



# **The Healing Cuisine: India's Art of Ayurvedic Cooking (Healing Arts Press)**

*Harish Johari*

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One of the oldest systems of medicine in the world, Ayurveda views the human being as intimately connected with the environment and all other life forms. It prescribes various methods of synchronizing ourselves - physically and psychically - with the world around us, placing great emphasis on diet and the specific attributes of different foods. Following these principles, Johari explains the healing qualities that various foods and spices impart according to their subtle energies, indicating which recipes are appropriate for specific conditions of body and mind.

Author, artist, and world renowned scholar of Tantra and Ayurveda, Harish Johari has gathered his extensive knowledge into a treasury of culinary wisdom and authentic Indian recipes (all vegetarian), based on Ayurvedic principles of healing.

Includes information on harmonizing the humors, elements, and tastes. Provides special suggestions on cooking for children, pregnant women, and the elderly.

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