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HAILIE ELIEZER

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Community Reviews. Covers the basics of the Ayurveda nutrition system based on constitutional types and helps you discover your type - vita, pitta, or alpha. Each recipe is rated for constitutional type for example does the food aggravate pitta or calm pitta. Soups, chutneys, rice dishes, beverages-- all included.

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Vasant Lad's books include Ayurveda, The Science of Self-Healing, and Secrets of the Pulse and co-author of The Yoga of Herbs and Ayurvedic Cooking for Self-Healing. His work from Harmony Books, The Complete Book of Ayurvedic Home Remedies, is a compendium of classic Ayurvedic treatments for common and chronic ailments.

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The authors of Ayurvedic Cooking for Self-Healing are Usha Lad and Vasant Lad. Usha Lad was born in Khandala and developed an interest in cooking while watching her mother cook. at her nursing school, she learnt how to incorporate Ayurvedic principles into cooking.

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Lad is the author of numerous articles and several books; Ayurveda, The Science of Self Healing, co-author of The Yoga of Herbs and Ayurvedic Cooking for Self-Healing. His book, Secrets of the Pulse, The Ancient Art of Ayurvedic Pulse Diagnosis, presents this fascinating subject for the first time.

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