

Alchemy of Ayurvedic Cookery

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**When diet and lifestyle is
inappropriate,
medicinals are of no use.**

**When diet and lifestyle is
appropriate,
medicinals are of no
need.**

~ Ayurvedic proverb

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**“Ayurveda teaches
us to cherish our
innate-nature, i.e.,
*“to love and honor
who we are”* - not as
what people think or
tell us, “who we
should be.”**

~Pranaji.com