

Introduction to Ayurvedic Vegetarian Cooking

A Highway to Health

October 28th, 2017: 10am -1pm

Our body is a machine for creating consciousness from food. What, when and how we eat matters.

Come join Dr. Marc Edwards for an enlightening program on health and nutrition. He is a family physician, master cook and former omnivore who has studied and practiced Ayurveda (“Science of Life”) for over 30 years. He will show you how to apply this ancient wisdom to eat your way to health, vitality and longevity.

Ayurveda is the original owner’s manual for the human body. It offers a framework for understanding our individual differences and how to harmonize with them to maintain balance in an ever-changing world. In short, Ayurveda is a gift from the Creator to help us enjoy bliss and avoid suffering.

Ayurvedic vegetarian cooking deeply nourishes mind and body. It satisfies both stomach and heart. It also supports spiritual progress and the growth of higher consciousness. Nothing is sacrificed in following Ayurvedic principles. This program will help you navigate the learning curve in comfort.

You’ll learn the basics of Ayurveda and sample a variety of delicious, easy-to-prepare dishes featuring the bounty of Peaceful River Farm’s fall harvest and international flavors. You’ll take home a quick guide to Ayurveda and a handful of new recipes. If you’re squeamish about trying new things, read [Green Eggs & Ham](#) by Dr. Seuss before you come. You too may be delightfully surprised.

When reserving a seat for this program, be sure to let us know if you have any food sensitivities or preferences so Dr. Edwards can accommodate them in planning the menu. You’ll find out why a lacto-vegetarian diet is considered ideal, but even committed vegans won’t leave hungry. Don’t forget to order a Peaceful River Farm produce box.

Learn more about Dr. Edwards and Ayurveda at <https://qatogi.com/ayurveda/>