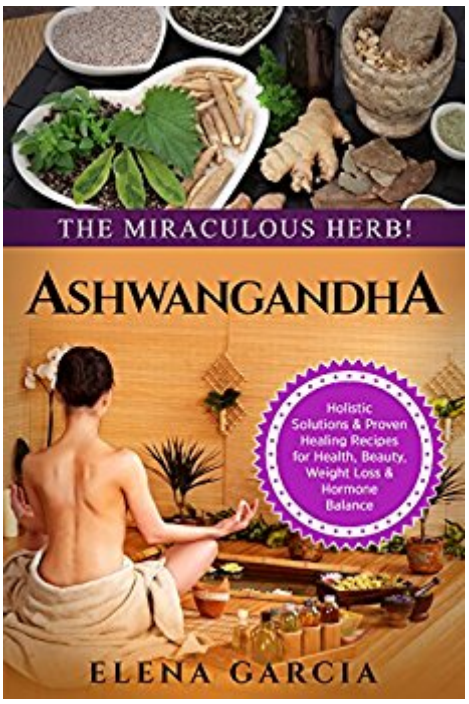
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Synopsis

Ashwagandha: Re-Energize Your Body, Mind and SoulÃ¢â ¬Â|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 donÃ¢â ¬â„¢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 survivingÃ¢â ¬Â|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, WhatÃ¢â ¬â„¢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 bodyÃ¢â ¬â„¢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.HereÃ¢â ¬â„¢s What This Miraculous Herb Can Do for You: Ã¢â ¬Â¢Protect your immune system; studies have shown that the use of this herb can result in the increase of white blood cell countsÃ¢â ¬Â¢Treat the effects of stress, both external (work, mental stress) and internal (hormonal imbalances)Ã¢â ¬Â¢Improve your cognitive functions such as learning ability, memory and reaction time Ã¢â ¬Â¢Reduce anxiety and depression without the common side-effect of drowsiness that most chemical based treatments come withÃ¢â ¬Â¢Aid in the reduction of brain cell degenerationÃ¢â ¬Â¢Stabilize your blood sugar levels & even suppress sugar cravings!Ã¢â ¬Â¢Lower cholesterol levelsÃ¢â ¬Â¢Reduce inflammation and alkalize the body Ã¢â ¬Â¢Boost and enhance libido and fertility (in both men and women!)Ã¢â ¬Â¢Anti-cancer propertiesÃ¢â ¬Â¢Fight insomniaÃ¢â ¬Â¢Help with the pain management of arthritic jointsÃ¢â ¬Â¢Positive effect on the endocrine, cardiac and central nervous systemsÃ¢â ¬Â¢Help the body maintain healthy thyroid functionÃ¢â ¬Â¢+ 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: Ã¢â ¬Â¢Libido Boosting CafÃƒÂ© Mocha Kick-Start SmoothieÃ¢â ¬Â¢Sweet Coco Pine Alkaline Ayurvedic SmoothieÃ¢â ¬Â¢Chocolate Apple and Banana Secret SmoothieÃ¢â ¬Â¢Potassium Punch Aztec Aphrodisiac SmoothieÃ¢â ¬Â¢Super Antioxidant Anti Age Pomegranate Berry SmoothieÃ¢â ¬Â¢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 youÃƒÂ¢Ã â ¬Ã â„¢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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