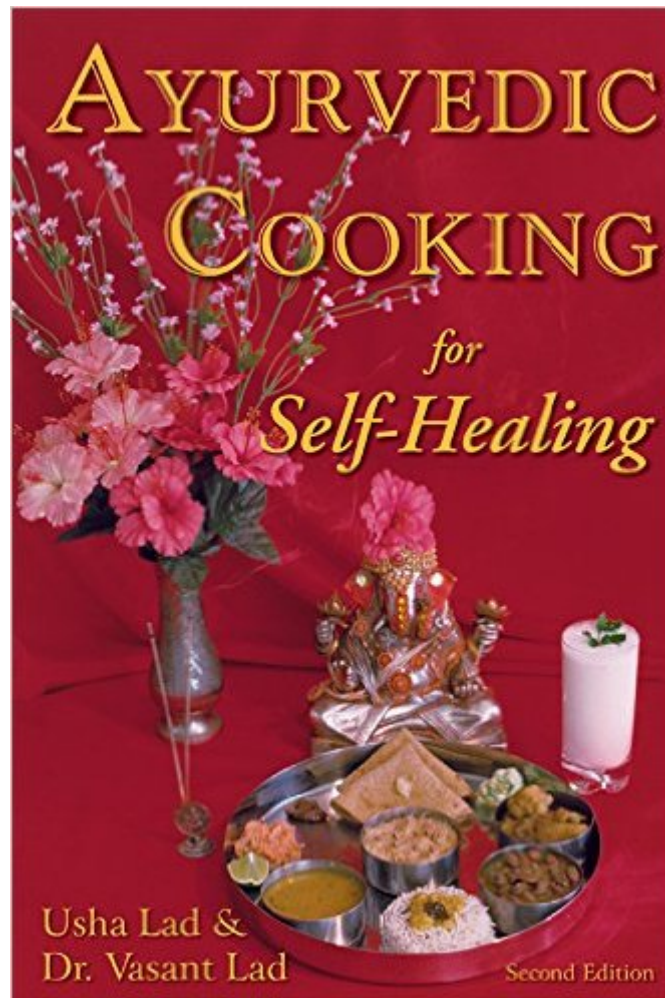


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# Ayurvedic Cooking For Self Healing



## Synopsis

Ayurveda, the ancient healing art of India, teaches that food plays an essential part in one's health and sense of well-being. Here is an authentic guide of the Ayurvedic approach to food and tasty vegetarian cooking. The recipes are formulated using herbs and spices to help balance the constitution of each person. The effects of the foods on individual constitution is included with every recipe together with the medicinal properties of many of the foods. This is a cookbook and much more. Included in this book are chapters on: the principles of Ayurveda and individual constitution; maintaining one's health, digestion and constitutional balance; the importance of proper food combining for optimal well-being; setting up an Ayurvedic kitchen and planning menus inclusive of every member of your family and more than 100 recipes of delicious Ayurvedic cuisine. These important sections include even more benefits from Ayurveda: nearly 300 simple remedies for everything from the common cold and skin problems to stabilizing blood sugar in diabetics, all using familiar household herbs, fruits and vegetables! A chart for determining your individual constitution. Comprehensive food guidelines for basic constitutional types. A listing of the qualities of foods and their affects on the doshas.

## Book Information

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## Customer Reviews

This Ayurvedic cookbook is well suited for the beginner as well as an experienced cook. There is an introduction to Ayurveda and dosha specific eating presented in the beginning of the book. This will help you receive full benefit of the receipies and suggestions given. However if you do not care

about Ayurveda the book still provides you with some of the most interesting and tasty Indian recipes (of course all vegetarian) I have had. Mrs. Lad's easy to follow instructions and down to earth approach to Indian cooking makes for an easy and successful outcome of the cooking adventure. Great book, definitely a must in any Indian-food lover's collection.

This is a good, very basic intro to Ayurvedic cooking, but if you're looking for a book that gives a clear and precise program for tackling real health problems through Ayurvedic principles of nutrition, I would strongly recommend the cookbook put out by Ayurvedic educator, Maya Tiwari's center in Asheville, NC, instead.

I was excited to get this book. Read it attentively and tried two of the recipes. Kitchari for Vata and Spicy Vegetable Fried Rice. The explanation by Vasant Lad was good and detailed. I like it very much. As for the recipes, they smell superb but are tasteless. I still recommend this book for those who like to learn to cook an Ayurvedic balanced food. But if you are looking into cooking a delicious mouth watering meal. This is not the book. Still an excellent Ayurvedic book.

This is a book by Vasant Lad and his wife. They give easy to follow guidelines on the best foods for your body type, along with great recipes. I have tried a few so far, and all are excellent. The explanations for each recipe are very detailed and informative, and accurately give the best types for the recipe. If you are a student of Yoga and/or Ayurveda, or just want to learn more about healthy, balanced Indian cooking, this is top notch source.

Delicious and easy recipes. Every recipe I've cooked has come out the first time. No "experiments" ended up as compost. This book would be boring for an advanced Indian cook - but if you are new to Indian cuisine or Ayurvedic cooking - it is perfect. Simple and reliable. If you already have a reasonably well-stocked kitchen, you can buy all the "special" ingredients for about \$20 at your local Indian market. Other Indian cook books intimidated me just reading the ingredients. This book gives a nice list of what you need to get started. I prepared many of the recipes with the addition of only 4 spices to my kitchen (but I do have a well-stocked spice rack to start with). 5 stars for being simple, economical, educational, and healthy. I now feel confident enough to try more complex Indian cook books, thanks to Ayurvedic Cooking for Self Healing. As an aside, I recommend all Vasant Lad books on Ayurvedic medicine. This book is written by his wife. Beyond the recipes, there is good info about Ayurvedic cooking in general. Bon appetit!

My main complaint is that some of the recipes create absolute mush. I found that it helped if I reduced the water in some of the recipes (for example for Kitchari, I used 5 cups of water instead of the recommended 6 cups) and/or washing/soaking the rice or beans only briefly instead of overnight. This may be because I live at sea level (?) but some of the recipes seemed to err in favor of cooking too long in too much water. A more minor complaint is that I like the recipes I've tried and want more- and more variety. An even more minor complaint is that since I find the fried foods irrelevant to me, I would have preferred if they had substituted other recipes that didn't include lots of oil.

This is the perfect book if you want to learn how to heal yourself through eating. Food is medicine or food is poison. Stop eating poison and learn to eat medicine. Other reviews are saying this is just an average book on ayurvedic cooking. If you want really complex, super tasty dishes that will only satisfy an American's extravagant taste buds, then they might be right. But this book is all you need to know to cook "balanced" ayurvedic meals that will heal you. I also recommend The complete book of ayurvedic home remedies by Dr. Vasant Lad.

The Ayurvedic Cookbook for Self Healing is a TRUE Gem! My family and I are new to Ayurvedic cooking & lifestyle, so this has been a real find for us...the recipes are very detailed and specific, advising which are tri-doshic and if the recipe favors a dosha, that is also noted, as well as comments as to whether a different dosha should be limited in their intake of certain spices. The back also has a fabulous listing for all 3 doshas, and breaks down the best/worst foods and ingredients for that body type, so I can find the ingredients that work for all of us and cook with those recipes. The specific recipes also are well written and detailed (I am not a great cook, just average - but my first Ayurvedic meal at home was fantastic, thanks to the work of the Vads!) I am using the recipes and suggestions in the book daily and recommend it anyone - beginner or experienced Ayurvedic cook, for great recipes and food

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