



Ananda

The Healing Plate

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- A contemporary entry point to Ayurveda, translating classical principles into accessible practices, recipes, and rhythms for today's fast-paced, screen-heavy lives
- Centered on individuality rather than prescription, the book emphasizes personalized wellbeing - honoring different body types, lifestyles, and life stages
- A holistic approach to modern health, offering tools for eating, moving, resting, and living in harmony with nature to cultivate long-term vitality and resilience.

At its essence, Ayurveda – the traditional science of life – is

the art of aligning with nature. Whether it is the human body, changing seasons or the circadian rhythms that guide our days, Ayurvedic living is about respecting the intelligence of the universe and finding harmony with its cycles. This makes Ayurveda both layered and deeply personal. There is never one sweeping solution; rather, it is an individualized approach that honors each person's unique body type. It is about eating, moving, and resting in rhythm with our natural tendencies, and rediscovering balance so that we may live not just longer, but better, with vitality, clarity and grace.

This book is intended to be a bridge between tradition and contemporary living. It is an attempt to democratize the wisdom of classical Ayurvedic texts – profound and intricate – and make them relevant to lives shaped by late nights, rushed meals, and overstimulation from constant screen time. Though we may be far removed from the slower pace of ancient life, it is precisely through Ayurveda that we can access some of the most practical and transformative tools for modern wellbeing.

If Ayurveda teaches us anything, it is that that health is not merely the absence of illness, but the presence of harmony, which looks different for each of us. The practices and recipes within are meant to be explored, adapted, and made your own. Because Ayurveda isn't about restriction, but expansion and guiding you through life with resilience and joy.

Vasudha Rai is a bestselling author, columnist, podcaster and an award-winning journalist who has written on beauty and wellness for more than two decades.

