



# **Alimentación Ayurveda. Para una vida sana, plena y feliz (Spanish Edition)**

*Lic. Laura Podio*

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Los alimentos están vinculados con cada tipo de persona, con la época del año, con el período de la vida que estemos transcurriendo... El Ayurveda, como medicina holística por excelencia, entiende a la alimentación como una herramienta más para lograr la plenitud física y emocional del ser humano. Así, son muy claras sus reglas concernientes a qué debe comer cada biotipo o dosha, lo que aporta grandes beneficios a la salud. Los autores, estudiosos e investigadores de la medicina ayurvédica y de las tradiciones culturales de India, acercan a los lectores toda la información necesaria para ayudarlos a hacer pequeños cambios, graduales y no violentos, en sus hábitos nutricionales que les permitirán disfrutar de una nueva alimentación, más adecuada a sus requerimientos vitales. Deliciosos platos, simples de preparar y con ingredientes fáciles de conseguir, son la llave para descubrir originales sabores y aromas de una culinaria sutil y elaborada que alimenta el cuerpo y el espíritu. Esta tercera edición, ampliada y corregida, incluye 30 nuevas recetas y una sección dedicada a la correcta combinación de los alimentos.

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