Ayurvedische Ernährungspyramide

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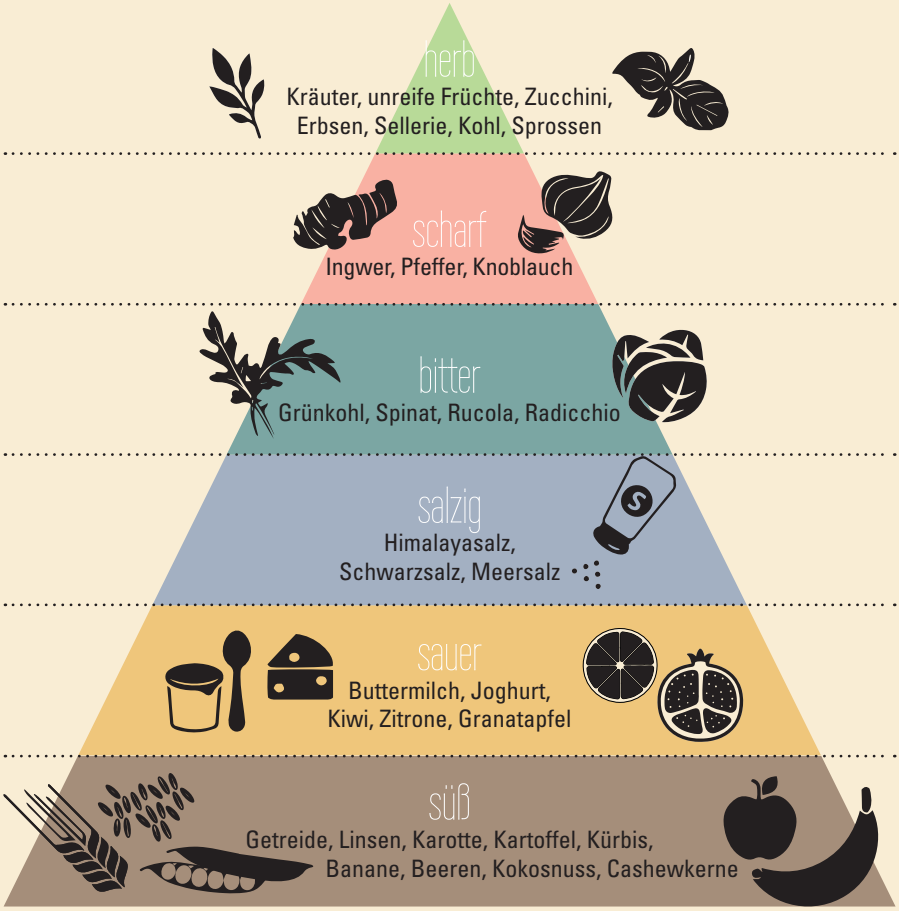
Vata-ausgleichende Geschmacksrichtung



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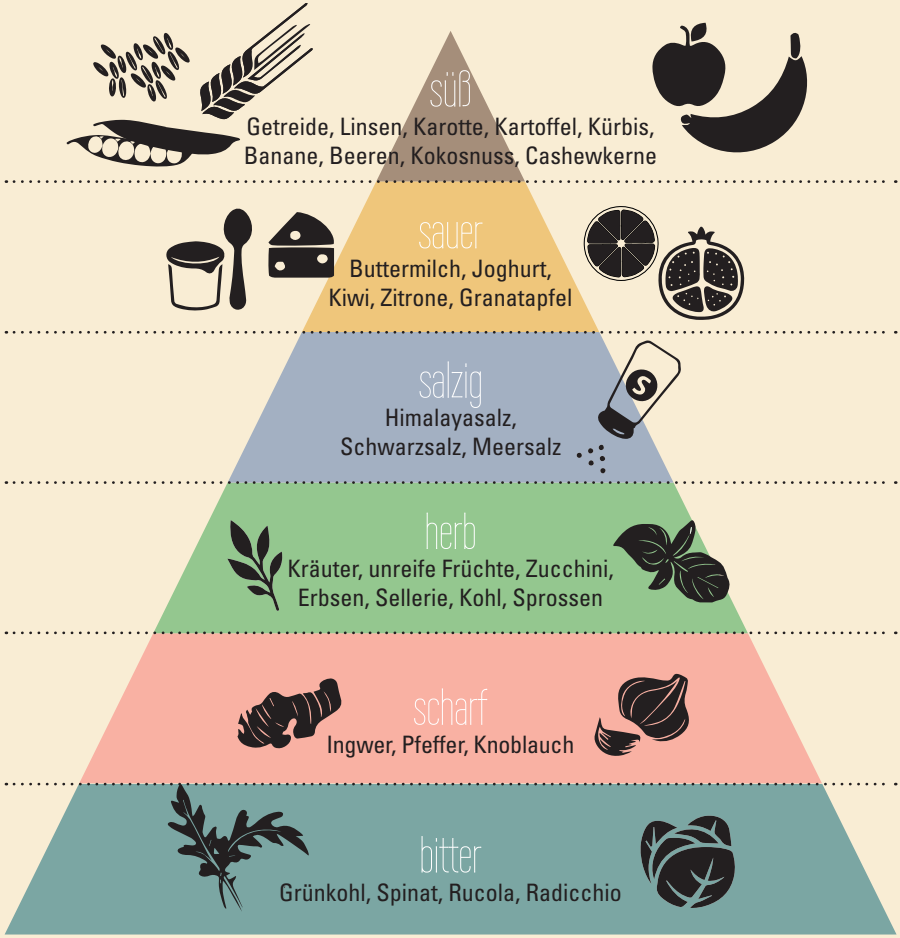
Kapha-ausgleichende Geschmacksrichtung



