

# Gurus Garden

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## ABOUT NURAX



**NURAX** is 100% natural herbal. Dry extracts encapsulated for convenience. Daily two doses can help stop stress related injury to the body and mind. Stress causes increased sweating, heart and respiratory rate, sleep disorders, sustained high blood pressure that kills target organs like heart, vessels of brain, retina, kidney etc. Premature death with early advanced aging process is the result.

This remedy can protect from these effects and also keep the mind-body harmony at its zenith with elevated threshold level for stress. Moreover, this ensures a cool calm relaxed personality with sound sleep, and good bowel habits. Memory and attention span is satisfactory. General immunity and intelligence go better. Delays fatigue at work. A state of disease free happy long life!

Busy schedules, deadlines, bills to pay, job changes, endless chores and errands, relationships, family problems, kids are bugging you, your job is demanding and the housework never ends. Tired, irritable and unable to sleep at night, you look out for the relief. This is stress.

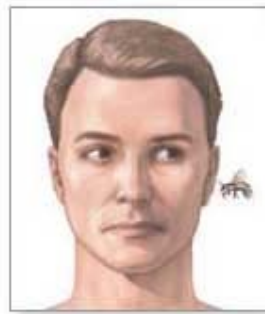
Stress starts when your body is confronted with more than it can handle be it physical, emotional or mental. At first, your body prepares by increasing adrenalin production. You know the signs: pounding heart, heavy breathing, sweating and tense muscles. However, when stress persists, physical preparation turns into physical deterioration.

Emotional reactions include irritability, anger, losing one's temper, yelling, lack of concentration, being jumpy, etc. When left unchecked, stress can lead to a variety of health problems including insomnia, ulcers, back pain, colitis, high blood pressure, heart disease, and a lowering of the body's immune system.

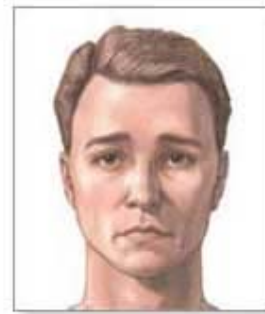
Stress can damage target organs like heart, vessels at brain, retina, kidney etc. Premature death preceded by advanced aging process will be the end result.

### NURAX - TRADITIONAL INDICATIONS:...

1. Stress and strains of life.

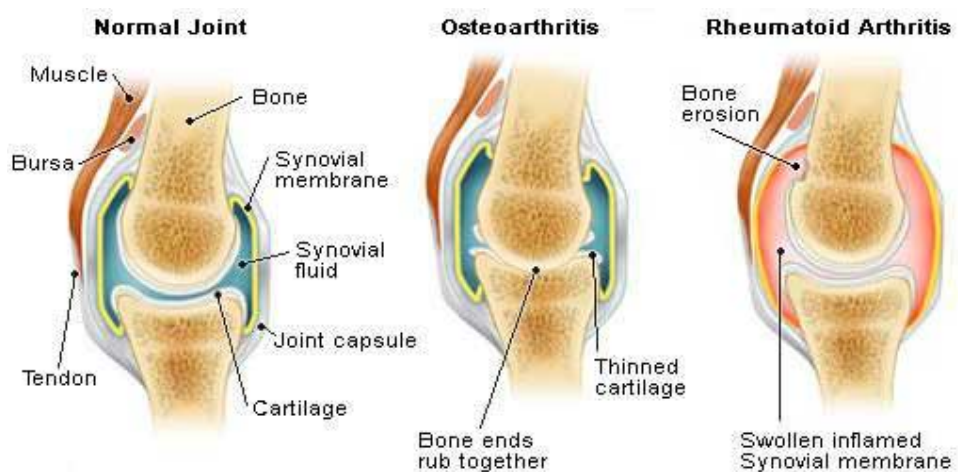


Stress is caused by an existing stress-causing factor or "stressor"



Anxiety is stress that continues after the stressor is gone

2. Insomnia (Sleep disorder)
3. Asthenia and debilitation
4. Convalescence period after sickness to boost general health.
5. Immunodeficiency states.
6. Delayed wound healing
7. Auto-immune disorders; e.g.: Rheumatoid arthritis, SLE, Scleroderma etc.
8. Degenerative diseases (cancer, osteoarthritis, diabetes mellitus).
9. Irregular menstruation.
10. Sex enhancer for male and female



Normal and Arthritic Joints



### How it works:

Hormones are the messengers of life. They are coordinating various physiological activities in the human body. Hypothalamus, pituitary and its target organs constitutes the hormone axis. **NURAX** helps to regulate the deviations to regain the normal state. This paves the way for compensatory strategy to prepare the body to meet any stress positively.

