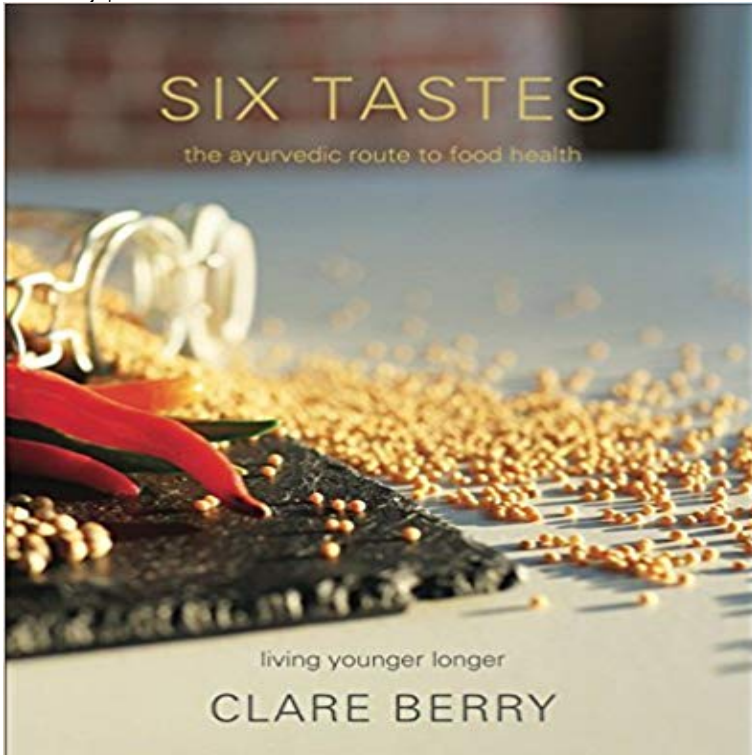


## Six Tastes - The Ayurvedic Route to Food Health: Living Younger Longer



In this book Clare Berry has used her personal experience as well as expertise as a food technologist to create easy, short recipes that can all be cooked and prepared in under 30 minutes. All the ingredients are easily obtainable and the recipes are based on the Ayurvedic principle of balancing the six tastes to create optimal conditions for digestion, which leads to improved health and well-being. One of the first ever scientifically-based cookbooks for health. This Ayurvedic cookbook contains nutritious recipes for soups, snacks, family main meals and puddings.

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