



The Everyday Ayurveda Cookbook: A Seasonal Guide to Eating and Living Well

By Kate O'Donnell

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The Everyday Ayurveda Cookbook: A Seasonal Guide to Eating and Living Well By Kate O'Donnell

Eat delicious seasonal food, balance the body, and heal the gut with simplified, traditional Ayurvedic wisdom and over 100 simple recipes designed to get you cooking in the kitchen.

Even the simplest Ayurveda practices complement Western medicine because of their focus on righting imbalance before it creates disease. Keeping digestion on track is the key to health in Ayurveda, and eating natural, homemade foods in accordance with personal constitution and changes in environment is often all that is needed to bring a body back into balance. *The Everyday Ayurveda Cookbook* inspires yogis and nonyogis alike to get into the kitchen and explore this time-honored system of seasonal eating for health and nourishment.

Ditching processed food and learning to eat well at home are the first steps you can take to relieving imbalance. *The Everyday Ayurveda Cookbook* removes many of the obstacles by showing you how straightforward and accessible preparing your own delicious, seasonal meals can be. Season by season, learn how the changing weather and qualities in your environment both mirror and influence your body and appetite. Lifestyle advice on meal planning, self-care regimens, and how to ensure health during the change of seasons is included throughout. And the no-fuss recipes will get you eager to cook.

To expand your cooking repertoire, you'll also learn foundational "everyday" recipes that can be adapted to any season and any dosha: once you understand the blueprint of a basic dish, you can recreate it in your kitchen year-round, using seasonal produce, grains, and flavors for health and nourishment.

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Editorial Review

Review

"*Everyday Ayurveda* is infused with an effortless wisdom born of Kate's deep connection with food as medicine. The book is a goldmine for anyone wanting to heal and celebrate their body through the joyful practice of seasonal cooking."—Lily Diamond, creator of the blog *Kale & Caramel*

"Simple, basic tools are often all we need to get ourselves started on a healthy path. Kate O'Donnell has used her natural lightness and humor along with real-life examples to show us how easy this can be. *The Everyday Ayurveda Cookbook* is a must-have for anyone on the road to improve their health through good food sense."—Hilary Garivaltis, founder of the Kripalu School of Ayurveda

"Equal parts practical and inspirational, Kate's presentation of Ayurvedic wisdom and gorgeous recipes will change the way you think about cooking and eating, and gently guide you towards your healthiest self."—Natasha Rizopoulos, internationally acclaimed yoga teacher

"Emerging from an ancient Asian civilization, Ayurveda now brings its message to confused modern cultures: take care of the basics and live life to its fullest. In a world where so many of us survive on such little real nutrition, Ayurveda bids us to make real food our friend, as Kate O'Donnell clearly has. *The Everyday Ayurveda Cookbook* lures us into the kitchen, where food may once again work its healing alchemy on us. Let this book guide you into a daily practice of "the yoga of eating," and you can transform your life. Sukhino bhavantu!"—Dr. Robert Svoboda, Ayurvedic physician and author of *Prakriti: Your Ayurvedic Constitution*

"In this book, Kate has given us an in-depth introduction to the science of Ayurveda combined with recipes that are both practical and nourishing. It is sure to become a useful source both in the pantry and the library."—Nancy Gilgoff, international yoga teacher

About the Author

KATE O'DONNELL is an Ashtanga yoga teacher, a nationally certified Ayurvedic practitioner, and an Ayurvedic yoga specialist. She is on the faculty for the Kripalu School of Ayurveda and for Ayurvedic Health Education trainings. She lives in Boston.

Users Review

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Lidia Hill:

The experience that you get from *The Everyday Ayurveda Cookbook: A Seasonal Guide to Eating and Living Well* is the more deep you searching the information that hide inside the words the more you get interested in reading it. It does not mean that this book is hard to comprehend but *The Everyday Ayurveda Cookbook: A Seasonal Guide to Eating and Living Well* giving you excitement feeling of reading. The copy writer conveys their point in particular way that can be understood by anyone who read it because the author of this guide is well-known enough. This book also makes your vocabulary increase well. So it is easy to understand then can go along, both in printed or e-book style are available. We propose you for having that

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Barbara Baker:

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Wilfred Walker:

Reading can called mind hangout, why? Because when you are reading a book specially book entitled The Everyday Ayurveda Cookbook: A Seasonal Guide to Eating and Living Well the mind will drift away trough every dimension, wandering in each and every aspect that maybe unfamiliar for but surely can become your mind friends. Imaging just about every word written in a publication then become one application form conclusion and explanation that will maybe you never get ahead of. The The Everyday Ayurveda Cookbook: A Seasonal Guide to Eating and Living Well giving you an additional experience more than blown away your brain but also giving you useful details for your better life within this era. So now let us demonstrate the relaxing pattern the following is your body and mind will probably be pleased when you are finished looking at it, like winning an activity. Do you want to try this extraordinary investing spare time activity?

Lisa Yang:

Are you kind of active person, only have 10 as well as 15 minute in your day time to upgrading your mind ability or thinking skill even analytical thinking? Then you are receiving problem with the book as compared to can satisfy your short time to read it because this all time you only find book that need more time to be study. The Everyday Ayurveda Cookbook: A Seasonal Guide to Eating and Living Well can be your answer since it can be read by anyone who have those short extra time problems.

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