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Eat-Taste-Heal: An Ayurvedic Cookbook for Modern Living

By Thomas Yarema, Daniel Rhoda, Johnny Brannigan



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Eat.Taste.Heal is a groundbreaking work within the field of holistic health and nutrition, written by a medical doctor, a patient, and an acclaimed chef. A complete guidebook and cookbook in one, Eat.Taste.Heal demystifies the ancient healing science of Ayurveda, humankind's most ancient system of healthy living. The aim of the book is simple: to create harmony within through using common foods and healthy lifestyle practices as medicine. The collection contains over 150 cross-cultural recipes and received a Maverick Award for excellence in photography. The authors are a unique trio: physician, patient, and chef. Dr. Thomas Yarema M.D., director of the Kauai Center for Holistic Medicine and Research, created for his patients an understandable dietary program rooted in common sense. Daniel Rhoda, a patient who found healing through Ayurveda, demystifies the ancient science that helped restore his health. Chef Johnny Brannigan, an internationally trained Ayurvedic chef, has created more than 150 recipes to empower individual healing through the exploration of taste.



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Editorial Review

From Publishers Weekly

Holistic physician Yarema, patient Rhoda and chef Brannigan contribute their individual perspectives on India's ancient medical science, ayurveda, to this attractive volume. Introduced to the system by different routes (disillusionment with Western medical practices, illness and transcendental meditation, respectively), the authors detail an array of ayurvedic techniques (diet, breathing, meditation, exercise, aromatherapy). Much more than a cookbook, this guide can serve as a complete introduction to ayurveda. Readers will learn how to identify their ayurvedic type; detect and treat imbalances and illness; select foods, daily routines and activities best for them; adapt to seasonal and aging patterns; and, most importantly, put the power to heal in their own hands. Based on cuisines from around the globe, the recipes demonstrate how to vary ayurvedic meals to nurture each of the ayurvedic types. The tempting selections include Roasted Sunflower Pâté, Gnocchi with Pumpkin Sauce, Seared Sesame Trout with Coconut Curry Sauce, and Mango and Passion Fruit Cheesecake. The recipes are easy to follow and require little preparation time. The authors stress that adopting an ayurvedic lifestyle requires time, commitment and much self-inquiry, but make an enthusiastic and persuasive case for doing so. Color photos. (Jan. 25)

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From the Publisher

"Ayurvedic cooking for healing is ancient, timeless, practical wisdom based upon taste, hot and cold energy and the post-digestive effect of food at the cellular level. A proper diet is good medicine. In the near future, medical professionals, instead of prescribing just drugs, will suggest proper, individualized balancing recipes to their patients. Dr. Yarema, Daniel Rhoda and Chef Brannigan's profound work in the field of food as medicine, *Eat Taste Heal*, is a most timely and practical guide for people everywhere." - **Dr. Vasant Lad**, author of *Ayurveda: The Science of Self-Healing*

About the Author

Dr. Thomas R. Yarema M.D. is director of the Kauai Center for Holistic Medicine and Research in Hawaii. Daniel Rhoda is a certified Ayurvedic practitioner and former patient of Dr. Thomas Yarema M.D. Chef Johnny Brannigan is an internationally trained Ayurvedic chef with more than 25 years of experience in the food industry.

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Joyce McDonald:

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Leona Hicks:

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