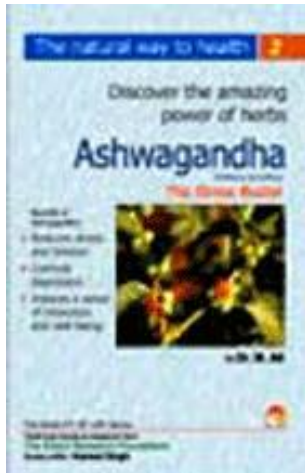




## Ashwagandha-the Stress Buster



**Author:** Dr. M. Ali  
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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.

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