



About the Author



I am Vaishali Parekh, a resident of Kolkata, India and a Graduate Nutritionist. My passion for health and nutrition and a natural love for cooking drove me to come up with the website www.indian-cooking.info in the year 2007.

I perpetually keep on searching for new ideas and information related to cooking, health and nutrition. Wherever I go and whatever I do, my antennas are always alert for any whiff of something new and interesting. As soon as I get hold of an interesting piece of info, I process it and deliver it to my readers with the help of my site.

Most of the times I deliver info for free. But at times when the cost of acquiring specialized info is quite high, I am left with no other option but to charge my readers.

Enjoy this free e-book, and after you have finished, don't forget to visit the link below for some well researched specialized information.

<http://www.indian-cooking.info/HomeRemedies/eBook.htm>

Vaishali Parekh



List of Recipes

Carrot and Lentil Soup	-	-	-	-	-	-	-	-	4
Chicken and Vegetable Soup	-	-	-	-	-	-	-	-	6
Green Goddess and Garlic Soup	-	-	-	-	-	-	-	-	8
Roasted Tomato Carrot and Pepper Soup	-	-	-	-	-	-	-	-	9
South Indian Peppery Water	-	-	-	-	-	-	-	-	11
Spiced Cauliflower Soup	-	-	-	-	-	-	-	-	12
Sweet Potato And Spinach Soup	-	-	-	-	-	-	-	-	14
Yoghurt And Chili Soup	-	-	-	-	-	-	-	-	15
Beetroot, Spinach and Broccoli Salad	-	-	-	-	-	-	-	-	17
Carrot and Orange Salad	-	-	-	-	-	-	-	-	18
Coronation Chicken	-	-	-	-	-	-	-	-	19
Curried Sweet Potato, Banana and Broccoli Salad	-	-	-	-	-	-	-	-	21
Peppery Bean Salad	-	-	-	-	-	-	-	-	22
Spicy Baby-Vegetables Salad	-	-	-	-	-	-	-	-	23
Spicy Potato Salad	-	-	-	-	-	-	-	-	24
Spinach and Mushroom Salad	-	-	-	-	-	-	-	-	26
Sweet Potato and Carrot Salad	-	-	-	-	-	-	-	-	27
Yoghurt Salad	-	-	-	-	-	-	-	-	29



Carrot and Lentil Soup

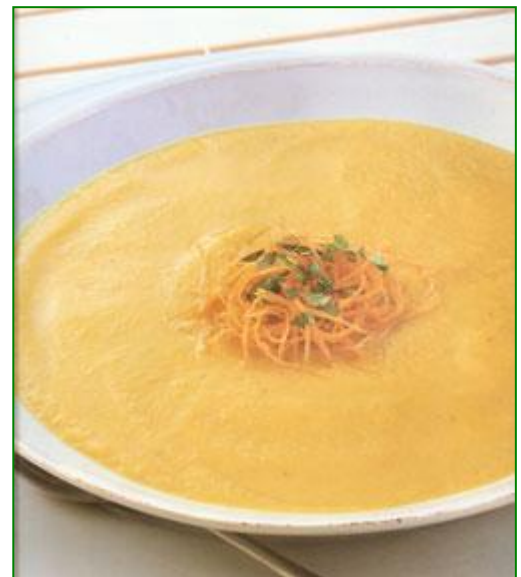
Preparation Time	Serves
45 minutes	6

Ingredients :

✓ Carrots – 4 large	✓ Sesame oil – 1 tbsp
✓ Red lentils – 200 gms	✓ Celery sticks - 2
✓ Onion – 1	✓ Salt – to taste
✓ Garlic- 2 cloves	✓ Freshly ground Black Pepper – to taste
✓ Vegetable stock – 1.5 litre	✓ Fresh Coriander, chopped – 2 tbsp

Method :

- ❖ Peel onion and chop roughly. Crush, peel and chop garlic.
- ❖ Heat oil in a large saucepan and sauté onion and garlic over a medium heat for 5 minutes or until soft.
- ❖ Pour in stock and bring to the boil.
- ❖ Trim celery and cut up roughly.
- ❖ Scrub carrots, trim ends and cut up roughly. Wash lentils. Add carrots, celery and lentils to stock.
- ❖ Cover and cook for 10-15 minutes or until carrots are cooked.
- ❖ Puree soup in a blender or, for a more coarse soup, a food processor.





