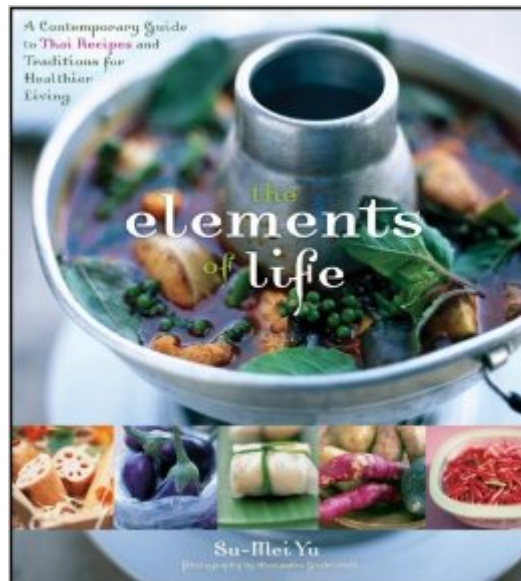


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# The Elements Of Life: A Contemporary Guide To Thai Recipes And Traditions For Healthier Living



## Synopsis

This beautifully designed book includes an interactive wheel that helps you calculate your elemental sign. Explains how to plan meals appropriate to your home element. Offers tempting recipes for every home element, season, and time of day. Shares dishes with a delicious variety of ingredients and flavors, from Cold Soba Noodles to Stir-Fried Chicken or Port with Watermelon Rind. Contains beauty, mind, and spirit sections with recipes for face masks, hair treatments, and massage oils based on each home element. Features more than 120 full-color photographs of finished dishes and life in Thailand. Written by the IACP Award-winning author of *Cracking the Coconut* and *Asian Grilling*, the simple, inspiring recipes and straightforward, easy-to-follow advice found in *The Elements of Life* will inspire you to live according to the elements and follow a traditional path to health, beauty, longevity, and inner peace.

## Book Information

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## Customer Reviews

*The Elements of Life* may look like a coffee table book, but it is so much more. It serves as a doorway into the Thai way of life and traditions. Follow the steps and the adventure begins. For the interested reader, this book enables an uncomplicated method of incorporating Thai recipes for food and health/well-being. The first step is to use the included *Elements of Life* wheel to determine the reader's applicable Home Element. This step took only a couple of minutes. The elements are earth, water, wind and fire. An individual may have one or two home elements. Once the home element is determined, the Basics Chapter offers general guidance. Read that section first and then turn to the applicable home element chapter for specific guidance for eating and well-being. The entire process

is fascinating and encompassing. After using the Elements of Life wheel my home element result was approximately 2/3 water and 1/3 earth. Both the water and earth chapters apply to me, with a stronger emphasis on water. I first checked the Earth chapter. The contents include Food for Health, Hot weather recipes, Rainy weather recipes, a chart that incorporates the aromas and flavors of the element making it easy to see how to add items most beneficial to me in my cooking and life based on my home element(s). The Bliss section of the chapter offers advice to optimize physical being and includes recipes for facial masks, a foot rub, hair conditioner along with a section of special scents (like cedar, sandalwood, patchouli, juniper berry, etc.) that are complimentary, massage oils, sachets and finally traditional remedies for minor ailments. The Water and other home element chapters are similarly organized. The book is lushly illustrated although every dish is not pictured.

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