



Ayurvedic meals plan: Detoxifying meals for a successful detox (Simple steps to a healthier life Book 4)

Monica Ramirez

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Ayurveda is an ancient medical system that began in India. Unlike most other medicines, Ayurveda is considered to be completely natural.

Ayurveda meals plan is an easy to read book that is structured as follows.

- a. introduction to the three types of dosha and their characteristics. In Ayurvedic medicine, dosha represents three energies that circulate in the body and control your physiological activity. The three doshas are: Vata, Pitta, and Kapha
- b. characteristics of each type of dosha and what foods you should consume. For example, Pitta type may experience heartburn after consuming spicy foods.
- c. plenty of recipes to choose from: soups, salads, broths to restore the blood and Qi, smoothies and of course snacks and simple lunches.

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