- ❖ Season to taste with salt and pepper.
- ❖ Serve hot garnished with coriander.

~ ~ - * - ~ ~



Chicken and Vegetable Soup

Preparation Time	Serves
30 minutes	4

Ingredients :

✓ Boneless, skinless Chicken – 200 gms	✓ Spinach – 1 bunch
✓ Onion – 1	✓ Broccoli – 1 head (optional)
✓ Oil – 2 tbsp	✓ Carrot – 1
✓ Chicken Stock – 1 litre	✓ Tomatoes – 2
✓ Sweet Potato – 1 medium	✓ Garlic – 2 cloves

Method :

- ❖ Peel onion and chop finely. Peel garlic and chop finely.
- ❖ Heat oil in a large saucepan and sauté onion and garlic for 5 minutes until clear but not colored.
- ❖ Add chicken stock and bring to boil.
- ❖ Peel sweet potato. Cut into chunks and add to stock mixture. Cover and cook for 10 minutes or until sweet potato is cooked.
- ❖ Wash and trim spinach. Wash broccoli and cut into small florets.
- ❖ Scrub carrot and cut into thin slices. Cut chicken into bite-sized pieces.
- ❖ Cut tomatoes into small cubes. When sweet potato is cooked, mash





coarsely in the liquid with a potato masher.

- ❖ Bring to the boil and add spinach, broccoli, carrot and chicken. Cook for 5 minutes or until chicken is cooked.
- ❖ Serve topped with chopped tomatoes.

~ ~ - * - ~ ~

Green Goddess and Garlic Soup

Preparation Time	Serves
40 minutes	4

Ingredients :

<ul style="list-style-type: none"> ✓ Spinach – 1 bunch ✓ Cabbage leaves – 4 ✓ Iceberg lettuce – ½ (optional) ✓ Garlic – 6 cloves ✓ Chicken /Vegetable Stock – 1.5 litre 	<ul style="list-style-type: none"> ✓ Parsley – 6 sprigs ✓ Bay leaf – 1 ✓ Thyme – 1 sprig ✓ Brown rice – 100 gms ✓ Wholegrain Bread, to serve with
--	--

Method :

- ❖ Wash spinach and trim stalks if necessary. Cut thick core from cabbage and discard.
- ❖ Roughly chop cabbage and lettuce. Peel and crush garlic.
- ❖ Put the stock in a large saucepan.
- ❖ Add vegetables, garlic, bay leaf, thyme and brown rice.
- ❖ Cover and cook for 20 minutes, or until rice is cooked.
- ❖ Blend or process.
- ❖ Serve with croutons of toasted whole grain bread.



Roasted Tomato Carrot and Pepper Soup

Preparation Time	Serves
20 minutes + 40 minutes for baking	6

Ingredients :

<ul style="list-style-type: none"> ✓ Tomatoes - 2 kg ✓ Carrots- 2 ✓ Red peppers – 2 ✓ Onions - 2 ✓ Garlic – 4 cloves 	<ul style="list-style-type: none"> ✓ Finely chopped chili – 1 tsp ✓ Vegetable stock – 500 ml ✓ Cabbage leaf – 1 small ✓ Oil – 1 tsp ✓ Toasted Wholegrain Bread
---	---

Method :

- ❖ Cut a cross in the stem end of tomatoes. Place in an ovenproof dish.
- ❖ Peel onions and cut into quarters. Place in dish with tomatoes.
- ❖ Wash unpeeled garlic. Add to dish.
- ❖ Cut peppers in half. Remove seeds and place cut-side down in dish.
- ❖ Bake vegetables at 200°C/ Gas 6 for 40 minutes.
- ❖ Remove from oven and peel off tomato skins. Squeeze garlic from skins.
- ❖ Put tomatoes, garlic, roasted vegetables and chili in the bowl of a food processor or blender and process until smooth.





