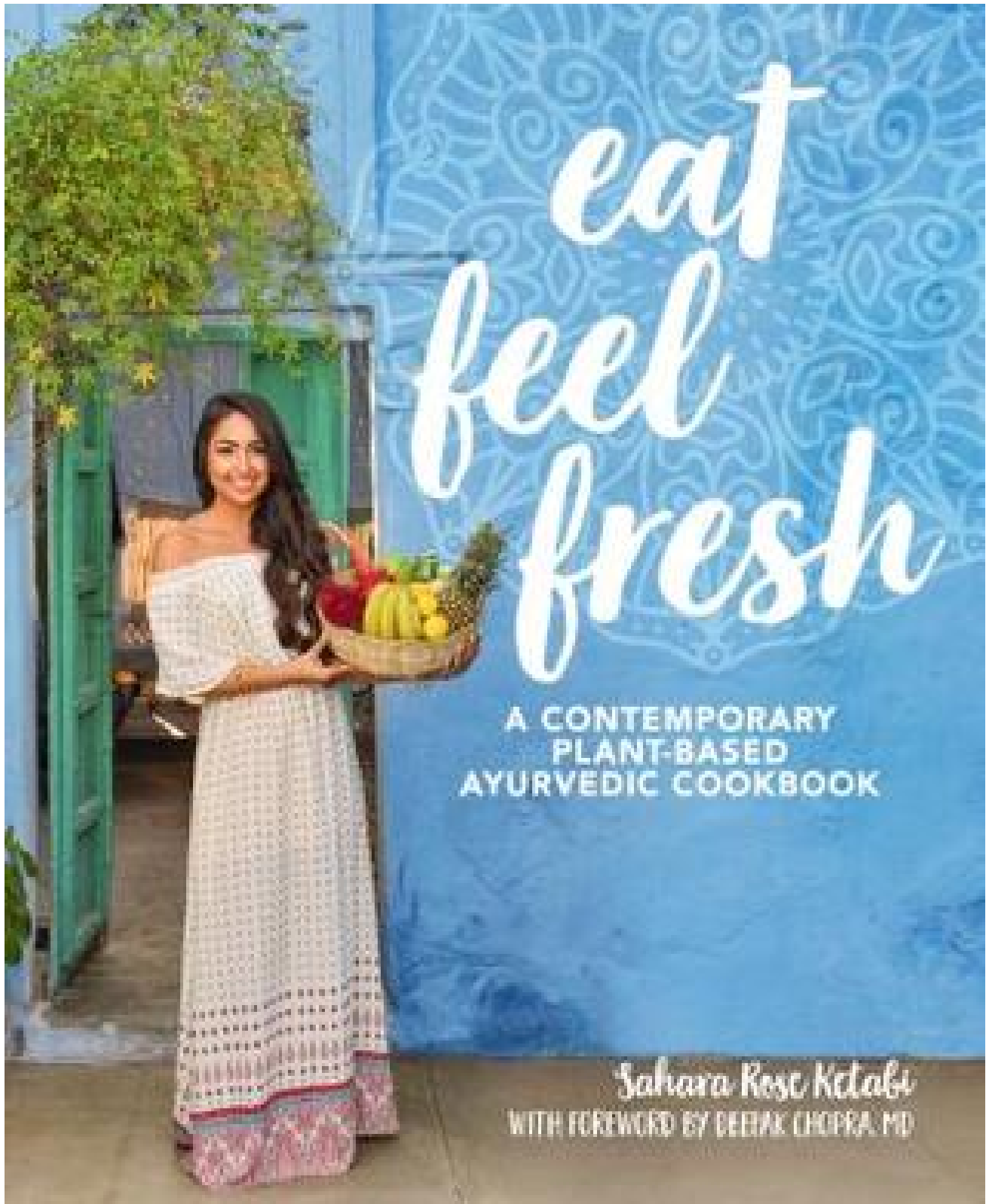
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Description

Bring your body into balance with over 100 healing recipes for a modern Ayurvedic lifestyle. The ancient science of Ayurveda teaches that food is divine medicine with the power to heal--but the best foods for one person may not be beneficial to another. Unlike many diets with rigid, one-size-fits-all guidelines, Ayurveda is a lifestyle that recognizes the ever-changing needs of each individual. Join author Sahara Rose on a journey to wellness and discover how to eat according to your body's specific needs. Identify your Dosha, or mind-body type, and find out what foods are best for your body. Learn how changes in season and climate affect your digestion and how to adjust what you eat accordingly. Rather than focusing on calories, you'll focus on food qualities. Rather than focusing on macronutrients, you'll focus on tastes--and you'll feel better than ever. Fall in love with cooking as you explore more than 100 plant-based, gluten- and dairy-free recipes for every meal of the day,

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