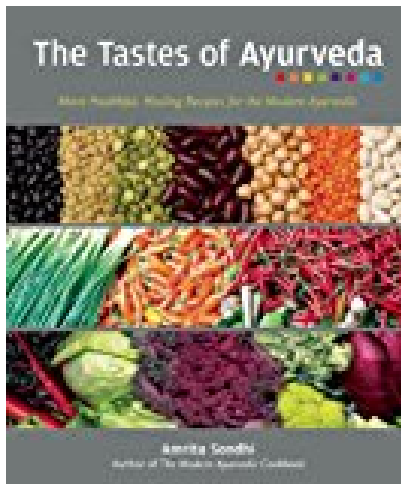


The Tastes of Ayurveda More Healthful Healing Recipes for the Modern Ayurvedic



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Offers twists on classic Ayurvedic recipes, and offers advice on keeping doshas--the concepts around which the Ayurvedic diet is based--in check by eating well.

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