- ❖ Pour into a saucepan. Add a little stock to processor or blender and process to remove vegetable residue.
- ❖ Pour into saucepan with the rest of the stock. Bring to the boil.
- ❖ Roll cabbage leaf up tightly and shred very finely.
- ❖ Serve soup garnished with cabbage shreds and drizzle a little oil. Put some fingers of toasted wholegrain bread.

~ ~ - * - ~ ~



South Indian Peppery Water

Preparation Time	Serves
30 minutes	4

Ingredients :

✓ Black Pepper - ½ tsp	✓ Garlic, crushed - 2 cloves
✓ Cumin Seeds - 1 tsp	✓ Tomato Juice - 1 ¼ cups
✓ Mustard Seeds - ½ tsp	✓ Lemon Juice - of 2 lemons
✓ Asafoetida - ¼ tsp	✓ Oil – 2 tbsp
✓ Turmeric Powder - ½ tsp	✓ Water - ½ cup
✓ Dried Red Chilies - 2	✓ Salt - to taste
✓ Curry Leaves - 4-6	✓ Fresh Coriander, chopped - to garnish

Method :

- ❖ Heat the oil in a pan and fry the first 8 ingredients until the chilies are nearly black and the garlic is golden brown.
- ❖ Lower the heat and pour in the tomato juice, lemon juice and water.
- ❖ Bring to the boil then simmer for 10 minutes.
- ❖ Season to taste with salt.
- ❖ Pour into heated bowls, garnish with the chopped coriander if you like, and serve.

~ ~ - * - ~ ~



Spiced Cauliflower Soup

Preparation Time	Serves
45 minutes	4-6

Ingredients :

<ul style="list-style-type: none">✓ Cauliflower, chopped - 1 small✓ Potato, diced - 1 large✓ Onion, chopped - 1✓ Oil - 1 tbsp✓ Garlic, crushed - 1 clove✓ Fresh Ginger, grated - 1 tbsp✓ Turmeric Powder - 2 tsp	<ul style="list-style-type: none">✓ Cumin Seeds - 1 tsp✓ Black Mustard Seeds - 1 tsp✓ Coriander Powder - 2 tsp✓ Vegetable stock - 4 cups✓ Natural Low Fat Yoghurt - 1 ¼ cups✓ Salt & Black Pepper - to taste✓ Fresh Coriander - to garnish
--	--

Method :

- ❖ Put the potato, cauliflower and onion into a large heavy pan with the oil and 3 tbsp water.
- ❖ Heat until hot and bubbling, then stir well, cover the pan and turn the heat down.
- ❖ Continue cooking the mixture for about 10 minutes.
- ❖ Add the garlic, ginger and spices.
- ❖ Stir well and cook for another 2 minutes, stirring occasionally.





- ❖ Pour in the stock and season well. Bring to the boil, then cover and simmer for about 20 minutes.
- ❖ Puree in a food processor and return to the pan.
- ❖ Stir in the yoghurt, adjust the seasoning, and serve, garnished with coriander or parsley.

~ ~ - * - ~ ~



Sweet Potato And Spinach Soup

Preparation Time	Serves
30 minutes	4

Ingredients :

<ul style="list-style-type: none"> ✓ Sweet potatoes – 2 ✓ Spinach – 1 bunch ✓ Onion – 1 ✓ Garlic – 2 cloves 	<ul style="list-style-type: none"> ✓ Chicken or vegetable stock – 900 ml ✓ Olive Oil – 1 tbsp ✓ Celery sticks - 2
---	--

Method :

- ❖ Peel onion and chop roughly. Crush, peel and chop garlic.
- ❖ Heat oil in a large saucepan and sauté onion and garlic for 5 minutes or until soft.
- ❖ Trim celery and chop. Add to pan and sauté for 2 minutes.
- ❖ Add stock and bring to boil.
- ❖ Peel sweet potatoes and cut into pieces.
- ❖ Add to stock mixture.
- ❖ Cover and cook for 10 minutes. Wash spinach.
- ❖ Puree soup in a blender or food processor with spinach.
- ❖ Reheat if necessary before serving.

