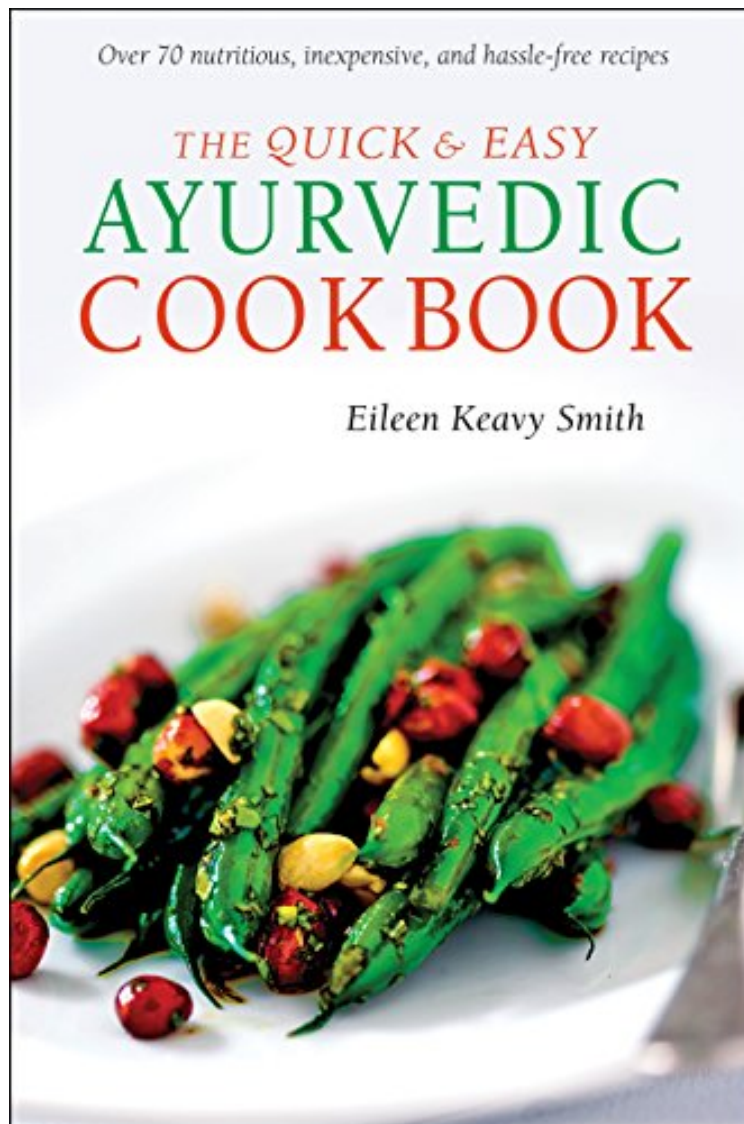


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Eileen Keavy Smith

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to begin eating what my dosha is Kapha/ Pitta. Thank you, Wendy4 of 4 people found the following review helpful. Steamed broccoli is not a recipe By C. White I found the recipes in this book really basic, or odd. One of the recipes is for steamed broccoli, and another for steamed squash. I was hoping for some more interesting and innovative recipes than this. There is also a fairly limited selection of recipes for each body type - I'm sure there are many more out there that could have been included. 0 of 0 people found the following review helpful. The Quick and Easy Ayurvedic Cookbook By Patricia A Bray Little disappointed in the recipes - not what I was looking for given that I have been into the Ayurveda lifestyle for some time prior to purchasing this publication.

Eat better and live healthier with this easy-to-follow Ayurvedic cookbook. Ayurveda is an ancient Indian system of health and healing based on the principle that each human being is unique and has a distinct individual constitution, genetic inheritance and predisposition to certain ailments. Practitioners can stay healthy and happy by following rules such as: Warm, comfort foods like Shepherd's pie or butternut soup can help alleviate joint pain and poor circulation brought on by chilly, windy weather. In summer, pasta primavera, shrimp salad, sauteed tofu, and other sweet and light foods cool off irritable moods and help digestive problems. Pungent, astringent foods such as savory lentils, turkey loaf, kasha and the like can help ease the distress of a winter cold. The Quick Easy Ayurvedic Cookbook allows you to easily implement Ayurvedic principles in your cooking and improve your health without devoting long hours of study to the subject or breaking your budget. Learn how to cure insomnia and indigestion, and even mood swings, just by making food choices based on your Ayurvedic constitution. The recipes include familiar favorites making this cookbook a practical addition to your kitchen and home.

About the Author While studying philosophy in college, Eileen Keavy Smith became interested in Eastern philosophy and religions, meditation, and yoga. She went on to earn a Master's Degree in library and information studies and has been a librarian for over 30 years, during which time she has spent most of her career managing libraries that specialize in health subjects and working with colleagues who are health professionals. In the late 1980s, Smith attended a meditation conference, where she was introduced to the concept of Ayurveda; the ancient Indian system of holistic health care. She has been studying the subject and applying it to her life ever since. The Quick Easy Ayurvedic Cookbook is the result of Smith's strong interest in nutrition and cooking and her desire to share insights about how to apply this healthful Eastern philosophy to modern lifestyles and tastes. Smith lives in Tallahassee, Florida with her husband Rob (who teaches meditation in his spare time) and their three canine companions.