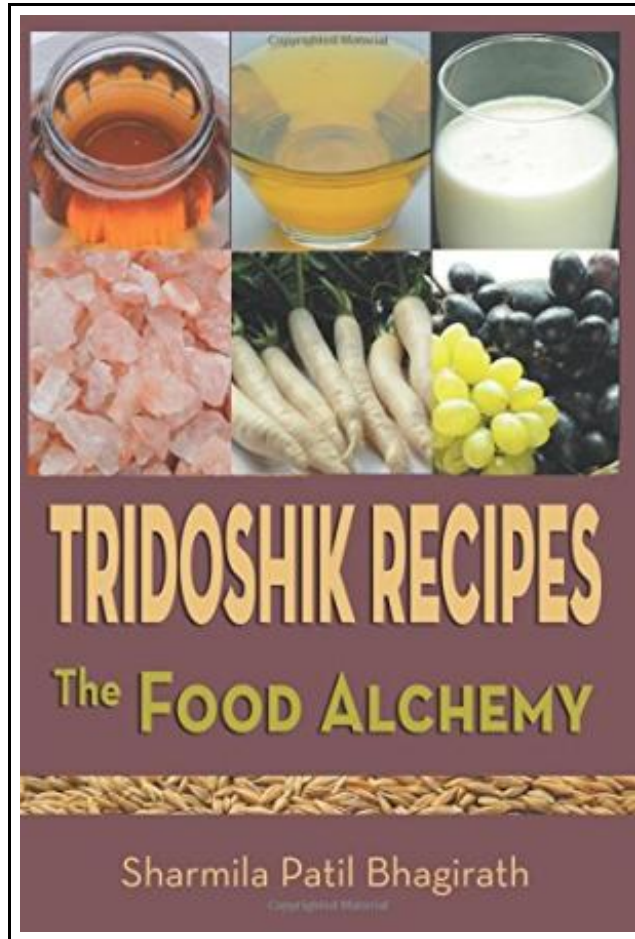


## Tridoshik Recipes - The Food Alchemy



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Dog Ear Publishing. Paperback. Book Condition: New. Paperback. 180 pages. Dimensions: 9.2in. x 6.1in. x 0.4in. Tridoshik Recipes: the food Alchemy is not just another recipe book that can be found on the book shelves but is a unique contribution to the field, brilliantly channelling the everyday food we eat into a catalyst generating a harmonious continuity in wellbeing of body and mind. Backed by a painstaking research spanning 15 years in exploring the nuances of linkages between basic determinants of health, as expounded by Ayurveda- the ancient Indian science of medicine; and the food we consume, the book vividly incorporates both, culminating in the recipes that can be consumed by each and every individual safely for perennial good health. The recipes in fact translate the famous quote- Let food be thy medicine into reality. Written in a simple language, suggesting very practical recipes, the book has all the force to change the way of life reducing our dependence on frequent medical help and prove to be a pioneer in preventive health care, through food we eat! Ms Sharmila is a freelance writer and e-book author who hails from India. She has deep research interests in the ancient, traditional wisdom related to health and wellbeing that is hidden from wider public domain; and works with the intent and zeal to bring this knowledge to the forefront to make the human lives happier and healthier. A post graduate from Nagpur University, Nagpur India, she is currently pursuing her second Masters from National Law School of India University, Bangalore, India. She has undertaken extensive research in the field of Ayurveda, the ancient science of Medicine of India and has embarked on the mission to decipher and translate that knowledge into simple, practical guidelines for easy assimilation into daily chores of human species, thus...



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