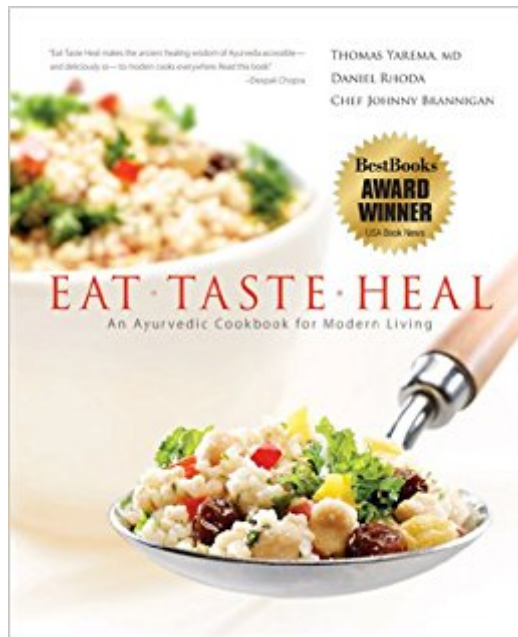




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# Eat-Taste-Heal: An Ayurvedic Cookbook For Modern Living



## Synopsis

Eat.Taste.Heal is a groundbreaking work within the field of holistic health and nutrition, written by a medical doctor, a patient, and an acclaimed chef. A complete guidebook and cookbook in one, Eat.Taste.Heal demystifies the ancient healing science of Ayurveda, humankind's most ancient system of healthy living. The aim of the book is simple: to create harmony within through using common foods and healthy lifestyle practices as medicine. The collection contains over 150 cross-cultural recipes and received a Maverick Award for excellence in photography. The authors are a unique trio: physician, patient, and chef. Dr. Thomas Yarema M.D., director of the Kauai Center for Holistic Medicine and Research, created for his patients an understandable dietary program rooted in common sense. Daniel Rhoda, a patient who found healing through Ayurveda, demystifies the ancient science that helped restore his health. Chef Johnny Brannigan, an internationally trained Ayurvedic chef, has created more than 150 recipes to empower individual healing through the exploration of taste.

## Book Information

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## Customer Reviews

Holistic physician Yarema, patient Rhoda and chef Brannigan contribute their individual perspectives on India's ancient medical science, ayurveda, to this attractive volume. Introduced to the system by different routes (disillusionment with Western medical practices, illness and transcendental meditation, respectively), the authors detail an array of ayurvedic techniques (diet, breathing, meditation, exercise, aromatherapy). Much more than a cookbook, this guide can serve

as a complete introduction to ayurveda. Readers will learn how to identify their ayurvedic type; detect and treat imbalances and illness; select foods, daily routines and activities best for them; adapt to seasonal and aging patterns; and, most importantly, put the power to heal in their own hands. Based on cuisines from around the globe, the recipes demonstrate how to vary ayurvedic meals to nurture each of the ayurvedic types. The tempting selections include Roasted Sunflower Puffballs, Gnocchi with Pumpkin Sauce, Seared Sesame Trout with Coconut Curry Sauce, and Mango and Passion Fruit Cheesecake. The recipes are easy to follow and require little preparation time. The authors stress that adopting an ayurvedic lifestyle requires time, commitment and much self-inquiry, but make an enthusiastic and persuasive case for doing so. Color photos. (Jan. 25) Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.

"Ayurvedic cooking for healing is ancient, timeless, practical wisdom based upon taste, hot and cold energy and the post-digestive effect of food at the cellular level. A proper diet is good medicine. In the near future, medical professionals, instead of prescribing just drugs, will suggest proper, individualized balancing recipes to their patients. Dr. Yarema, Daniel Rhoda and Chef Brannigan's profound work in the field of food as medicine, *Eat Taste Heal*, is a most timely and practical guide for people everywhere." - Dr. Vasant Lad, author of *Ayurveda: The Science of Self-Healing*

I ordered this book thinking I was going to get a cook book but this is SO much more. It actually devotes a large portion of the book to explaining Ayurveda and has lots and lots of really good information about how to determine the correct foods for balancing. Each recipe gives substitutions on all three doshas for balancing. I am using it as a supplemental text book as well as a cook book plus it has pictures and charts so it is easy to read and I love cookbooks with great pictures. It always makes me want to try the recipe.

One of my favorite Ayurvedic cookbooks. The pictures, the style, the recipes and most of all the information in this one cookbook makes up for 20 others. I love this cookbook and continue to give this as gifts to all of my friends.

As we begin our Ayurvedic exploration, we were searching for a cook book that was both a blend of educational information and practical recipes that we could incorporate into our daily lives. This book has both. We are also fortunate that we can find most, if not all, of the ingredients locally,

even many spices here on if need be! And with a little extra time we can adjust the recipes by dosha per the recommendations at the end of each recipe so that every dosha can enjoy them. The meals are "approachable" and I want to try them because they look delicious. I thought I might have some troubles with all the new spices or flavors, but I think that this is a great introduction to the food and variety in Ayurveda. Good cook book if you are looking to try something new, or begin Ayu. I think bringing new balance to your diet is a good thing, and this might be just the ticket. Enjoy!

This cookbook will give one tasty recipes, which are considered healthy by most Americans. The problem is, he doesn't consider food combinations. Incompatible food is a very serious topic in ayurveda. If one follows the recipes in this book. They will spend many hours in the kitchen. To be fare there are some really good recipes in this book, especially if one is just learning to cook healthy. If one is truly interested in learning about ayurvedic cooking, I would suggest "Ayurvedic cooking for self healing" by Usha Lad and Dr Vasant Lad.

If you're at all interested in Ayurveda - the ancient healing system from India - this is the one book to get started with. It covers the major facets of Ayurveda including the three doshas, the six tastes, how to tell what your dosha(s) is(are), what doshas lead to certain illnesses, what foods to eat to balance your doshas and what the rhythms of each dosha is. There are handy tables in the back and a large section of recipes explaining why it's good for a particular dosha and how it can be tweaked to be good for other doshas. The foods are aren't all "exotic" either - there's tacos, tapioca pudding, meat & potatoes along with the more exotic dishes.

Ayurveda is such a simplistic yet wholesome practice. Growing up in India, my dad would tell me several things about the practice which sparked an interest. This book was great. It explains the origin of it. Then it guides you through a quiz that determines your dosh and concludes with some amazing recipes. I eat my meals out of this book for the most part. The very last few pages talk about which ingredients, spices, fruits, vegetables, grains, tea, dairy, legumes, etc are good for each dosh and that has been a true reward!! Because of this comprehensive list its easy to create your own recipes or modify recipes. I simply can't rave enough about this book.

This is a beautiful book. When there are gorgeous pictures, I'm inspired to try new recipes!

This book is really wonderful . I have read books on this subject before but this one explains the

concepts so well that I can almost remember all the things in there as I continue reading. I am trying to apply Ayurvedic healing to my day to day life and this book is a great resource to support that. I am extremely happy and satisfied with this book. Glad that I purchased it.

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