Adequate Antioxidant production (primary), body repair system, good sleep and appetite are the result. Metabolic rate is also augmented to release more energy. **NURAX helps** prepares the body for proper alert, fight and freight. The immune system is at its zenith also.

### NURAX - DOSAGE and DIRECTIONS



People after 18 yrs old should take one (1) capsule 2 times daily (every 12 hours) on an empty stomach with lukewarm water.

For best results, no food should be taken 60 minutes before or after taking NURAX.

Take optimum water to enhance elimination of released toxins from the body.

Please read Healing Crisis for more information.

## NURAX - INGREDIENTS

Supplement Facts		
Serving Size: 1 Capsule (500 mg)		
Servings per container: 60		
Each Serving contains		%DV
Withania somnifera (Ashwagandha)	200 mg	*
Celastrus paniculatus (Jyotishmati)	40 mg	*
Centella asiatica (Brahmi)	40 mg	*
Evolvulus alsinoides (Shankhpushpi)	40 mg	*
Pueraria Tuberosa	40 mg	*
Mucuna Pruriens	40 mg	*
Asparagus Racemosus	40 mg	*
Trikadu - Zingiber Officinale, Pipper Logum, Pipper Nigrum	60 mg	*
* Daily value (DV) not established.		

**1) Withania Somnifera** - This is the major ingredient in the formula- an adaptogen known for 5000 years in Ayurvedic medical wisdom. It has effect in almost all systems through the hypothalamic-pituitary axis. Keeps the mind and body in good harmony. Attains good concentration and delays fatigue. Immune apparatus is stimulated. It is anti-cancerous, anti-arthritic and a nerve tonic. Increases natural antioxidants in the blood and so prevents degenerative changes and provides rejuvenation. Good sleep and a state of well being results.



**2) Celastrus Paniculatus** - Known for its memory sharpening and intellectual uplift properties. Anti-stress and improves motor learning process. In children with mental deficiency, this gives amazing results of improvement.

**3) Centella Asiatica** - Number one nerve and brain tonic in Ayurveda. Improves general mental ability in children, as well as physical and mental growth. Asiaticosides are its one major Phytochemicals that improves wound healing property. Gives good sleep and bowel habits. It is immune boosting. Regeneration of damaged organs made possible. Almost all essential amino acids and micronutrients present. It delays fatigue even in the old age. Delays aging process also. Excellent in Semile Dementia.



**4) Evolvulus Alsinooides** - A wonderful rejuvenative plant. It provides anti-anxiety effect. It is a neurotonic and anti-epileptic. Improves motor learning process and memory retaining capacity. Ensures undisturbed sleep and raised body resistance to microbial infections.

**5) Pueraria Tuberosa** - A bulky tuber, its starch contain rejuvenating and immunoenhancing ingredients. It brings re-building muscle protein and bone matrix even in old age. Antiosteoporotic, in man it is libido raising and anti- cancerous.



**6) Mucuna Pruriens** - Kernal of seeds with phyto chemicals that stimulates brain neurotransmitters in proper balance. This enhances anti-stress and anti-dementia effect. Useful in Parkinson's disease and epilepsy also. Raises libido, anabolic and restorative. Stimulates protein synthesis in wasted muscles, tendons, ligaments and bone tissue.

**7) Asparagus Racemosus** - Fleshy tubers of the divine plant is known for its rejuvenative effect in old age, especially in women. It is cooling and restorative. Abundant anti-oxidants, micronutrients like zinc, chromium, and iron makes it a food supplement also. This is most natural source of glutathione booster in the human body cells. Phytosterols are useful in male and female old age as it serves appropriate precursor sex hormones. This relieves benign prostate enlargement and menopausal syndrome respectively. Immunoglobulins are elevated and total immunity is attained at the zenith.



**8) Three herbals as a set** - Dry Ginger, Pepper Longum and Pepper Nigrum. Increases digestibility. Moreover it enhances the bioavailability of the above compounds at cellular even sub-cellular level. Also acts as a natural and eco-friendly preservative to the formulation.

## NURAX - TESTIMONIALS

### Rheumatoid arthritis

I am a female at 48 years old. 9 years back my GP has diagnosed me with Rheumatoid arthritis. I was a nurse in hospital but could not continue duty because of my disabilities.

My small joints of both upper and lower limbs are swollen and disfigured with pain. I was suffering from pain at the night time too. My appetite and hemoglobin were low. Doctor told it is a part of Rheumatoid arthritis. My muscle wasting was also progressing as I was not using it much. I was almost bedridden and could walk only with support. My blood work was positive to Rheumatoid arthritis in spite of medication. I have almost given up hopes.

