



# Super Herbs: 25 Ultimate Ayurvedic Herbs with Magical Healing Powers and How To Use Them

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## Amazing Herbs with Miraculous Healing Properties

The practice of herbal medicine dates back to the very earliest periods of known human history. There is evidence of herbs being used in the treatment of disease and for revitalizing body systems in almost all ancient civilizations - The Indian, The Egyptian, The Chinese and even Greek and Roman Civilizations.

Herbs in Ayurveda

In India, the records indicate, that herbs have been in use for treating diseases since ancient times.

There are references about the curative properties of herbs in the *Rigveda*, which is believed to be written around 3500 B.C.

Medicinal uses of herbs is also mentioned in the *Atharvaveda*, and a very comprehensive information about various herbs have been recorded in *Charaka Sanhita* and *Sushruta Sanhita*, the two most important works on Ayurvedic System of medicine.

## Discover:: 25 Ultimate Herbs with Magical Healing Powers

This book covers 25 of the most effective herbs which are readily available in your kitchen pantry or are easily obtainable.

Some of the herbs mentioned in this book are;

### **# Clove**

For curing Dyspepsia, Muscular Cramps, Headache, Tooth Decay.

### **Garlic**

For curing Arteriosclerosis, Asthma, Intestinal Worms, Acne, Hypertension.

### **Liquorice**

For curing Sore Throat, Myopia, Patchy Baldness, Digestive Disorders.

### **Sage**

For curing excessive Stress, Failing memory, Infections.

Everlasting Health is Achievable!! Just keep these herbs in your kitchen and use them as recommended.

## Would You Like To Know More?

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