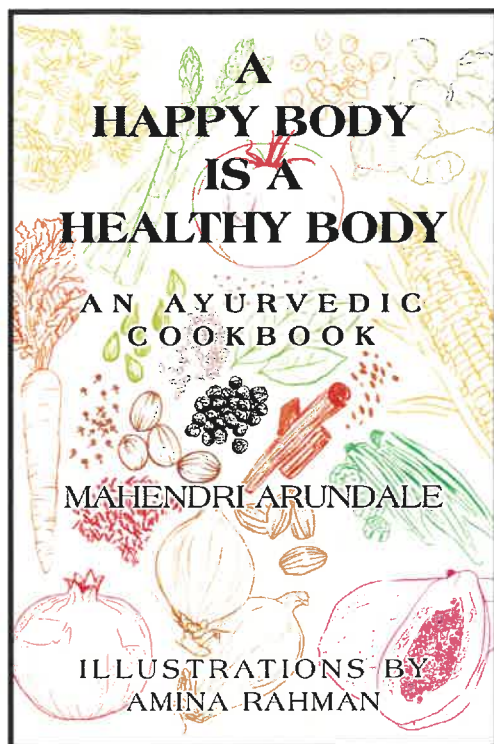


# A HAPPY BODY IS A HEALTHY BODY

An Ayurvedic Cookbook

MAHENDRI ARUNDALE



The people of ancient India turned to their physicians (vaidyas) and wise seers to make their bodies, minds, and spirits happy with a system of diet, healing, and health maintenance called Ayurveda (knowledge of life), which is based on nature and its healing power.

Food was analyzed based on taste, digestion, and “gastric fire” (agni), or the ability to digest and assimilate food. This time-tested system of healing is based on what, when, and how we eat and is documented in the Vedas (books of ancient knowledge).

A Happy Body Is a Healthy Body reveals that most diseases can be traced to an improper diet. Fortunately, nature’s gift to us is food, herbs, and spices to promote healing – as long as we know how to use them.

Drawing on three decades of research, Mahendri Arundale provides more than a plant-based cookbook of recipes and instructions, which would be valuable in itself. She also reveals priceless Vedic knowledge that has endured for thousands of years.

The book also includes a self-assessment to help you discover your body’s energy type, so you take full advantage of rejuvenating recipes and find simple ways to relax when stressed.

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The author **Mahendri Arundale** discovered food is a potent medicine and wrote this cookbook based on nature and its healing power. We cannot avoid disease, decay, old age, and death, but we can delay this process if we use common sense, take the time to eat the right foods, and listen to the wisdom of our bodies.

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