



Ashwagandha: The Miraculous Herb!: Holistic Solutions Proven Healing Recipes for Health, Beauty, Weight Loss Hormone Balance (Paperback)

By Elena Garcia

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.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...



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