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Ayurvedic Nutrition



Synopsis

An Informative Guide To Conscious Nutrition. Not A Grain Of The Food We Eat Is Made Purely By Our Own Effort. What Comes To Us In The Form Of Food Is The Toil Of Our Sisters And Brothers, And The Bounty Of Nature And Godâ™s Compassion. Even If We Have A Million Dollars, We Still Need Food To Satisfy Our Hunger. After All, We Cannot Eat Dollars. So We Should Never Eat Anything Without First Praying With A Feeling Of Humbleness And Gratitude. Consider Your Food To Be The Goddess Lakshmi (The Goddess Of Prosperity), And Receive It With Devotion And Reverence. Food Is Brahman (The Absolute). Eat The Food As Godâ™s Prasad (Blessed Gift). Published By The Disciples Of Mata Amritanandamayi Devi, Affectionately Known As Mother, Or Amma The Hugging Saint.

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Customer Reviews

The great un-recognised situation of disease in the west is that it primarily develops via incorrect eating habits. So entrenched and biased is the processed western diet that even when ill the individual is often clueless to the cause. The ayurvedic physician begins the cure of disease by arranging the diet that is to be followed by the patient. All too often western doctors may at best suggest cutting down on some foodstuffs. But they do not generally recognize or believe that most diseases can be cured by following dietetic rules carefully along with proper herbal supplements and specific hatha yoga routines. In ayurveda it is believed that if the patient does not attend to detoxing and rebuilding via the diet of fresh air, pure water, sunshine, exercise and food a hundred good medicines will not cure the condition. This model does not include a trillion dollar industry of expensive pharmaceutical profits and marketing. And thus in a society where profitable corporations

tend to dominate the political and social spectrum those that have a much lower income base tend to get crushed by the corporate powers that be. All is not lost however, as truth tends to travel against the wind and it is for this reason that the growth of interest of Ayurveda is growing exponentially in the west. This book is an excellent resource for the layman to understand this practical science.

Not enough information very basic

This is a great handbook for ayurveda - it covers a wide range of topics including Organic foods, water, allergies, dharmic dining, fasting along with assessing what is your body type! Awesome!

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