

Ojas Modern Recipes And Ancient Wisdom For Everyday Ayurveda By Nira Kehar

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"Über den Autor und weitere Mitwirkende Nira Kehar, a native of Montreal, Canada, attended culinary school in Québec, before embarking on a decade-long culinary journey in India. She was the chef-owner of New Delhi's beloved French brasserie Chez Nini, and a collaborator on multiple food projects for different organizations, most notably India Art Fair. Her first book, a self-published art book about storytelling through food, Eating Stories, was created for an event she hosted at the James Beard Foundation in 2014. This is Nira's first cookbook, born out of a passion and lifelong study of Ayurveda."

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May 31st, 2020 - dr gundlapalli's philosophy is to integrate ancient wisdom with modern science she is trained in ayurveda acupuncture and is also a student of anthroposophic medicine she has been sought after as a speaker at several national conventions related to holistic health nutrition and the environment

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a new indian cookbook marries ayurveda to modern cooking

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our story ojas studio

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May 31st, 2020 - ojas studio is a food and lifestyle brand created to spread the benefits love and wonder of ayurveda by reimagining its age old traditions for modern lives kripalu school of ayurveda faculty have supported ojas studio with guidance regarding the contemporary interpretation of ancient ayurvedic wisdom

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bon appetit with multicultural culinary artist nira kehar

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best cookbook releases spring 2018 new book launches

May 3rd, 2020 - courtesy of ojas modern recipes and ancient wisdom for everyday ayurveda if you ask us it s essentially spring and personally that only means one thing looking forward to a fresh batch of seasonal ingredients to help us get out of the culinary rut that is all too inevitable during the cold winter months luckily there is a new crop of cookbooks to help us do just that

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