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Nicky Sitaram Sabnis

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Nach der ayurvedischen Lehre lassen sich mit der geeigneten Ernährung auf sanfte Weise Körper, Seele und Geist reinigen und entgiften und dadurch erfolgreich Gewicht reduzieren und halten. Nach einer Einführung in die Grundlagen des Ayurveda und einem Test zur Bestimmung des eigenen Konstitutionstyps präsentiert Ayurveda-Experte und -Koch Nicky Sabnis 120 neue, typgerechte und alltagstaugliche Rezepte, die das Entschlacken und Abnehmen auch zu einem kulinarischen Erlebnis machen. Die Rezepte lassen sich schnell und einfach zubereiten, brauchen nur wenige, überall erhältliche Zutaten, sind laktose- und glutenfrei und überwiegend vegan. In grosszügiger Gestaltung und mit einer Fülle attraktiver Bilder ein Genuss für alle Sinne.

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