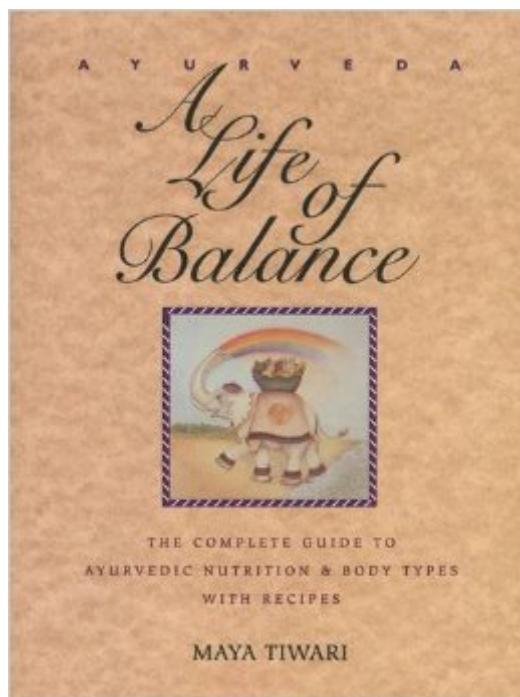


The book was found

Ayurveda: A Life Of Balance: The Complete Guide To Ayurvedic Nutrition & Body Types With Recipes



Synopsis

This book is a profound but practical testament to the healing power of balanced living and shows how Ayurveda's ancient principles of health can help you achieve the highest levels of physical, emotional, and spiritual well-being. Cancer survivor Maya Tiwari provides a thorough profile of the seven body types and the foods best suited to each. Her book is the first to include a complete discussion of the personality or psychospiritual attributes of the Ayurvedic body types, as well as food charts, seasonal menus, and recommended daily routines for each type. A chapter on sadhanas focuses on activities of the hearth, home, garden, and community that activate our "cognitive memory" of right living. An extensive section of uncomplicated recipes, keyed to the body types, and another on home remedies help provide a painless transition to a healthier and more fulfilling lifestyle.

Book Information

Paperback: 368 pages

Publisher: Healing Arts Press; 1st edition (December 1, 1994)

Language: English

ISBN-10: 089281490X

ISBN-13: 978-0892814909

Product Dimensions: 8.5 x 0.7 x 11 inches

Shipping Weight: 2.2 pounds (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 starsÂ See all reviewsÂ (46 customer reviews)

Best Sellers Rank: #27,779 in Books (See Top 100 in Books) #9 inÂ Books > Health, Fitness & Dieting > Alternative Medicine > Ayurveda #41 inÂ Books > Health, Fitness & Dieting > Alternative Medicine > Aromatherapy #537 inÂ Books > Health, Fitness & Dieting > Diets & Weight Loss > Other Diets

Customer Reviews

As far as I'm aware, there are only 2 books in existence that are vegetarian ayurvedic cookbooks--this one & "The Healing Cuisine" by Harish Johari; and I most highly recommend them both. (I do not recommend "the ayurvedic cookbook" by Morningstar... it is not veggie & really just a disappointment in terms of ingredients & the recipes). Tiwari is a very nice compliment to Dr. Lad's "Ayurveda: the science of self-healing", which is *the* definitive modern introduction to ayurveda. Tiwari's perspective is much more cosmic, poetic, and much about vibrational healing, cognitive memory and DNA alignment. As one reviewer noted, she makes reference to Hinduism & the more

complex aspects of the mechanics of ayurvedic energetics that, even to those relatively familiar, will feel like walking thru mud... Visual representations & diagrams would be helpful, which this book is essential devoid of. That is my only complaint. the text could certainly be edited down to make room for more visuals. This is a complete guide for someone dedicated to an ayurvedic lifestyle--with charts covering the energetics & qualities of just about every food and their vibrational alignment with the body types, and daily & seasonal menus for the body types, all 10 of them. There is, among many things, a section on food sadhanas, or the ritualization of the nourishment process (food prep, cooking & eating). There are listings of ingredients & there's a glossary in the back of the more uncommon ingredients. She does not give much treatment to yoga asanas & pranayama, though there is treatment of daily routines. Now, unlike Johari, the recipes are all explicitly coded with respect to the 10 body types & the 4 seasons (i.e.

[Download to continue reading...](#)

Ayurvedic: Cookbook For Beginners: Easy-to-Follow Recipes for Building Better Holistic Health (Ayurvedic cookbook, Ayurvedic home remedies, Ayurveda, Ayurvedic ... Ayurvedic self healing, Ayurvedic 1) Ayurveda: A Life of Balance: The Complete Guide to Ayurvedic Nutrition & Body Types with Recipes The Ayurveda Hair Loss Cure: Preventing Hair Loss and Reversing Healthy Hair Growth For Life Through Proven Ayurvedic Remedies (Ayurveda Medicine, Hair ... Diet, Hair Loss Diet, Hair Loss Sollutions) The Easy Ayurveda Cookbook: An Ayurvedic Cookbook to Balance Your Body and Eat Well BODY BUTTER: Homemade Body Butter Recipes - 30 DIY Body Butter Recipes For Softer, Healthier, And More Radiant Skin (Body Butter, Body Butter Recipes, natural remedies) Gut: Gut Balance Solution: 10 Steps on How You Can Restore Optimal Gut Health, Boost Metabolism and Heal Your Gut Effectively (4-Week Gut Balance Diet Plan, leaky gut, clean gut, Gut Balance Recipes) Blood Types, Body Types And You (Revised & Expanded) Prakriti: Your Ayurvedic Constitution (Your Ayurvedic Constitution Revised Enlarged Second Edition) Ayurvedic Cooking for Westerners: Familiar Western Food Prepared with Ayurvedic Principles Nutrition: The Resistant Starch Bible: Resistant Starch - Gut Health, Fiber, Gut Balance (Gut Balance, Glycemic, Natural Antibiotics, Dietary Fiber, SIBO, Soluble Flber, Healthy Gut) Body Thrive: Uplevel Your Body and Your Life with 10 Habits from Ayurveda and Yoga Body Language: Body Language Training - Attract Women & Command Respect, by Mastering Your High Status Body Language (Body Language Attraction, Body Language ... Language Secrets, Nonverbal Communication) Ayurveda: La vida en equilibrio / Life in Balance (Spanish Edition) Balance is Power: Improve Your Body's Balance to Perform Better, Live Longer, and Look Younger Eat Right for Your Type Live Right for Your Type (4 blood types, 4 diets 4 blood types, 4 programs) BODY LANGUAGE :

Decoding Alpha Male Body Language, Instantly Attract Any Woman Without Saying a Single word. (Body Language 101, Alpha male, Attract woman, ... Seduce Women, Eye Contact, Body Language) Organic Body Care Recipes Box Set: Organic Body Scrubs, Organic Lip Balms, Organic Body Butter, And Natural Skin Care Recipes Complete Nutrition Guide for Triathletes: The Essential Step-By-Step Guide To Proper Nutrition For Sprint, Olympic, Half Ironman, And Ironman Distances Organic Homemade Lotion Recipes: How To Make Your Own Body Lotions For All Skin Types ISO 1940-1:2003, Mechanical vibration -- Balance quality requirements for rotors in a constant (rigid) state -- Part 1: Specification and verification of balance tolerances

[Dmca](#)