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Anjum's Eat Right For Your Body Type: The Super-Healthy Detox Diet Inspired by Ayurveda (published by Da Capo Lifelong Books, \$24.95 USD) is an interesting look at the world of Ayurveda and the foods that suit each of the Ayurvedic Doshas.

### **CookThatBook » COOKBOOK REVIEW Anjum's Eat Right For Your ...**

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Anjum's eat right for your body type : the super-healthy detox diet inspired by Ayurveda. [Anjum Anand] -- Ayurvedic medicine teaches us how to maintain harmony within ourselves and with nature. The system is based on three body types, or doshas, and keeping their tendencies in balance.

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