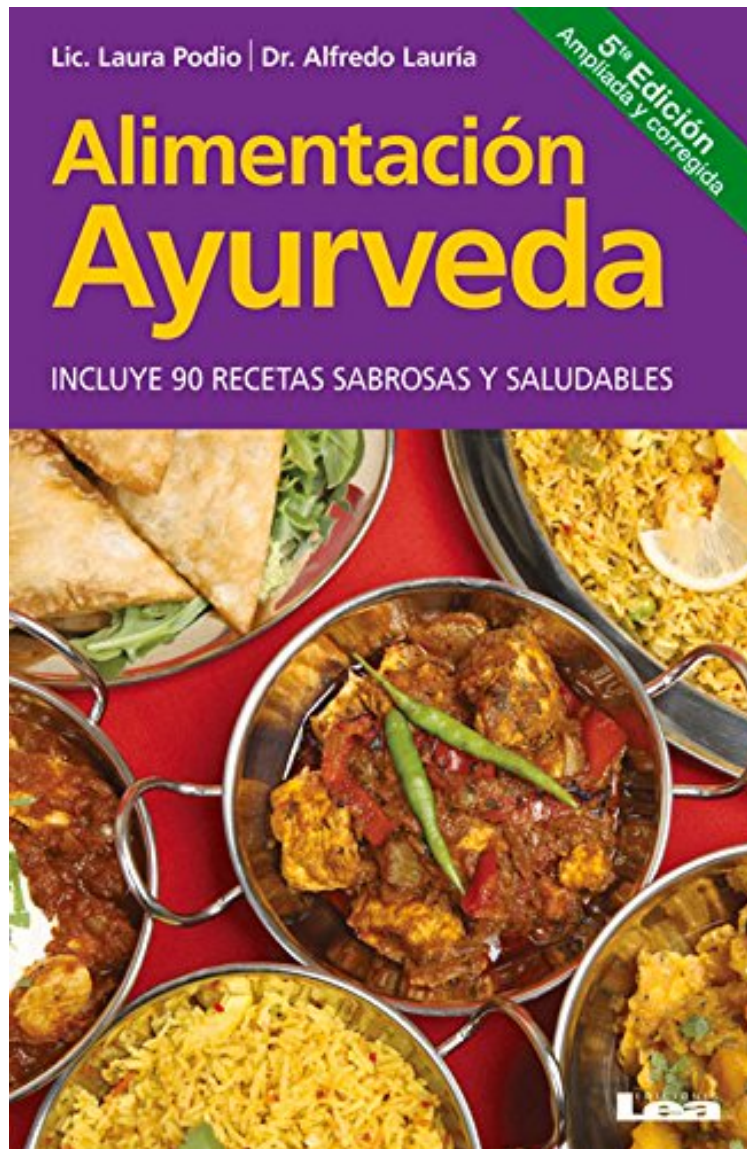


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## Alimentación Ayurveda (Spanish Edition)

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**Dr. Alfredo Lauría, Dr. Laura Podio : Alimentación Ayurveda (Spanish Edition)** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Alimentación Ayurveda (Spanish Edition):

Food is somehow linked to everyone in one way or another, whether it be through certain times of the year, cultures,

or many other reasons. Ayurveda, as a holistic medicine of excellence, understands that food is a tool to achieve physical and emotional fullness of human beings. The authors, scholars and researchers from ayurvedic medicine and cultural traditions of India, offer the readers all the necessary information so that they can begin to make small, gradual changes to their nutritional habits. Delicious recipes that are simple to prepare and use easy-to-find ingredients are the keys to discover original flavors and aromas.

About the Author Dr. Alfredo Lauria is a graduate from the University of Buenos Aires. He is the co-author of *Yoga y Ayurveda* and *Yoga del conocimiento*. Lic. Laura Podio is licensed in visual arts and painting. She is the author of *Mandalas: 24 modelos para pintar*, *Artesanías y manualidades con mandalas*, and *Mandalas: diseños simbólicos para la meditación activa*.