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concept of "nourishment of the whole self". Our dietary needs and digestion are affected by the rhythms of nature and constantly changing parameters.

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In spite of its flaws as a cook book, Ayurvedic Healing Cuisine has great material on Ayurvedic principles including

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seasonal menus and food correspondences for days of the week. Very worthwhile for serious students of ayurveda. As a cookbook, you must deal with flaws:

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Johari explains the healing qualities of various indian foods and spices and recommends combinations appropriate for specific conditions of body and mind. Ayurvedic Healing Cuisine provides a complete introduction to healthy eating according to the science of Ayurveda and includes over 200 indian vegetarian

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recipes to improve health and longevity and detailed information on the value of various indian foods.

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Ayurvedic Healing Cuisine has some delicious recipes but this book is only useful if you are an experienced cook and have plenty of time. Last night I made the Kofta recipe on p.83. Delicious, but 2+ hours prep time. I am an ex-professional cook (western style) and new to Indian & Ayurvedic cooking.

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