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Buy Ayurvedic Healing Cuisine 2nd Edition, New Edition of Healing Cuisine by Johari, Harish (ISBN: 9780892819386) from Amazon's Book Store. Everyday low prices and free delivery on eligible orders.

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In spite of its flaws as a cook book, Ayurvedic Healing Cuisine has great

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material on Ayurvedic principles including seasonal menus and food correspondences for days of the week. Very worthwhile for serious students of ayurveda. As a cookbook, you must deal with flaws:

~~Ayurvedic Healing Cuisine: Johari,~~

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Ayurvedic Healing Cuisine by Harish Johari explains the healing qualities of various indian foods and spices and recommends combinations appropriate for specific conditions of body and mind. Ayurvedic Healing Cuisine provides a complete

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introduction to healthy eating according to the science of Ayurveda and includes over 200 indian vegetarian recipes to improve health and longevity and detailed information on the value of various indian foods.

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エーダの解説で、2部がレシピです。
アーユルヴェーダの解説は、トリドー
シャの説明はもとより、スパイスや食
材の持つ性質、さらには健康的な食事
の為にした方が良く、避けた方が
良いことなどが詳しく書かれています
。

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Ayurvedic Healing Cuisine has some delicious recipes but this book is only useful if you are an experienced cook and have plenty of time. Last night I made the Kofta recipe on p.83.

Delicious, but 2+ hours prep time. I

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am an ex-professional cook (western style) and new to Indian & Ayurvedic cooking.

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