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Be on guard for healthy Indian care by Alice R. Barrie

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The Indian culture take the use of herbal preparations very seriously when it comes to healthy living. Indeed Ayurveda, an ancient philosophy is established very solidly in their society, as it is believed to be able to successfully guide people towards lifestyle improvements. Central to these beliefs are various blends, combined to create treatments and solutions to all manner of physical conditions, including those affecting the head, heart, hair and skin.

One such herbal supplement are the Neem Guard capsules, which contain neem â€“ naturally, plus giloy and triphala. It is said to promote healthier skin, boost the immune system, purify the blood and be beneficial towards the body's blood sugar levels. Traditionally Neem has been used to treat malaria, tumors, tuberculosis, arthritis, diabetes and intestinal worms, plus more general ailments such as fever, obesity and acne. In addition, it reduces inflammation, and basically improves all the functions within the body, by regulating and balancing the major organs. It contains a host of ingredients which include: withania, bacopa, and jatamansi.

Another very popular product is Mixoderm, which is thought to be a fantastic solution to skin complaints. Testimonials have indicated that it can genuinely clear up problems with spots and aggressive sores. It also has a good track record when it comes to scarring too, but the down side is that it doesn't smell too good, but if it is clearing the problem, then it is probably something that can be tolerated. It originates in South America and has been available for around 40 years. It is a waxy balm that contains several active ingredients, including benzoic and salicylic acid, which help stimulate the renewal of skin cells and assists in the removal of bacteria.

These treatments are available in many places, but an ideal site to search not only for these two, but also all types of herbal remedies, is www.indianherbcare.com where there is more or less every kind available, together with detailed descriptions and excellent advice. Their support team are highly sensitive to the requirements of the consumers and will respond in a professional and friendly manner.

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a Neem Guard capsules |
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