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Simple & Natural

Recipes and Rituals for Well-Being in Every Season

Authors: Clémence Catz (Text) - Linda Louis (Photographer)

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"Dive into these painterly photos, an invitation to life's pleasures, inner joys. A fount of Ayurvedic advice, information, and discovery: East and West wedded for every season of the year, of life."

Taking a naturopathic approach, Clémence Catz counsels us on diet, health, and fitness.

Each chapter corresponds to a season, featuring dietary advice and "slow food" recipes that will provide health and energy. As a bonus, physical exercises (yoga positions), a focus on healing practices (massage with oil, plant remedies), and interviews with professionals (naturopath, beekeeper, organic farmer) committed to making the world a better place.
