



## SALAI GUGGAL

By MADULIKA KAUSHAL

Unicorn Books, 2002. Paperback. Book Condition: New. If you are suffering from Arthritis you would know what a real pain it can be--literally, and figuratively! In fact, the crippling disease can occur at any age, and can even be fatal sometimes. The common allopathic steroid and non-steroid drugs only bring temporary relief, and can also be harmful in the long-run! Naturally you are looking for safer and better options! Now take to Salai Guggal -the herbal Arthritic pain reliever, that besides being natural and safer, is also more effective. Focusing essentially on this wonder herb, this book brings you all you need to know about Arthritis. Besides dealing with the effective natural and herbal remedies, the book outlines the relevant dos and don'ts, how to recognise the symptoms early, not to be misled by offers of miracle cures, how the herb works, foods to avoid, and prevention and cure. In fact, Salai Guggal offers long-term relief in capsule form, and instant relief in gel form--reducing inflammation, relieving pain and improving mobility.



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