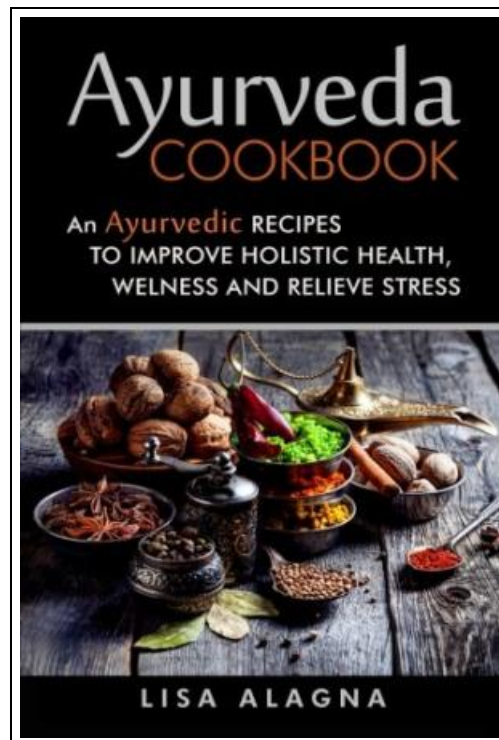


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Reviews




This is an incredible ebook which i actually have ever go through. This can be for those who statte that there had not been a really worth reading. I am just quickly can get a delight of reading a published book.
(Ms. Colleen Ziemann V)

AYURVEDA COOKBOOK: AN AYURVEDIC RECIPES TO IMPROVE HOLISTIC HEALTH, WELLNESS AND RELIEVE STRESS (PAPERBACK)



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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Welcome to Ayurveda Cookbook: Ayurvedic Recipes to Improve Holistic Health, Wellness, and Relieve Stress. The Ayurvedic diet was developed thousands of years ago using diligent observation and study by the monks of India. They were the first to connect the body type to the diet that best supports it. If you are completely new to Ayurveda, you should know that it divides people into three main types. Everyone is usually dominated by the energy (dosha) of one type, with another type as your secondary ayurvedic type. To find out which you are, please review the below descriptions: Vata types tend to be: Quick-learners; Forgetful; Poor circulation, resulting in cold hands and feet; Moody; Bursts of tremendous energy in small spurts; Impulsive; Dry hair and skin; Scatterbrained; Quick thinker, but often have thoughts going in all directions; Lack of daily routine; On the tall side; Thin build; Moves quickly when walking; Joyful and enthusiastic when at their best; and lastly, fearful, anxious, worried, and fretful when under stress. Pitta type tend to be: Competitive; Organized; Medium/Strong build; Hangry when they miss a meal; Fair-haired and fair-skinned: Sensitive to hot environments; Self-confident, assertive, and able to direct others well; Aggressive and demanding when under stress (to the point of temper tantrums); Suffer from skin blemishes (acne, skin cancer, Etc.); Great at public speaking; Good concentration; Impatient; Struggles with anger; Insomniacs; Sufferers of heartburn; and lastly, great natural leaders. Kapha types tend to be: Affectionate and accepting; Forgiving; Reliable; Heavy, but strong build; Quick to listen and slow to speak; Patient; Slow-paced and gentle; Prone to slow digestion; Depressed; Possessive (to the point of hoarding when under stress); Extremely calm; A steadfast anchor; Soft...

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