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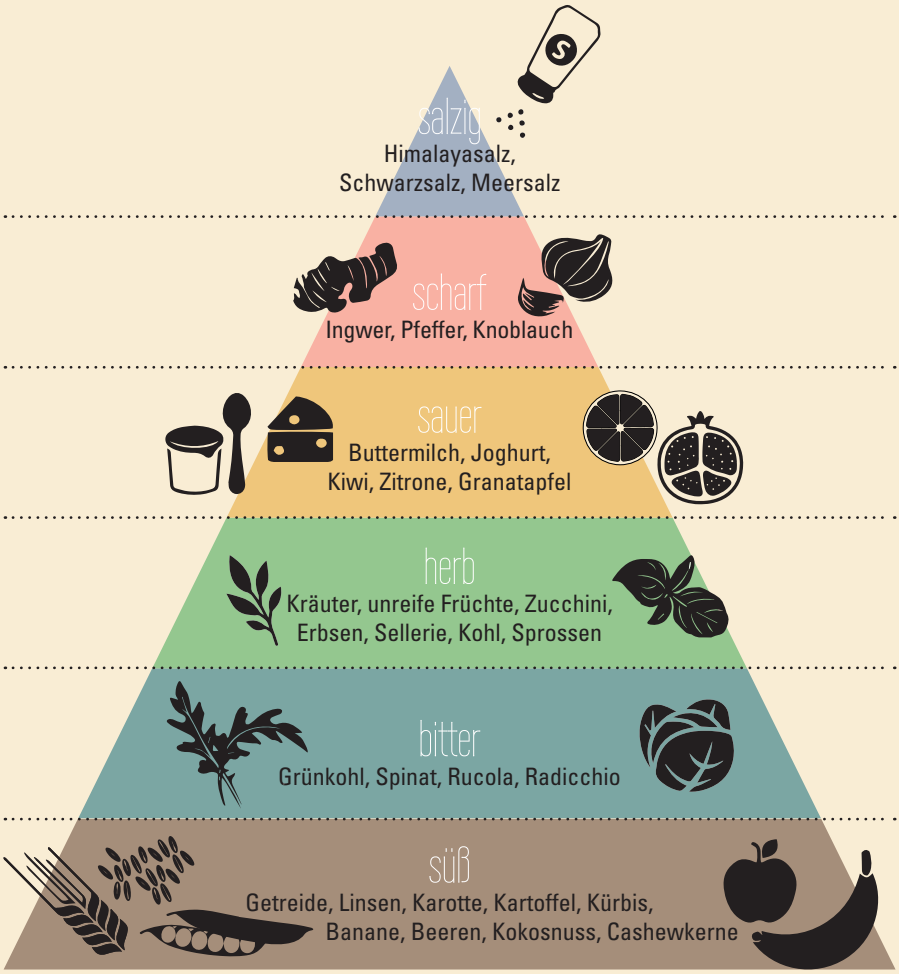
Pitta-ausgleichende Geschmacksrichtung



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