



Ashwagandgha: The Stress Buster

By Dr M. Ali

Unicorn Books, New Delhi, India. Softcover. Book Condition: New. The stress of modern life is at the root of a host of problems like stomach ailments, impotence, blood pressure, heart attacks and strokes. which is why stress is termed as the silent killer. To combat stress, one needs to induce a sense of relaxation and well-being in oneself. For millennia, the Ayurvedic herb, Ashwagandha, has been known to do just that. This booklet highlights: *preventive, curative, sedative, relaxing and restorative properties of Ashwagandha.*Anti-stress characteristics of the herb that help to tackle multiple diseases, with a special emphasis on stress-induced ailments. Printed Pages: 32.



Reviews

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Other Books



Aeschylus

BiblioLife. Paperback. Book Condition: New. This item is printed on demand. Paperback. 260 pages. Dimensions: 8.0in. x 5.0in. x 0.6in. This Translation of A eschylus, an entirely new one, is designed as an Appendix to my edition of that Poet in the Bibliotheca...



The Java Tutorial (3rd Edition)

Pearson Education, 2001. Softcover. Book Condition: Neu. Gebraucht - Sehr gut Unbenutzt. Schnelle Lieferung, Kartonverpackung. Abzugsfähige Rechnung. Bei Mehrfachbestellung werden die Versandkosten anteilig erstattet. - Praise for "The Java' Tutorial, Second Edition" includes: "This book stands above the rest because it has...



Ask Dr K Fisher About Dinosaurs

Kingfisher, Great Britain, 2007. Softcover. Book Condition: New. Sheppard, Kate (illustrator). 32 pages. Multiple copies of this title available. For the first time, Kingfisher brings its expertise in beautifully-designed, trusted non-fiction to the sphere of learning to read. This new graded reading...



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Love My Enemy

Andersen, UK, 2004. Softcover. Book Condition: New. First Edition. Available Now. Book Description: Zee (short for Zara) lives in a quiet suburb of Belfast, with an apparently idyllic family life. But Zee's father was shot dead in front of them all, and...



Who Am I in the Lives of Children? an Introduction to Early Childhood Education with Enhanced Pearson Etext -- Access Card Package

Pearson, United States, 2015. Paperback. Book Condition: New. 10th. 251 x 203 mm. Language: English . Brand New Book. NOTE: Used books, rentals, and purchases made outside of Pearson If purchasing or renting from companies other than Pearson, the access codes for...