



Supercharged Food: Eat Right for Your Shape: Deliciously Healthy Ayurvedic Recipes for a Brand-New You

Lee Holmes

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Eat Right for Your Shape takes a fresh look at the ancient Indian healing system of Ayurveda and applies it to the way we eat. In Ayurvedic practice, identifying your unique body type, or 'dosha', and keeping it in balance is the key to maintaining your weight and overall health. This practical guide and cookbook will help you to achieve the ideal weight for your body type, connect with your constitutional needs and understand how to bring about harmony in your life through food, nutrition and mindfulness. An extensive introductory section to Ayurveda features tips, tables of dosha-specific foods and meal planners as well as yoga exercises illustrated with step-by-step photographs. The recipe section includes shopping lists and over 120 delicious seasonal dishes. At-a-glance symbols indicate which dosha each recipe is suitable for, and which dishes are appropriate during intermittent fasting. Take the Ayurvedic path to good health and abundant natural energy, and achieve your ideal weight and shape.



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