~ ~ - * - ~ ~



Yoghurt And Chili Soup

Preparation Time	Serves
35 minutes	4

Ingredients :

<ul style="list-style-type: none">✓ Natural low fat yogurt, beaten -2 cups✓ Gram Flour - 4 tbsp✓ Chili Powder - ½ tsp✓ Turmeric Powder - ½ tsp✓ Salt -to taste✓ Fresh Green Chilies, finely chopped -2	<ul style="list-style-type: none">✓ Vegetable Oil - 2 tbsp✓ Dried Red Chilies, whole -4✓ Cumin Seeds - 1 tsp✓ Curry Leaves - 3-4✓ Garlic, crushed - 3 cloves✓ Fresh Ginger, crushed - 2" piece✓ Fresh Coriander, chopped - to garnish
---	---

Method :

- ❖ Mix the yogurt, gram flour, chili powder, turmeric powder and salt in a bowl. Press the mixture through a strainer into a pan.
- ❖ Add the green chilies and simmer for 10 minutes without boiling, stirring occasionally.
- ❖ Heat the oil a heavy pan and fry the remaining spices, crushed garlic and fresh ginger until the dried chilies turn black.
- ❖ Pour the oil and the spices over the yogurt soup, cover the pan and leave





to rest for 5 minutes off the heat.

- ❖ Mix well and gently reheat for a further 5 minutes.
- ❖ Ladle into warmed soup bowls and serve hot, garnished with the coriander leaves.

~ ~ - * - ~ ~

Beetroot, Spinach and Broccoli Salad

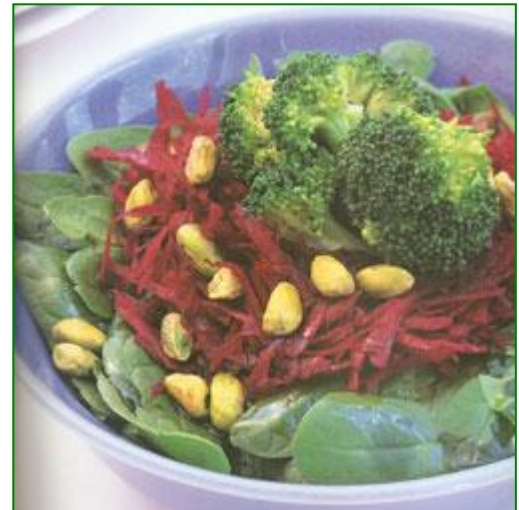
Preparation Time	Serves
25 minutes	6

Ingredients :

<ul style="list-style-type: none"> ✓ Beetroot – 2 medium ✓ Baby Spinach – 2 large handfuls ✓ Broccoli – 1 head ✓ Shelled Pistachio nuts – 80 gms 	<ul style="list-style-type: none"> ✓ Oil – 3 tsp ✓ Vinegar – 1 tsp ✓ Freshly Ground Black Pepper – to taste
--	--

Method :

- ❖ Wash broccoli and cut into florets.
- ❖ Pour boiling water over broccoli and leave for 5 minutes. Drain and refresh under cold water and drain again.
- ❖ Peel beetroot and grate coarsely.
- ❖ Arrange washed spinach leaves over the base of a bowl or serving platter.
- ❖ Top with grated beetroot. Scatter over broccoli and pistachio nuts.
- ❖ Drizzle over the oil and vinegar. Grind over black pepper and serve.



~ ~ - * - ~ ~

Carrot and Orange Salad

Preparation Time	Serves
20 minutes	4

Ingredients :

<ul style="list-style-type: none"> ✓ Carrots – 450 gms ✓ Oranges – 2 large ✓ Olive Oil – 1 tbsp ✓ Lemon juice – 2 tbsp 	<ul style="list-style-type: none"> ✓ Granulated Sugar – a pinch, optional ✓ Pistachio nuts, hopped – 2 tbsp ✓ Salt and Black Pepper – to taste
--	---

Method :

- ❖ Peel the carrots and grate them into a large bowl.
- ❖ Peel the oranges with a sharp knife and cut into segments, catching the juice in a small bowl.
- ❖ Mix together the olive oil, lemon juice and orange juice.
- ❖ Season with a little salt and pepper to taste, and sugar if you like.



