Can Ancient Kitchen Wisdom Help Us Eat Better Today? London Author Manas Ramnjulu Explores Food, Mind and Emotions



Nottingham, Nottinghamshire Nov 12, 2026 (Issuewire.com) - In his debut book, *Conscious Cooking*, therapist and healer Manas Ramnjulu introduces a practical framework for balancing food and everyday dishes, reducing unnecessary digestive strain and supporting

healthier living, longevity and healthspan.

Charles Book Publishing announces the release of *Conscious Cooking: How Food Shapes Energy, Emotions, Digestion, and Long-Term Health*, the debut book by London-based therapist, healer, speaker and holistic wellbeing advocate **Manas Ramnjulu**.

Available in hardcover, paperback and eBook formats, *Conscious Cooking* challenges readers to rethink their relationship with food. Moving beyond calorie counting, restrictive diets and changing nutrition trends, the book explores how ingredients, food combinations, cooking methods and eating habits influence physical wellbeing, mental clarity, emotional balance and long-term health.

At the heart of the book is the **Conscious Cooking Framework**, developed by Manas to help readers understand how to balance everyday meals, make informed ingredient choices and develop cooking habits that support a healthier relationship with food.

Balancing Food: Reducing Friction Within the Body

One of the central ideas explored in *Conscious Cooking* is that a healthy meal is about more than the nutritional value of individual ingredients. How those ingredients are selected, combined, prepared and consumed can influence the overall eating experience.

Manas introduces the concept of **balancing a dish**, encouraging readers to consider the relationship between ingredients, tastes, cooking methods, individual needs and digestion.

The framework explores how thoughtful food combinations and balanced meals may help minimise what Manas describes as *friction within the body*, referring to unnecessary digestive discomfort, feelings of heaviness and the strain people sometimes associate with their eating habits.

Rather than treating foods as universally good or bad, the book encourages readers to understand how meals work as a whole and how individual responses can differ.

This approach connects everyday cooking with a wider goal: supporting physical vitality, emotional wellbeing and the habits associated with healthy ageing.

The central philosophy is simple: food should nourish the body without creating unnecessary discomfort, while supporting a healthier and more balanced way of living.

Ancient Kitchen Wisdom for Modern Living

The inspiration for *Conscious Cooking* began in the author's mother's kitchen in South India.

Growing up, Manas observed how generations of women prepared meals with an intuitive understanding of ingredients, spices, seasons and food combinations. Their knowledge was rarely written down, yet it shaped the everyday cooking practices that nourished their families.

He became interested in the reasoning behind these traditions, including why certain spices were combined, why particular ingredients were added in a specific sequence and why meals were adapted according to seasons and individual needs.

Drawing on ancient culinary traditions, Ayurvedic and Siddha perspectives, and contemporary

nutritional understanding, Manas explores how this inherited knowledge can remain relevant in today's kitchens.

“**This book is an attempt to bring humanity back to food,**” Manas writes in the preface.

His aim is to encourage readers to rediscover the reasoning behind traditional cooking practices while approaching them with curiosity, practical understanding and an awareness of modern nutritional knowledge.

Food, Mind and Emotions: A Relationship Worth Understanding

Food influences more than physical nourishment. Nutritional choices and eating habits can also play a role in energy levels, mood, mental functioning and emotional wellbeing.

Conscious Cooking explores the relationship between food and the mind, including how stress, emotions, cravings and established eating patterns can influence our choices.

Manas encourages readers to look beyond restrictive eating rules and understand why they eat the way they do.

The book considers how mindful eating, balanced meals and greater awareness of personal food responses can contribute to a more positive relationship with food.

“**Conscious cooking is not a diet. It is not a collection of restrictions, rules, or nutritional dogma,**” Manas explains.

Instead, the framework encourages people to approach cooking and eating with awareness, balance and practical reasoning.

Longevity Begins With Healthspan

With growing interest in longevity, Manas introduces readers to an equally important concept: **healthspan, the years we remain healthy, active, mentally engaged and independent.**

While lifespan measures how long we live, healthspan considers the quality of those years.

Conscious Cooking explores how balanced food choices, cooking practices, mindful eating, physical movement and emotional wellbeing can form part of a sustainable approach to healthier ageing.

The book proposes that reducing unnecessary dietary discomfort, understanding individual food responses and building consistent daily habits may contribute to better everyday wellbeing.

“Longevity isn't simply about adding years to your lifespan. It's about adding health, vitality and independence to those years.”

What Readers Will Discover

Across sixteen chapters, *Conscious Cooking* explores:

- **Balancing food and everyday dishes:** Understanding how ingredients, tastes and cooking

methods work together to create satisfying, nourishing meals.
- **Food and the body:** Exploring digestion, energy, individual food responses and the idea of reducing unnecessary dietary discomfort.
- **Food and the mind:** Understanding the relationship between nutrition, mood, mental clarity and emotional wellbeing.
- **Ancient food wisdom:** Making traditional knowledge about spices, ingredients, food combinations and seasonal eating relevant to modern kitchens.
- **Individual relationships with food:** Exploring traditional body-type concepts and why different people may experience the same foods differently.
- **The six tastes:** Understanding traditional approaches to flavour balance and meal composition.
- **Emotional eating and cravings:** Recognising the influence of stress, emotions and habits on eating behaviour.
- **Healthy ageing and longevity:** Developing practical cooking and lifestyle habits that support vitality and long-term wellbeing.
- **Conscious Cooking recipes:** Applying the framework through everyday dishes and practical food preparation.

The book also shares personal reflections on the author's family, particularly his mother's traditional cooking practices and her approach to maintaining an active and independent life.

Meet the Author: Manas Ramnjulu

Manas Ramnjulu is a London-based therapist, healer, contemporary speaker and advocate of holistic living. He is the creator of the **Conscious Cooking Framework**, an approach that connects traditional food wisdom, modern nutritional understanding and conscious lifestyle practices.

His global professional and spiritual journey has shaped his interest in the relationships between physical health, emotional wellbeing, consciousness and everyday living.

Through meditation, spiritual therapy, workshops and holistic wellbeing practices, Manas encourages individuals to develop greater awareness of their physical, mental and emotional needs.

An advocate of what he calls **scientific spirituality**, he encourages people to approach traditional knowledge with curiosity, practical reasoning and lived experience rather than unquestioning belief.

Alongside his therapeutic work, Manas offers free guided meditations and supports wellbeing initiatives for underserved communities.

Conscious Cooking is his first published book and introduces the philosophy behind his Conscious Cooking masterclass, which explores balanced meals, food combinations, cooking methods, seasonal eating and healthy living.

A Practical Guide for Modern Readers

Written for readers interested in nutrition, mindful eating, traditional food knowledge, holistic wellbeing and longevity, *Conscious Cooking* is designed to be accessible without requiring specialist nutritional knowledge.

Its central message is that healthier eating begins with understanding food rather than simply following rules.

By bringing together traditional wisdom, modern nutritional perspectives and practical cooking principles, Manas invites readers to reconsider the choices they make in their kitchens every day.

Cook with Purpose. Eat with Awareness. Live with Balance.

Book Information and Availability

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