



Eat-Taste-Heal: An Ayurvedic Cookbook for Modern Living

Thomas Yarema, Daniel Rhoda, Johnny Brannigan

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Eat.Taste.Heal is a groundbreaking work within the field of holistic health and nutrition, written by a medical doctor, a patient, and an acclaimed chef. A complete guidebook and cookbook in one, Eat.Taste.Heal demystifies the ancient healing science of Ayurveda, humankind's most ancient system of healthy living. The aim of the book is simple: to create harmony within through using common foods and healthy lifestyle practices as medicine. The collection contains over 150 cross-cultural recipes and received a Maverick Award for excellence in photography. The authors are a unique trio: physician, patient, and chef. Dr. Thomas Yarema M.D., director of the Kauai Center for Holistic Medicine and Research, created for his patients an understandable dietary program rooted in common sense. Daniel Rhoda, a patient who found healing through Ayurveda, demystifies the ancient science that helped restore his health. Chef Johnny Brannigan, an internationally trained Ayurvedic chef, has created more than 150 recipes to empower individual healing through the exploration of taste.

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Danielle Tilley:

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