~ ~ - * - ~ ~



Coronation Chicken

Preparation Time	Serves
45 minutes	6

Ingredients :

<ul style="list-style-type: none">✓ New Potatoes – 450 gms✓ Spring Onions, chopped – 3 sticks✓ Eggs, hard-boiled and halved – 6✓ Frilly Lettuce Leaves – a few✓ Cucumber, cut into thin strips – ¼✓ Radishes, sliced – 6 large✓ Salad cress – optional, a few	<p>For the Coronation Dressing:</p> <ul style="list-style-type: none">✓ Olive Oil – 2 tbsp✓ Onion, chopped – 1 small✓ Mild Curry Powder – 1 tbsp✓ Tomato puree – 2 tsp✓ Lemon juice – 2 tbsp✓ Salt and Pepper – to taste✓ Mayonnaise – 1 ¼ cups✓ Natural yogurt – 2/3 cup
---	--

Method :

- ❖ Boil the potatoes in salted water until tender. Drain them, transfer to a large bowl.
- ❖ Stir in the spring onions and the salt and pepper, and leave to cool thoroughly.
- ❖ Meanwhile, make the coronation dressing.
- ❖ Heat the oil in a small pan. Fry the onion for 3 minutes, until soft.
- ❖ Stir in the curry powder and fry for a further 1 minute.
- ❖ Remove from heat and mix in all other dressing ingredients.





- ❖ Stir the dressing into the potatoes, add the eggs. Then chill.
- ❖ Line a serving platter with lettuce leaves and pile the salad in the centre.
- ❖ Scatter over the cucumber and radishes with the cress, if using.

~ ~ - * - ~ ~



Curried Sweet Potato, Banana and Broccoli Salad

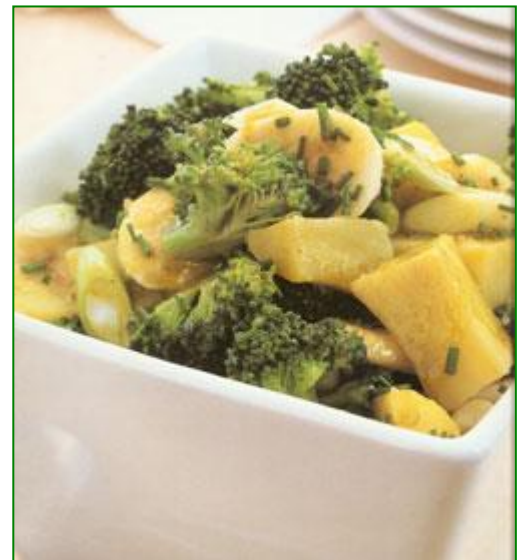
Preparation Time	Serves
45 minutes	4

Ingredients :

✓ Sweet Potatoes – 1 medium	✓ Curry Powder – 2 tsp
✓ Bananas – 2	✓ Olive Oil – 125 ml
✓ Broccoli – 1 head	✓ Lemon Juice – 125 ml
✓ Spring Onions – 4	

Method :

- ❖ Peel sweet potatoes and cut into pieces.
- ❖ Boil or steam for 15-20 minutes or until tender. Drain and cool.
- ❖ Cut into cubes. Place in a large bowl.
- ❖ Wash broccoli and cut into florets. Blanch in boiling water for about 3 minutes.
- ❖ Drain and refresh under cold water and drain again. Add to the bowl.
- ❖ Cut spring onions into diagonal slices.
- ❖ Peel bananas and cut into diagonal slices. Toss in lemon juice.
- ❖ Add spring onions and bananas to bowl. Mix curry powder and oil together. Gently mix through vegetable and banana mixture.
- ❖ Serve.





