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Herbs That Deliver Strength, Stamina and Stress  
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*Siri Khalsa*

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# **Adaptogens: Bring Balance Into Your Life: 7 Herbs That Deliver Strength, Stamina and Stress Relief (Playing the "Is It Healthy?" Game Book 34)**

*Siri Khalsa*

**Adaptogens: Bring Balance Into Your Life: 7 Herbs That Deliver Strength, Stamina and Stress Relief (Playing the "Is It Healthy?" Game Book 34) Siri Khalsa**

Studies show that the vast majority of us are so overworked, over-stressed, fatigued, and burned out. Adaptogens are group of nutritional substances that enhance the body's ability to adapt to stress.

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