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Le meilleur de la cuisine ayurvédique. A travers de nombreuses recettes traditionnelles indiennes délicieuses, découvrez tous les secrets et les bienfaits de la cuisine ayurvédique millénaire. Apprenez à préparer en toute simplicité un riz basmati à la noix de coco au goût irrésistible, un curry royal à l'ananas, un chutney de mangue verte épicée ou un lassi rafraîchissant parfumé à la rose...

Le meilleur de la cuisine ayurvédique - broché - SYLVAIN ...

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La cuisine ayurvédique. L'ayurvéda est une forme de médecine ancestrale qui place le bien être de l'Homme dans sa globalité au coeur de ses préoccupations. L'alimentation tient une place majeure dans la mise en place d'un mode de vie ayurvédique. On vous en dit plus ci-dessous.

La cuisine ayurvédique - 70000 recettes de cuisine ...

En Inde, la cuisine ayurvédique est un véritable art qui doit être fait avec amour et qui respecte l'équilibre des 5 éléments (la terre, l'eau, le feu, l'air, et l'éther) ainsi que l'équilibre des 6 saveurs que sont le sucré, le salé, l'acide, l'amer, le piquant et l'astringent.

Qu'est ce que la cuisine ayurvédique

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Un large choix de recettes ayurvédiques faciles et simples pour savoir comment équilibrer vata, pitta et kapha à travers une alimentation végétarienne saine, végan, sans gluten et sans lactose. Cook Me Green, cuisine ayurvédique creative par France Franco.

Recettes ayurvédiques végétariennes vegan vata pitta kapha ...

1. Privilégiez les aliments biologiques et frais, plus riches en énergie vitale, et dotés de l'intelligence de la nature : les produits chimiques (engrais, pesticides) utilisés dans l'agriculture intensive ou l'industrie agroalimentaire ont notamment des effets sur votre système hormonal par l'action oestrogénique qu'ils exercent, ce qui peut entraîner d'importants ...

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