



Ayurvedic Healing Cuisine

Harish Johari

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Ayurvedic Healing Cuisine explains the healing qualities of various foods and spices and recommends combinations appropriate for specific conditions of body and mind.

- Provides a complete introduction to the Ayurvedic science of healthy eating.
- Includes 200 vegetarian recipes to improve health and longevity.
- By Harish Johari, the bestselling author of *Chakras*, *Tools for Tantra*, and *Numerology*.

One of the oldest systems of medicine in the world, the Indian science of Ayurveda views the human being as intimately connected with the environment and all other life forms. It prescribes various methods of synchronizing ourselves with the world around us, placing great emphasis on diet and the specific attributes of different foods. Following these ancient guidelines, Harish Johari offers a clear and concise introduction to the principles of Ayurvedic eating and explains the healing qualities that foods and spices impart according to their subtle energies. He suggests special combinations to heal and balance both body and mind and includes 200 vegetarian recipes.

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