

Ayurveda meets monastery healing herbs



Volker Mehl
Cook Yourself Healthy
[Koch dich gesund]
Therapeutically effective
recipes for physical and psychic
health

Südwest
160 pages
Format 21,0 x 26,0 cm
March 2020
With ca. 60 4c photos
More than 40,000 books by Volker Mehl
sold

Volker Mehl, born in 1976, is an Ayurveda chef and health counsellor. For over ten years he has been involved with holistic healing methods. In 2007 he founded the label *Koch dich glücklich*, studied with the master chef Harald Wohlfahrt, and moderated a live Ayurveda cooking show. He is a freelance writer for periodicals, including the *Yoga Journal*, and manages his own cooking school.

With his tenth book on Ayurveda, celebrity chef Volker Mehl's long-held dream has come to pass: he has succeeded in combining European monastic medicine with Indian health doctrine, and he is able to demonstrate the amazing healing possibilities of this wonderful fusion.

Along with some 60 instructions for preparing remedies and recipes, readers will also encounter tasty, surprising dishes of Mehl's own cuisine. He presents his personal top ten of local herbs and their healing properties along with ten Ayurvedic life principles for living. In addition, he introduces the famous Lorsch Monastery pharmacopoeia and reveals kitchen secrets of the renowned medieval healer Hildegard von Bingen. In all of his recipes he includes informative and entertaining commentaries.

In collaboration with the renowned food photographer Wolfgang Schardt, Volker Mehl has created an aesthetically superb and very personal volume. • Ayurveda teachings combined with common herbs • 60 fantastic recipe and atmospheric photos • With an extensive herb catalogue from both cultures