Peppery Bean Salad

Preparation Time	Serves
50 minutes	8

Ingredients :

<ul style="list-style-type: none"> ✓ Kidney Beans, boiled – 400 gms ✓ Black Eyed Beans, boiled – 400 gms ✓ Chickpeas, boiled – 400 gms ✓ Red Bell Pepper – ¼ ✓ Green Bell Pepper – ¼ ✓ Radishes – 6 ✓ Spring onion, chopped – 1 tbsp 	<p>For the Dressing :</p> <ul style="list-style-type: none"> ✓ Ground Cumin – 1 tsp ✓ Tomato Ketchup – 1 tbsp ✓ Olive Oil – 2 tbsp ✓ Vinegar – 1 tbsp ✓ Garlic, crushed – 1 clove ✓ Hot Pepper Sauce – ½ tsp
---	--

Method :

- ❖ Tip the red kidney beans, black-eyed beans and chickpeas in a large bowl.
- ❖ Core, deseed and chop the peppers. Trim the radishes and slice thinly. Add the peppers, radishes and spring onions to the bowl.
- ❖ Make the dressing. Mix together the cumin, tomato ketchup, oil, vinegar and garlic in a small bowl.
- ❖ Add a little salt and hot pepper sauce to taste and stir again thoroughly.
- ❖ Pour the dressing over the salad and mix.
- ❖ Cover the salad and chill for at least 1 hour before serving, garnished with the sliced spring onions.

~ ~ - * - ~ ~



Spicy Baby-Vegetables Salad

Preparation Time	Serves
30 minutes	6

Ingredients :

<ul style="list-style-type: none">✓ Baby potatoes, halved – 10✓ Baby carrots – 15 <p>For the Dressing :-</p> <ul style="list-style-type: none">✓ Lemon juice – 3 tbsp✓ Oil – 1 ½ tsp	<ul style="list-style-type: none">✓ Baby courgettes (zucchini) – 10✓ Button Mushrooms – 1 ½ cups✓ Fresh Green Chilies, finely sliced – 2✓ Fresh Coriander leaves, chopped – 1 tbsp✓ Salt – to taste
--	---

Method :

- ❖ Boil the potatoes, carrots and courgettes in water until tender.
- ❖ Drain them and place in a serving dish with the mushrooms.
- ❖ Make the dressing in a separate bowl.
- ❖ Mix together the lemon juice, oil, fresh coriander, salt and chilies.
- ❖ Toss the vegetables in the dressing and serve immediately.

~ ~ - * - ~ ~



Spicy Potato Salad

Preparation Time	Serves
40 minutes	6

Ingredients :

<ul style="list-style-type: none">✓ Potatoes – 900 gms✓ Red Bell Peppers – 2✓ Celery Sticks – 2✓ Spring onions – 3✓ Fresh Green Chili – 1✓ Garlic, crushed – 1 clove✓ Fresh Basil, finely chopped – 2 tsp	<ul style="list-style-type: none">✓ Fresh Parsley, finely chopped – 1 tbsp✓ Single Cream – 2 tbsp✓ Mayonnaise – 3 tbsp✓ Mild Mustard – 1 tsp✓ Granulated Sugar – 1 ½ tsp✓ Salt – to taste
---	--

Method :

- ❖ Peel the potatoes. Boil in salted water for 10-12 minutes, until tender. Drain and cool, then cut into cubes and place in a large mixing bowl.
- ❖ Halve the peppers, cut away and discard the core and seeds and cut the flesh into small pieces.
- ❖ Finely chop the celery, spring onions and slice the chili very thinly discarding the seeds.
- ❖ Add the vegetables to the potatoes together with the garlic and the herbs.





- ❖ Mix the cream, mayonnaise, mustard and sugar in a small bowl, stirring until the mixture is well combined.
- ❖ Pour the dressing over the salad and stir gently to coat evenly.
- ❖ Serve.

~ ~ - * - ~ ~



Spinach and Mushroom Salad

Preparation Time	Serves
25 minutes	6

Ingredients :

<ul style="list-style-type: none"> ✓ Spinach Leaves – 20, small ✓ Baby Corn Cobs – 10 ✓ Mushroom, boiled – 3 cups ✓ Tomatoes – 2 medium 	<ul style="list-style-type: none"> ✓ Onion rings – 8 -10 ✓ Salt and Black Pepper – to taste ✓ Fresh Coriander sprigs and lime slices - to garnish, if wished
---	---

Method :

- ❖ Cook the baby corn cobs for only about 3 minutes.
- ❖ Halve the baby corn cobs and slice the mushrooms and tomatoes.
- ❖ Arrange all the salad ingredients in a bowl.
- ❖ Season with salt and pepper and garnish with fresh coriander and lemon slices, if wished.



