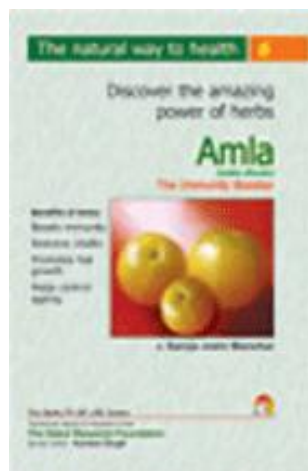




## Amla (emblica Officinalis): The Immunity Booster



**Author:** Saroj Joshi Manohar

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Increasing levels of pollution promote the growth of free radicals in the body, causing a host of diseases, including degenerative ones. Free radicals also promote premature ageing. To counter these harmful effects, the body needs antioxidants substances that effectively combat the ill-effects of free radicals. The Amla is a rich source of vitamin C and other natural antioxidants, including essential minerals.

This booklet outlines all the preventive, curative and restorative properties of the Amla. All parts of the herb play a crucial role in boosting the body's immunity. The Amla fruit is a popular ingredient in many healthcare products and tonics, particularly because it has no known adverse side-effects. So, if you wish to get rid of premature wrinkles and add a spring to your step, the Amla is just the herb for you.

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