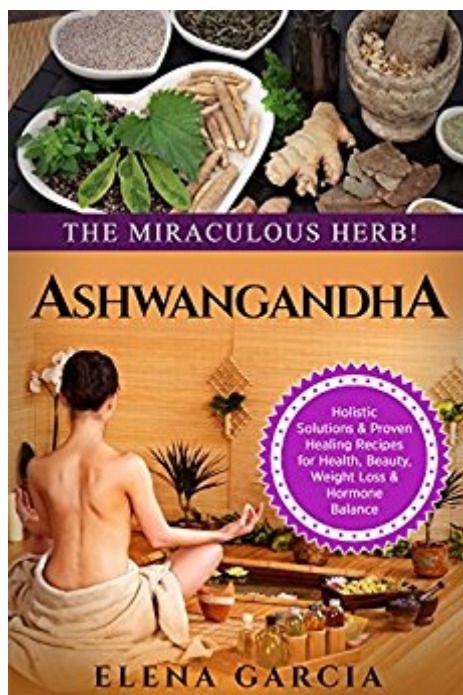


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# Ayurveda: ASHWAGANDHA: The Miraculous Herb!: Holistic Solutions & Proven Healing Recipes For Health, Beauty, Weight Loss & Hormone Balance (Ayurveda, Natural Remedies, Hormone Reset Book 1)



## Synopsis

Ashwagandha: Re-Energize Your Body, Mind and Soul | Discover the proven power of ancient Ayurvedic HOLISTIC healing practices! Are you sick and tired of feeling sick and tired? Maybe you find it difficult to get out of bed and you need coffee to be able to go through your daily activities. Maybe you feel out of balance. Maybe you find it hard to lose weight and you don't even have enough energy to do a moderate workout. Chances are, that, like the majority of the people in our Western society, you just feel burned out and exhausted. This is not your fault as our fast-paced modern lifestyles are extremely demanding and our diets very often lack nutrients we need to function optimally. This is why the sad truth is that most people are not living, they are surviving! If you want to love the life you live, and live the life you love, you need vibrant health and abundant energy. You need balance. The good news is that you can dramatically improve your health with just one herb that has been used in Ayurvedic medicine for hundreds of years. Yes, this herb has a proven track record of success and it can help you revitalize your body and mind so that you can ENJOY good health and life. So, What's the Secret You Need to Know? Ashwagandha is known as an adaptogenic herb. Adaptogens are substances such as amino acids, vitamins and herbs that modulate the body's response to stress and/or a changing environment, both of which are consistent aspects of modern day life. Adaptogens are known to help the body cope with and fight against external stressors such as toxins and the environment, as well as internal stressors such as anxiety, insomnia and depression. Here's What This Miraculous Herb Can Do for You:

- Protect your immune system; studies have shown that the use of this herb can result in the increase of white blood cell counts
- Treat the effects of stress, both external (work, mental stress) and internal (hormonal imbalances)
- Improve your cognitive functions such as learning ability, memory and reaction time
- Reduce anxiety and depression without the common side-effect of drowsiness that most chemical based treatments come with
- Aid in the reduction of brain cell degeneration
- Stabilize your blood sugar levels & even suppress sugar cravings!
- Lower cholesterol levels
- Reduce inflammation and alkalize the body
- Boost and enhance libido and fertility (in both men and women!)
- Anti-cancer properties
- Fight insomnia
- Help with the pain management of arthritic joints
- Positive effect on the endocrine, cardiac and central nervous systems
- Help the body maintain healthy thyroid function
- + much much more!

Get this book today to discover the best uses, tested secrets and amazing recipes to supercharge your body and mind. You can master this knowledge in less than an hour and finally give yourself the energy you deserve. With this book, you will discover simple self-care tips and delicious smoothie recipes that will help you rebalance yourself, feel happier and if desired, lose weight and transform your body.

Just imagine healing yourself with the amazingly delicious recipes like: • Libido Boosting Café© Mocha Kick-Start Smoothie • Sweet Coco Pine Alkaline Ayurvedic Smoothie • Chocolate Apple and Banana Secret Smoothie • Potassium Punch Aztec Aphrodisiac Smoothie • Super Antioxidant Anti Age Pomegranate Berry Smoothie • Minty Mango Anti-Cancer Spirulina Smoothie + many more! You will also learn all you need to know about Ashwagandha uses, benefits and precautions to make sure you keep on the safe side. The tips and recipes you are just about to discover are designed for modern busy and demanding people who want long-term health results and are looking for proven, practical solutions. Read, enjoy and apply!

## **Book Information**

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## **Customer Reviews**

I have been taking a thyroid complex and always wondered what Ashwagandha was. This answered my questions and more, with pros and cons, along with great smoothie recipes. Fast read and a good reference for later.

This is a book about the Ashwagandha herb. The book gives details on the herb from how to grow it to its many uses. Excellent synopsis of the properties of this amazing herb. Overall, I would recommend that if you're tired or have a bad diet wanting to change it then get this book.

very interesting

What an amazing guidebook for people who want to understand and learn what Ashwagandha is, everything you need to know about this miraculous herb is in this book. What I like more about this book is. It is detailed, concise and well written; kudos to the author!

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Hair Loss (hair loss, hair care, bald, beauty care, personal hygiene, natural health remedies, personal health care) Adrenal Fatigue: Combat Adrenal Fatigue Syndrome Naturally and Boost Your Energy Levels for Good! Reset Your Natural Balance Now! (Reduce Stress, Boost Energy, Adrenal Reset Diet Book 1) Natural Healing and Remedies Cyclopedia: Complete solution with herbal medicine, Essential oils natural remedies and natural cure to various illness. (The answer to prayer for healing) ATKINS DIET: Weight Loss Secrets and a Quick Start Guide For a New and Permanent You: Rapid Weight Loss Guide For Beginners, Rapid Weight Loss Guide, Atkins Rapid Weight Loss Hair Loss Prevention: #1 Hair Loss Prevention And Reversal Techniques, Methods, Treatments And Remedies (Hair Loss, Hair Loss Cure, Hair Loss In Women, ... Protocol, Hair Loss Black book, Baldness) Adrenal Reset Diet: 51 Days of Powerful Adrenal Diet Recipes to Cure Adrenal Fatigue, Balance Hormone, Relieve Stress and Lose Weight Naturally Hair Loss Explained - Natural Solutions for Hair Loss and Premature Balding: (Natural Hair Care, Hair Loss, Scalp Treatments, Balding, Cure, Going Bald, Remedies) Slow Carb Recipes: Simple Weight Loss Recipes To Lose 20 Pounds in 30 Days and Increase Energy Without Exercise!: Weight Loss Recipes (Slow Carb Weight Loss Book 1)

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