~ ~ - * - ~ ~

Sweet Potato and Carrot Salad

Preparation Time	Serves
40 minutes	6

Ingredients :

<ul style="list-style-type: none"> ✓ Sweet Potato – 1 medium ✓ Carrots, cut into diagonal slices – 2 ✓ Tomatoes – 3 medium <p>For the Dressing:</p> <ul style="list-style-type: none"> ✓ Honey – 1 tbsp ✓ Natural Yogurt – 6 tbsp 	<p>For the Garnish :</p> <ul style="list-style-type: none"> ✓ Sultanas – 1 tbsp ✓ Walnuts – 1 tbsp ✓ Onion, cut into rings – 1 small ✓ Iceberg Lettuce Leaves – 8-10 ✓ Chickpeas, boiled – ½ cup ✓ Black Pepper, coarsely ground – 1 tsp ✓ Salt – ½ tsp
--	--

Method :

- ❖ Peel and dice the sweet potato. Cook in boiling water until soft but not mushy, remove from the heat, cover the pan and set aside.
- ❖ Cook the carrots in a pan of boiling water for just a few minutes, making sure that they remain crunchy. Add the carrots to the sweet potatoes.
- ❖ Drain the water from the sweet potatoes and carrots and mix them together in a bowl.





- ❖ Slice the tops off the tomatoes, then scoop out and discard the seeds. Roughly chop the flesh.
- ❖ Line a glass bowl with the lettuce leaves.
- ❖ Add the carrots, chickpeas and tomatoes to the potatoes and carrots. Mix lightly, and then spoon the mixture into the lettuce-lined bowl.
- ❖ Mix together all the dressing ingredients and beat using a fork.
- ❖ Garnish the salad with the walnuts, sultanas and onion rings. Pour the dressing over the salad or serve it in a separate bowl.

~ ~ - * - ~ ~

Yoghurt Salad

Preparation Time	Serves
25 minutes	4

Ingredients :

<ul style="list-style-type: none"> ✓ Natural Yogurt – 1 ½ cups ✓ Carrots, thickly sliced – 2 medium ✓ Spring Onions, roughly chopped – 2 ✓ Cabbage, finely shredded – 115 gms 	<ul style="list-style-type: none"> ✓ Honey – 2 tsp ✓ Sultanas – 1/3 cup ✓ Cashew nuts, optional – ½ cup ✓ White Grapes, halved – 16 ✓ Salt – ½ tsp ✓ Fresh Mint, chopped – 1 tsp
---	--

Method :

- ❖ Using a fork, beat the yogurt in a bowl with the honey.
- ❖ Take a separate bowl, which will be suitable for serving the salad.
- ❖ Mix together the carrots, spring onions, cabbage, sultanas, cashew nuts (if you are using them), grapes, salt and chopped mint.
- ❖ Pour the sweetened yogurt mixture over the salad.
- ❖ Mix well and serve.



~ ~ - * - ~ ~



Nature & Us

In ancient times man was completely at the mercy of nature. Sometimes nature was extremely harsh on him, but at the same time it also took care of him by providing him with all the resources that he needed to survive.

It provided him with all the foods and medicines for him to stay healthy and active. In due course, man prospered and developed in every way possible – intellectually, financially and physically.

Slowly and surely man started drifting away from his roots and today things have come to such a head that he has almost forgotten where his roots are. He has begun considering himself as the Supreme Being who can control everything. In his pursuit of material possessions, he has become blind to the fact that nature has its own way of striking back. And when it does, all his acquired power will not be able to save him, as we have seen so many times in the past.

So, why not try to reconnect with our roots?

Why not try some simple and natural home remedies whenever you are down with some common ailment, instead of running to the doctor?

I have developed an e-book on such remedies with painstaking effort, for you to go through. It shall be your asset throughout life.

Check it out.

<http://www.indian-cooking.info/HomeRemedies/ebook.htm>