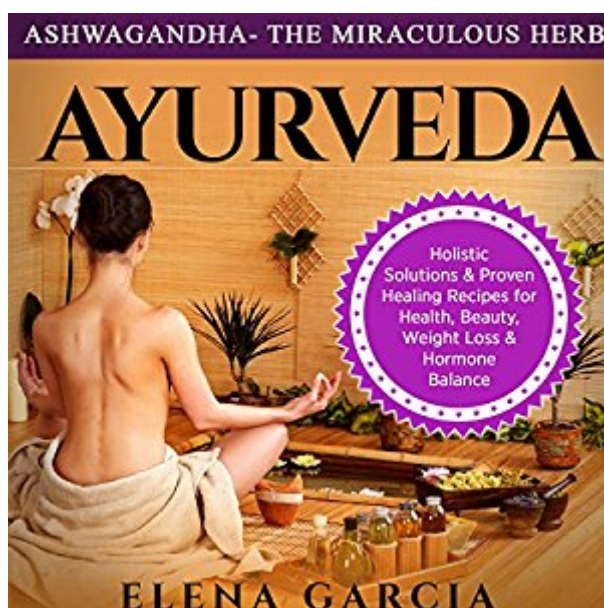


The book was found

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

Audible Audio Edition

Listening Length: 1 hour

Program Type: Audiobook

Version: Unabridged

Publisher: Holistic Wellness Books

Audible.com Release Date: January 2, 2017

Whispersync for Voice: Ready

Language: English

ASIN: B01MR0UQFL

Best Sellers Rank: #102 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Endocrine System](#) #588 in [Books > Health, Fitness & Dieting > Alternative Medicine >](#)

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!

[Download to continue reading...](#)

Ayurveda: ASHWAGANDHA: The Miraculous Herb!: Holistic Solutions & Proven Healing Recipes for Health, Beauty, Weight Loss & Hormone Balance (Ayurveda, Natural Remedies, Hormone Reset Book 1) Ashwagandha: The Miraculous Herb!: Holistic Solutions & Proven Healing Recipes for Health, Beauty, Weight Loss & Hormone Balance Hormone Reset Diet: The Ultimate Cure to Balance Your Hormones and Lose Weight (Hormone Therapy, Hormone Cure, Hormone Secret) Hormone Diet: The Hormone Reset Diet, Balance Hormones, Recharging Health and Losing Weight Effortlessly! BONUS Hormone Reset Diet Recipes! (adrenal fatigue diet, adrenal fatigue, Weight Loss: Lose Weight and Body Fat: 3 Simple and Easy Methods to Improve: Health, Fitness and Nutrition (Weight Loss Strategies, Proven Weight Loss, ... Habits, Belly Fat, Weight Loss Tips) Juicing For Weight Loss: 75+ Juicing Recipes for Weight Loss, Juices Recipes, Juicer Recipes Book, Juicer Books, Juicer Recipes, Juice Recipes, Juice Fasting, ... diet-juicing recipes weight loss Book 103) Hair Loss: Hair Loss Solutions for Beginners - Hair Loss Basic Guide - Hair Loss Cure (Hair Loss Protocol - Hair Loss Black Book - Hair Loss for Dummies 1) Herbal Hormone Handbook for Women: 41 Natural Remedies to Reset Hormones, Reduce Anxiety, Combat Fatigue and Control Weight (Herbs for Hormonal Balance, Weight Loss, Stress, Natural 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 African holistic Health: Complete Herb Remedy Guide, Dis-ease Treatments, Nutrition, Diet, Wholistic Perspectives, africa Herb Histroy, Self Diagnosis, Charts, Wholistic Sex Laws, Herpes and AIDS Treatments, Cocaine Detox, and Foods That Kill 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) Weight Watchers Cookbook: 14 Days Diet for Weight Loss and Healthy Habits: (Weight Watchers Cookbook, 14 Days Diet, Weight Watchers Recipes, Weight Watchers 2015, Weight Watchers Diet) Indoor Herb Gardens: An Introduction To Growing Herbs Inside (Indoor Gardens, Indoor Gardening, Indoor Herb Gardens, Indoor Herb Gardening Book 1) Hormone Balance for Men: What your doctor may not tell you about prostate health and natural hormone supplementation. Nutribullet Recipes: 365 Days of Smoothie Recipes for Rapid Weight Loss, Detox & Burning Fat: Smoothie Recipes for Weight-Loss, Detox, Anti-Aging & So ... Loss Drinks, Anti-Aging, Juicing Recipes) EPSOM SALT: 50 Miraculous Benefits, Uses & Natural Remedies for Your Health, Body & Home (Home Remedies, DIY Recipes, Pain Relief, Detox, Natural Beauty, Gardening, Weight Loss) Alkaline Juicing: Supercharge Your Body & Mind, Speed Up Massive Weight Loss (Naturally!), and Stimulate Holistic Healing (Alkaline Diet for Weight Loss, Juicing, Plant Based Book 7) Alkaline Juicing: Supercharge Your Body & Mind, Speed Up Massive Weight Loss (Naturally!), and Stimulate Holistic Healing (Alkaline Diet Lifestyle, Alkaline Diet for Weight Loss) (Volume 7) Walking: Weight Loss Motivation: Lose Weight, Burn Fat & Increase Metabolism (Walking, Walking to Lose Weight, Walking For Weight Loss, Workout Plan, Burn Fat, Lose Weight) Essential Oils For Beginners: Essential Oils For Weight Loss: Essential Oils Natural Remedies: Essential Oils Summer And Winter Recipes: Nature's Best Kept Secret For Weight Loss And Balance Health

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)