



Healthy Vegetarian

Sri Swami Satchidananda

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The Healthy Vegetarian discusses, in clear simple terms, the contribution that a vegetarian diet can make to one's physical, mental and spiritual well-being. Both new and long-time vegetarians can benefit from information on matters such as when and when not to eat, how to eat, the properties of food, handling compulsive eating, the effects of food on the mind, and healing through diet. A seven-day selection of menus and recipes for delicious vegetarian meals is included. The book also contains a forward by Dean Ornish, M. D. (author of Reversing Heart Disease).

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