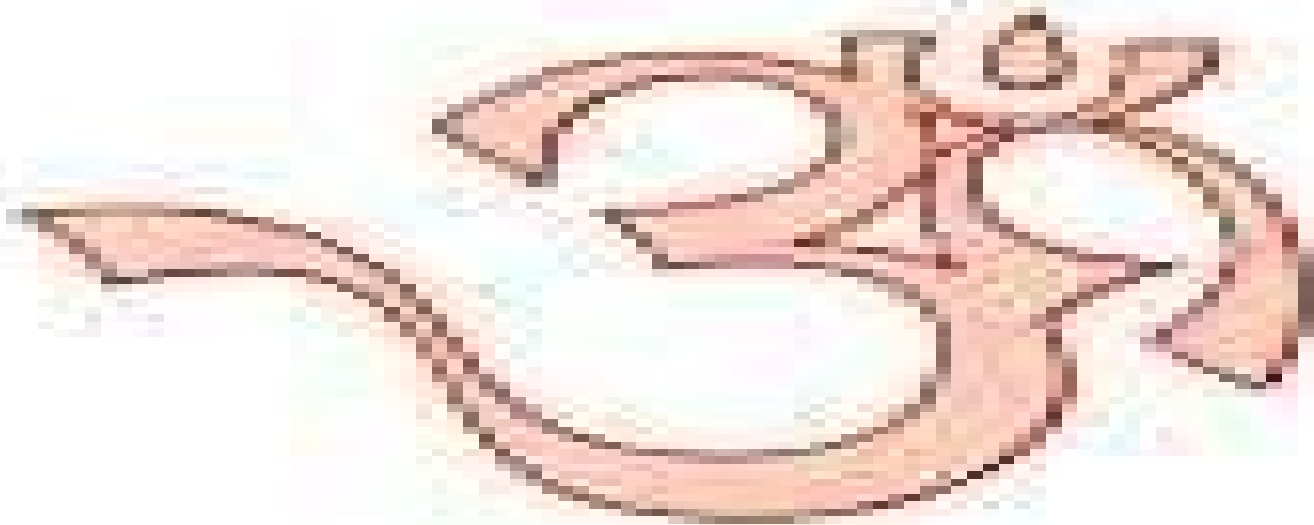


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A Happy Body Is a Healthy Body Mahendri Arundale, 2023-09-14 The people of ancient India turned to their physicians, vaidyas, and wise seers to make their bodies, minds, and spirits happy with a system of diet, healing, and health maintenance called Ayurveda, knowledge of life which is based on nature and its healing power. Food was analyzed based on taste, digestion, and gastric fire, agni, or the ability to digest and assimilate food. This time-tested system of healing is based on what, when, and how we eat and is documented in the Vedas, books of ancient knowledge. *A Happy Body Is a Healthy Body* reveals that most diseases can be traced to an improper diet. Fortunately, nature's gift to us is food, herbs, and spices to promote healing as long as we know how to use them. Drawing on three decades of research, Mahendri Arundale provides more than a plant-based cookbook of recipes and instructions which would be valuable in itself. She also reveals priceless Vedic knowledge that has endured for thousands of years. The book also includes a self-assessment to help you discover your body's energy type so you take full advantage of rejuvenating recipes and find simple ways to relax when stressed.

Sacred & Delicious Lisa Joy Mitchell, 2025-07-30 *Sacred & Delicious* is an award-winning vegetarian cookbook, a primer on Ayurveda, India's ancient wellness system, and a gorgeous food memoir that celebrates the healing power of food. Author Lisa Mitchell writes inspiring and clear prose about the power of the Ayurvedic system to sustain good health and reverse chronic health problems, recounting her own recovery. The book includes 108 recipes and more than 60 full-page color photos. Most of the dishes include vegan options, and all but two are gluten-free. Only ten of the recipes reflect traditional Indian cooking; the rest demonstrate how to apply the balancing principles of Ayurveda and the creative yet subtle use of spices to modern Western cuisines that many Westerners prefer. Mitchell shares the Vedic perspective on why food is sacred and how cooks can bring a sacred intention to their kitchen labors to approach food preparation as spiritual practice. Traditional blessings for food from various cultures are sprinkled throughout the book. In April 2019, *Sacred & Delicious* won silver medals in two prestigious book industry awards competitions: the IBPA Benjamin Franklin Awards in the Body/Mind/Spirit category and the Nautilus Awards in the Food/Cooking and Healthy Eating category. It also won the cookbook category in the Body/Mind/Spirit Book Awards and is a finalist in the Foreword INDIES Book of the Year Awards to be announced in June.

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