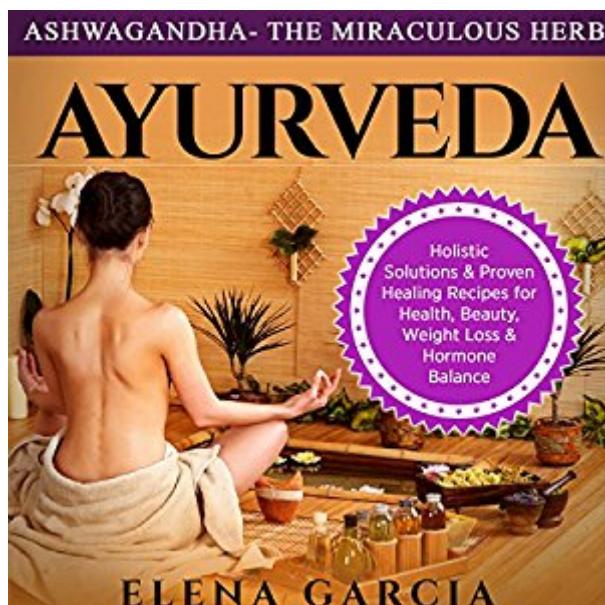


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# Ashwagandha: The Miraculous Herb!: Holistic Solutions & Proven Healing Recipes For Health, Beauty, Weight Loss & Hormone Balance



## **Synopsis**

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. 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 aspect 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. 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. You will also learn all you need to know about Ashwagandha uses, benefits and precautions to make sure you keep on the safe side!

## **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 youÃƒÂ¢Ã  ¬Ã  „Ã¢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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