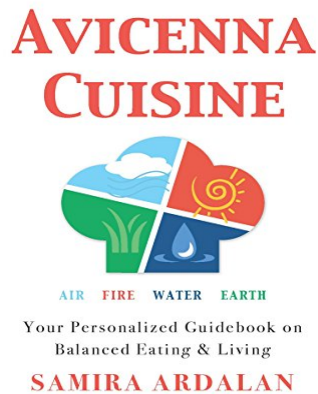


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Beschreibung:

Ausgabe **KINDLE**

In Avicenna Cuisine, Samira Ardalan introduces a new system of eating healthy, based on the temperament of the individual and temperament of the foods and drinks we eat.

She explains how good health begins in our digestive system. As you will learn, this system is inspired by the legendary Physician and Philosopher, Avicenna, also known as Ibn Sina. Avicenna Cuisine's integrative approach to health and cuisine has all the answers you have been long searching for when it comes to understanding your body's reaction to foods according to your temperament. Reading this book can help you improve your social, mental, physical, emotional and spiritual overall health by determining your temperament through a Temperament Test, and then matching you with the correct temperament of foods you should be eating for your particular nature to maintain balance.