I should say my luck has turned when one of my close friends informed me about **NURAX** and **VASKO**. Her relative was suffering from Rheumatoid arthritis and were using the same. With the help of my husband I visited your website. He was not encouraged seeing the details because it was too good to be truth.

However we decided to try our **NURAX** and **VASKO** as we didn't had other options. I started taking **NURAX** and **VASKO** from the next week. I didn't find and significant results in the first 45 days. I contacted the company herbalist and he advised me to continue the same for few more months. After 2 months I started noticing changes. At first I could not confirm it because of **NURAX** and **VASKO**. But thereafter my improvement was much faster. My pain was relieved in a great extend, the sleep was getting better, my appetite increased and bowel habits improved. Even my gastric tolerance to the chemical drugs became better.

We were really encouraged with my improvements and slowly reduced my prescription drugs. By the end of fifth month of **NURAX** and **VASKO** I had only minimal pains and swellings. I went for my next blood work and G.P was amazed seeing the improved results. G.P. was happy to see my changes as I had told him these herbal therapy.

Today after six months I am on the top of the world. Still continuing **NURAX** and **VASKO** regularly. I will be back to my work after few more months of rest. I don't have words to thank you for the help. I recommend **NURAX** and **VASKO** for any one who is suffering from Rheumatoid arthritis.

### **Stress**

Since last 5 years I am on hypertensive medication. Now I am 45 yrs old. I am a CPA working in a manufacturing company and my job satisfaction was very low. I have lots of stress from my superiors and associates. Sleep with nightmares was usual.

My doctor increased the dosage of prescription medicine TENORETIC. Fatigue and body pains were in the incremental phase. Other blood parameters were normal.

I was diagnosed as in "state of stress". I happened to hear about an anti-stress herbal formula from one of my friends. My friend told me that he is getting better sleep after 4-5 days of taking **NURAX**. I finally ordered **NURAX** to try it out myself.

It took only 10 days for me to notice some changes in my sleep pattern. I had more chances of concentrating my work. I started feeling my stress level going lesser everyday. The body pains and fatigueness were also totally disappeared after a month.

**NURAX** changed my outlook. I am more than happy to recommend **NURAX** to any one who is suffering from stress related disorders.

### **Poor erectile function**

I am 59 yrs male with poor erectile function for last 2 to 3 yrs. I didn't have high blood pressure or diabetes. I was not a smoker too. I was practicing an unhealthy lifestyle in food habits. That was the only explainable reason could be put forward.

Somehow I happened to see your website and saw the details of **NURAX**. I have ordered 3 month course of supplements **NURAX** and **VASKO**. I didn't find any significant result in the first month but the second month I could feel the changes.

This is my 5 th month taking **NURAX** and **VASKO** . I am more than happy to say that I got the desired benefit taking your supplements. Thanks you for the help.

### **NURAX - HEALING CRISIS**

The healing crisis is a process in which the body undergoes an intense period of cleansing and rebuilding. It is called a "healing" crisis because the body is healing and becoming stronger. It is referred to as a "crisis" because the symptoms can be dramatic and rather unpleasant during this time. Because the healing crisis is accompanied by unpleasant symptoms it is often mistaken as a sickness. Common symptoms include nausea, diarrhea, sinus congestion, muscle aches and pains, headache and fatigue. The crisis generally lasts only a day or two. In reality, it is just the opposite. It is a process in which the body is overcoming ill health and becoming healthier and stronger.

**NURAX** is a time tested herbal food supplement. There are no significant allergies or side effects noticed using **NURAX**. However, the ingredients in **NURAX** stimulate Hypothalamus Gland, Pituitary Gland, Pineal Gland, Thyroid Gland, Testes / Ovary and Adrenal glands in your body. Therefore, people suffering from hypothyroidism or Hyperthyroidism or prone Atrial Fibrillation should take very small dosage. (One capsule in the night for two week and further one in the morning and one in the night)

**Side effects:** No side effects are noticed.

**WARNING :-** This traditional herbal food supplement is derived and time tested by Chavarcod Ayurvedic physicians. Results may vary among users. These statements have not been evaluated by the FDA. Products featured here are not intended to diagnose, cure, prevent or treat any diseases and should not substitute treatment by a registered medical practitioner. We do not claim that the products or dietary supplements mentioned can protect you from developing serious diseases and recommend that you never delay or forego regular screening, or forfeit the opportunity for early medical treatment that may be critical to survival. You are advised never to self-treat for a serious disease without benefit of a medical diagnosis or treatment. Please consult your physician before beginning any course of treatment.