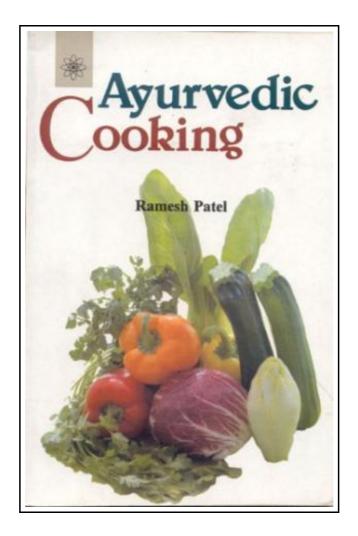
Ayurvedic Cooking



Filesize: 7.47 MB

Reviews

Thorough guideline for publication fanatics. Better then never, though i am quite late in start reading this one. I am just effortlessly could possibly get a delight of reading a created book.

(Terry Bailey)

AYURVEDIC COOKING



Motilal Banarsidass Publishers Pvt. Ltd., New Delhi, India, 2001. Paperback. Book Condition: New. Dust Jacket Condition: New. First Edition. Within the Ayurvedic tradition, the food regime is a vital aspect. Wholesome meals are to be eaten calmly, followed by a short period of contemplation. Particularly recommended are energy-giving foods known as sattvic, whole milk, wheat-based products, rice and vegetable oil. Foods which sap energy, called tamasic, should be avoided. This book takes you back to the basic pleasure of awareness, and appreciate the properties of the ingredients. Printed Pages: 152. Size: 14 Cms x 22 Cms.



Other Books



Children's Handwriting Book of Alphabets and Numbers: Over 4,000 Tracing Units for the Beginning Writer (Paperback)

Createspace, United States, 2015. Paperback. Book Condition: New. 254 x 203 mm. Language: English . Brand New Book ***** Print on Demand *****. The Children's Handwriting Book of Alphabets and Numbers provides extensive focus on...

Read ePub »



Genuine entrepreneurship education (secondary vocational schools teaching book) 9787040247916(Chinese Edition)

paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment. Paperback. Pub Date :2008-08-01 Pages: 175 Publisher: Higher Education Basic information title: entrepreneurship education...

Read ePub »



Sly Fox and Red Hen - Read it Yourself with Ladybird: Level 2 (Paperback)

Penguin Books Ltd, United Kingdom, 2013. Paperback. Book Condition: New. 222 x 148 mm. Language: N/A. Brand New Book. Sly Fox is hungry and he wants to catch and eat Red Hen. Armed with his...

Read ePub »



SY] young children idiom story [brand new genuine(Chinese Edition)

paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment. Paperback. Pub Date :2003-05-01 Pages: 151 Publisher: Anhui Literature and Art Shop Books All...

Read ePub »



Alphabet Tracing (Paperback)

Createspace, United States, 2015. Paperback. Book Condition: New. 254 x 203 mm. Language: English . Brand New Book ***** Print on Demand *****. Alphabet Tracing, Letters A-Z, provides extensive focus on alphabet tracing and printed letter...

Read ePub »