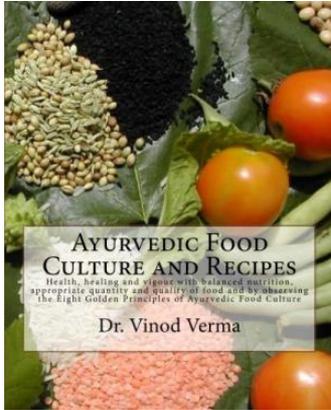


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CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 260 pages. Dimensions: 10.0in. x 8.0in. x 0.6in. Ayurvedic Food Culture and Recipes by Dr. Vinod Verma Ayurvedic food means a harmonious combination of food products prepared with various seeds, herbs and spices in order to create equilibrium in your body and to rejuvenate you. This food should increase ojas (immunity and vitality) in the body. The preparation of the food, the way it is consumed...

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