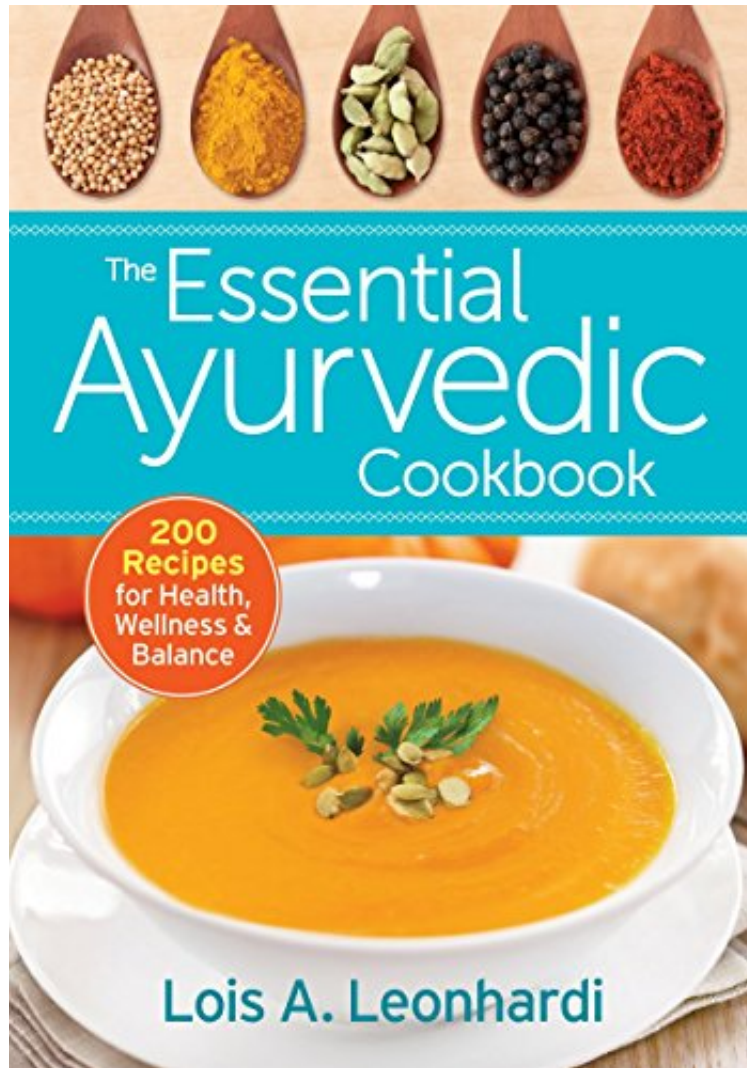


[Download] The Essential Ayurvedic Cookbook: 200 Recipes for Health, Wellness and Balance

The Essential Ayurvedic Cookbook: 200 Recipes for Health, Wellness and Balance

Lois Leonhardi

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Lois Leonhardi : The Essential Ayurvedic Cookbook: 200 Recipes for Health, Wellness and Balance before purchasing it in order to gauge whether or not it would be worth my time, and all praised The Essential Ayurvedic Cookbook: 200 Recipes for Health, Wellness and Balance:

6 of 6 people found the following review helpful. An Excellent Ayurvedic Cookbook By John E. Fitzgerald I am one of the author's current clients and I was inspired to consult with her after reading her book, "The Essential Ayurvedic

Cookbook."First of all, to comment on the book: it is an EXCELLENT Ayurvedic cookbook. Lois has obviously put a lot of time, effort, and soul into this work. I was impressed that Lois studied under Dr. Vasant Lad and that he wrote a recommendation for her on the back cover of the book. Dr. Lad is a very respected authority on Ayurveda and I'm sure that he is careful about who he gives his stamp of approval to. I really liked that the book wasn't just a collection of recipes. It has a helpful, thorough background information section about Ayurveda at the beginning that tells you most everything you need to know about Ayurveda and why it works. I have already made several of the recipes in the book. They are easy to make and quite good. Most importantly, I FEEL good after I eat Lois' food. I don't get any bloating, heartburn, or indigestion after eating any of her meals. I recommend this book to anyone who wants to learn more about Ayurveda and who wants to be able to make easy, delicious, healthy Ayurvedic food. I will also note that Lois is available for consultation. She has really helped me with some health issues I've been experiencing for years due to chronic inflammation. I consulted with her on Skype and she designed extremely beneficial inflammation-fighting meals, yoga routines, and stress-reducing techniques for me. I would recommend that you visit Lois' website at www.yogawithlois for more information.

0 of 0 people found the following review helpful. Lots of information, however no colored photos. Very ...By Customer

Lots of information, however no colored photos. Very little photos of dishes. I need a visuals, so I did not care for this book. 0 of 0 people found the following review helpful. What an amazing book! Great introduction to understanding Ayurveda and the ...By Jae reddin

What an amazing book! Great introduction to understanding Ayurveda and the exceptional recipes that follow are so delicious

Eating Healthy Never Tasted So Good! Ayurveda cooking has never been easier or tastier. More than a cookbook, *Essential Ayurvedic Cooking* addresses wellness, happiness and balance via the time-honored principles of Ayurveda. This fresh interpretation is flexible and fun - designed for people living in a western culture seeking immediate benefits. With ingredient lists that are readily available and tailored to a western palate, you'll be whipping up tasty, healthy meals on a regular basis! No prior ayurveda experience is necessary. Recipes are designed to balance all constitutions (tri-doshic), which minimizes the guesswork for what recipes are appropriate for each individual. Not just for vegetarians, many of the recipes can be prepared in a variety of ways to accommodate dietary preferences and culinary medicinal uses such as: Vegan Creamy Chilled Avocado Soup, Ginger-braised Fennel and Sweet Potato, Rosemary-infused Heirloom Scarlet Runners, Pitta Kapha Cannellini Kale Artichoke Sauté, Brussels Sprout and Sweet Potato Sauté, French Lentil Salad with Lemon Dressing, Mushroom Almond Pâté, Vegetarian Okra with Ginger Lemongrass Sauce, Millet with Mushroom Vegetable Ragout, Quinoa with Spinach Pesto Cream Sauce, Vegetarian Lasagna, Omnivores Bison Meatloaf with Maple Tamarind Sauce, Broiled Salmon in Maple Lime Marinade, Moroccan Lamb Meatballs, Spanish Chicken Gluten-free Amaranth crepes, GF "tabbouleh", Chicken Tikka Masala, Citrus Spice Glass Noodle Stir Fry, Kapha GF Mushroom Artichoke Pesto Pizzette, GF Pomegranate Orange Chip Bars, Kabocha Carmel Custard, Italian Flatbread, Culinary Medicine Slow Cooker Bone Broth, Miso Soup, Iron-Boosting Pomegranate Lamb Soup, Chicken Lemongrass Quinoa Soup, Ginger Tea, Turmeric Milk, Go-To-Sleep Nutmeg Milk

For anyone looking to improve a regular diet or to experience new ayurvedic practices, this book provides easily understood guidance for a balanced life of wellness without stress. The book has been endorsed by The Association of Ayurveda Professionals of North America (APNA) and board members of the National Ayurveda Medical Association (NAMA).

About the Author Lois A. Leonhardi is a Certified Ayurvedic Practitioner and educator based in Los Angeles. She creates custom-designed diet and exercise programs for her clients to reduce stress, improve digestion and lose weight, helping them create new, healthy habits that will last a lifetime.