

# Ayurvedic Cooking.pdf

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Before you begin to cook the Ayurvedic recipes in this book, you will want to have some basic foods, spices and utensils on hand for this way of cooking. Use the list that follows as a guideline to slowly build an Ayurvedic kitchen. Just one of the benefits of this kitchen is that many of ... [Ayurvedic Cooking for Self-Healing](#)

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Ayurveda is the ancient medical system of India. It encompasses the healing of body, mind and spirit through diet, lifestyle and rejuvenation ... Ayurvedic cooking emphasizes that we should cook with a feeling of great love and respect to every stage of food preparation and serving.

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that time they have also studied with the renowned Dr Vacant Lad at the Ayurvedic Institute in New Mexico and Dr David Frawley and Atreya Smith at the American and European Institute of Ayurveda. The subjects they have studied include pulse reading, Ayurvedic herbology, Ayurvedic diet and nutrition and Marma therapy.

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