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## The Big Book of Ayurvedic Nutrition

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All the benefits of Indian medicine for your digestion.

According to Ayurveda, food and lifestyle are the cornerstones of our health. Every day, the choice of what to eat affects our energy level, our digestive capacity, our emotions, and hence our overall well-being. But we do not all have the same needs or the same digestive powers. That is why Ayurvedic nutrition focuses on the individual, based on their powers of perception and self-awareness. Ayurveda sees each food as a combination of taste, synergy, energy, and effects on our state of mind and body, which should be consciously deployed to achieve the best possible balance. With this book, you will discover recipes, advice, and handy tips to help you apply Ayurvedic wisdom in daily life.

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