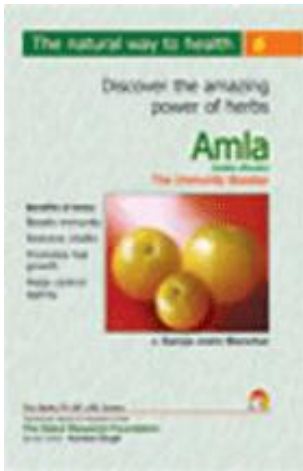




Amla (emblica Officinalis): The Immunity Booster



Author: Saroj Joshi Manohar

Format: Paperback

ISBN: 817806037X

Code: 9220A

Pages: 32

Price: Rs. 30.00 US\$ 3.00

Publisher: Unicorn Books

Usually ships within 15 days

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.

About Unicorn Books

Unicorn Books publishes an extensive range of books that are both affordable and high-quality.