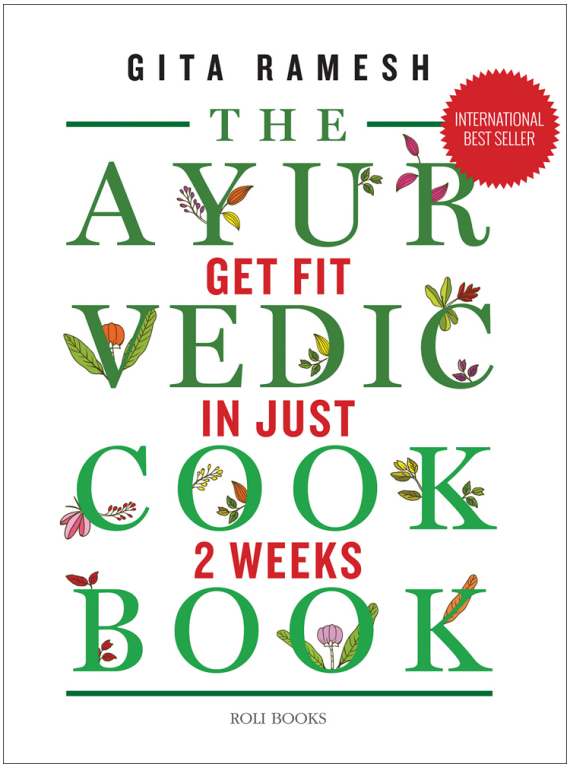
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The Ayurvedic Cookbook

Get Fit in Just Two Weeks

Gita Ramesh

ISBN	9788194206842
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- Pure vegetarian, nutritious recipes with therapeutic values
- Easy-to-understand and follow with a two-week chart included

Good food brings harmony to ones' body, mind and soul. Keeping this in mind, the recipes in ***The Ayurvedic Cookbook*** are tailor-made to suit different body types. They are pure vegetarian, nutritious recipes with therapeutic values. If cooked with love and attention, the recipes can be wholesome, tasty and hearty. The book offers recipes that are simple, fresh, organic and easily digestible. These recipes are effective in keeping the body healthy and disease free. For the first time, the secret weight management/loss recipes of Kairali – the Ayurvedic Healing Village – are revealed. To make the herbal diet easy-to-understand and follow, a two-week chart is provided as ready reckoner. If followed correctly, you can get healthy and fit in just two weeks! The informative section on nutritional and medicinal values of fruits and vegetables and spices makes this a comprehensive introduction to eating the Ayurvedic way. ***The Ayurvedic Cookbook*** is a must buy for anyone who wants to live healthy and eat healthy.

Gita Ramesh is the Joint Managing Director of Kairali Ayurvedic Group, pioneering in promoting Ayurvedic Retreats and Treatment Centers globally. She utilized her knowledge and expertize to create her vision, Kairali. It is now recognized around the globe as the essence of true Ayurveda. Along with her husband K.V. Ramesh she carried forward the legacy of their elders, to introduce Kairali and has propagated authentic principles of health and well-being through Ayurveda. Today Kairali is spread across three continents, 10 countries and at 35 locations offering Ayurveda in its truest form.

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