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Nicky Sitaram Sabnis

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Die Ernährung hat einen sehr direkten Einfluss auf unseren Gesundheitszustand. Ayurveda gibt genaue Hinweise darauf, welche Ernährung die Gesundheit fördert oder schwächt. Dreh- und Angelpunkt ist dabei die Erhaltung des Gleichgewichts - oder dessen Wiederherstellung. Wenn alle Elemente, die Doshas, in uns im Gleichgewicht sind und wenn wir ein Gleichgewicht schaffen zwischen uns und den äusseren Einflüssen, dann sind und bleiben wir gesund. - Grundprinzipien der ayurvedischen Ernährung, - Fragebogen zur Bestimmung des eigenen Konstitutionstyps, - Neue, alltagstaugliche Rezepte, einfach und schnell nachzukochen, - Eine Fülle vegetarischer Gerichte, daneben auch ein Kapitel mit Fisch und Fleisch, ausserdem Frühstücksgerichte und Getränke. Mit einer Vielzahl opulenter Abbildungen stilvoll in Szene gesetzt!

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