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A holistic medicine practice from India, Ayurveda focuses on balance. It's about getting your body's energies aligned. When it comes to the

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dining table, that means fresh, seasonal and local ingredients combined to promote efficient digestion and harbor anti-inflammatory properties.

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Ayurvedic Cuisine Food is synonymous to a conscious way of living. Hence, it becomes imperative to look at it as a larger concept of □nourishment of the whole self□. Our dietary needs and digestion are affected by the rhythms of nature and constantly changing parameters.



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