
Ayurveda & Living Foods

Posted by VisAdhvasa - 2008/05/06 19:11

I've developed a unique way of integrating the best of Ayurvedic and Living Foods wisdom that creates a synergy more powerful for healing and awakening Consciousness than either entity on it's own. I would love to discuss it with anyone open to it. I'm writing from Vancouver, Canada and will be opening a healing centre, Sa.hacAra (means in harmony), in a few months... to know more about me, my work and what is happening right now, please check out my site, bablends.ca - there are some free Rawesome Ayur-Living Foods recipes for you to try.

NAMASTE

Belinda

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Re:Ayurveda & Living Foods

Posted by robin.r@juno.com - 2008/06/03 02:40

Belinda,
I would love to see and try the recipes on your site, but I couldn't find them. I went to the page, but no recipes. Please tell me how to get to them. Thank you!
Robin

PS Do you have anything to help with eczema?

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Re:Ayurveda & Living Foods

Posted by VisAdhvasa - 2008/06/03 02:55

Hi Robin,

It was great to hear from you. There are a lot of menu items on my site, so it wouldn't surprise me if the recipes might not be obvious to some - here is the link:

http://bablends.ca/index.php?option=com_content&view=section&id=9&Itemid=43

just scroll down and you'll see the recipe titles (just click on one to get the pdf).

And yes, I do have a few things to help with eczema, including an organic salve and food & lifestyle guidelines to treat it at its source - it's the balance of what you eat and do on a daily basis that is the strongest medicine.

Namaste

Belinda

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