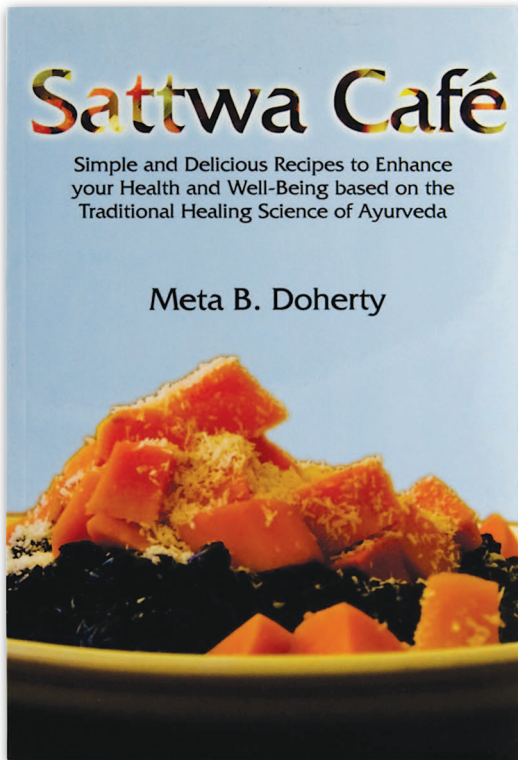


Sattwa Cafe

Delicious Healthy Ayurvedic Recipes



by Meta Doherty
ISBN: 978-0-9409-8587-2
\$19.95; Item # 990041; 336 Pages

“An excellent Ayurvedic cookbook with an incredible range of recipes, including many western dishes and specialties from Australia. A good addition to any Ayurvedic kitchen, Sattwa Cafe will greatly expand your Ayurvedic cooking repertoire.”

-Dr. David Frawley,
author of *Ayurvedic Healing* and *Yoga and Ayurveda*

“This book will take you on an ayurvedic journey. In addition to learning about proper food, you will also become aware of proper food preparation. Eating the correct food is your first level of defence against disease.”

-From the Introduction by Dr. Sunil Joshi,
author of *Ayurveda and Panchakarma*

“Taking a complex science like Ayurveda and bringing it to a simplified level to help people achieve health through proper eating is a major achievement; the recipes are true to the science and yet encouragingly simple to use.”

-Dr. Rajen Cooppan,
author of *Ancient Secrets of Modern Health*

Born and raised in New York City, now living in Western Australia, I am touched lightly and deeply by yoga and ayurveda. Let me persuade you to apply wit and make an effort to raise the integrity of your meals.



Send my order to:

Name: _____

Address: _____

City, State, Zip: _____

Phone: _____

Signature: _____

- Check
- Money order
- CC (Visa, MC, AmEx, Discover)

CC#: _____

Exp. Date: _____

* Shipping in USA:

\$2.50 first book
.75/each add'l book

Note:
Wholesale dealer
inquiries welcome.

Date: _____

I would like to order _____ copies of
Sattwa Cafe: Delicious Healthy Ayurvedic Recipes
by Meta Doherty

Sattwa Cafe: Delicious Healthy Ayurvedic Recipes **\$19.95:** _____

+ Shipping*: _____

WI residents add 5.5% sales tax: _____

Total Enclosed: _____