



The Alternative Health Report

Natural Health Methods



Amalaki, the All-Natural Fruit Promotes Youth and Rejuvenation

Embllica Officinalis, or the Amalaki Fruit is creating quite a stir in the scientific community. After years of studies and failed attempts to make a synthetic drug that vitalizes and restores the body's health, ultimately turning back a person's real age as opposed to their calendar age, scientists have found a natural fruit that produces the highly sought after results all along. The Amalaki Fruit grows naturally in the Himalayan mountain ranges of Northern India and has been a very popular fruit among the natives for ages... ancient ages.

About the same size as a golf ball, the Amalaki Fruit's nutritional profile is an astonishing array of the best the world has to offer. Documented in ancient Indian medicinal texts known as the Agnivesh Tantra written by Agnivesha, later revised by Charaka who was the court physician during the latter part of the second century, is a list of distinguishing features making up its amazing chemical profile. A powerful combination of highly effective anti-oxidants, extremely potent polyphenols, purely concentrated tannins and powerful super-oxidizing bioflavanoids. Contained in one tiny fruit is the absolutely perfect recipe for health, rejuvenation and immunization.

Years ago, scientists realized that the body grows in a different correlation to the calendar age. It all depends on how you treat it and what you put in it. A person who smokes is adding years to the body. In other words, a 29 year old male who has been smoking for 10 years has a real age of 35 or possibly 45 depending on the frequency of intake. Likewise, the more you take care of your body, the lower your real age continues to improve. So, if you eat fruits and vegetables, walk every day and get sufficient sleep, you can take years off your real age while your calendar age continues to steadily increase naturally. Once scientists learned this fact, they started to look for ways in which a person can considerably reduce their real age, thus finding the "Fountain of Youth."

The ancient Charaka Samhita, Charaka's revision of the Agnivesh Tantra, serves as the central physician's encyclopedia for the study of Ayurvedic medicine. The guiding philosophy behind Ayurvedic medicine, "Align



Himalayan Mountain Range

"Contained in one tiny fruit is the absolutely perfect recipe for health, rejuvenation and immunization."

yourself with the wisdom of nature and you will experience vibrant, glowing health.” The wisdom of nature far surpasses scientific attempts to discover a replica for the many benefits found in natural fruits, vegetables and herbs. Even to the growth and reproduction of Amalaki. There is no replacement for the pure waters, fresh air and fertile soils that supply life to all that exists on the Himalayan mountain range. To transplant the very trees that grow the Amalaki Fruit would be a disservice to its unique makeup. Imagine a field of trees planted in upper New York treated with chemical fertilizers and sprayed with pesticides attempting to reproduce the purest qualities that the Himalayan mountain range has to offer.

As the Amalaki Fruit more and more becomes the talk of the scientific community, health fanatics and diet practitioners are enjoying its many benefits. Adding a consistent source of Amalaki to your diet makes you feel years younger. Anti-oxidants clean out your system and metabolize stored fat. Bioflavonoids reduce inflammation and also contribute to the detoxification of the body’s waste. The further breakup of waste that has been stored in the body returns renewed energy sources. This results in a body that has been thoroughly cleaned out like a car that has been given a complete overhaul and now runs like new. With new life to the body comes a sense of feeling younger. After years of abuse and neglect, your body will reverse in real age and begin to show new signs of life.

In addition to feeling younger, Amalaki strengthens the body’s immune system. The powerful combination of ellagic acid and gallic acid destroys the free radicals that damage the immune system. But, it’s the combination of your body’s health improvement and the added nutritional value that creates the most impact for fighting disease. A body that feels younger feels stronger. Combined with a positive mental awareness of your body’s strength are the aggressively potent polyphenols to help the body increase its ability to target and terminate harmful changes in your cellular instruction, which is the ultimate cause of disease. For instance, a virus that is introduced into the body causes illness by changing the cellular instruction.

Synthetic medications designed by scientists oppose the unnatural energies maintaining the distorted cellular instruction, resulting in reduction or temporary elimination of symptoms. But, the natural reaction of Amalaki’s concentrated combination of polyphenols and tannins re-informs the body’s cellular instruction and restores the body’s health. Common fruits and vegetables restore health and help to fight disease. How much more of an impact can you imagine the nutritional profile of the Amalaki Fruit producing?

You will instantly see results from introducing Amalaki to your diet. Increased energy levels take place immediately upon intake in much the same way a cup of coffee wakes a person up in the morning. But, Amalaki’s pure nutritional

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Amalaki Fruit

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value maintains healthy energy levels with a steady supply throughout the day. Within two to three days of adding a constant source of Amalaki to your diet, your body is completely clean of waste that has been stored for days and even years. Fats are starting to break down and you feel rejuvenated from the effects of increased circulation. Your cells are clean. Your blood stream is clean. Your life begins to take on a whole new energy.

Celebrating the present day discovery of Amalaki and the introduction of this amazing fruit to Western civilization, a ribbon cutting ceremony took place in Chicago earlier this year by the name of “Stars Aligning.” An appropriate name since it marks the meeting of the minds, modern science is finally catching up with ancient wisdom. The ribbon cutting ceremony was to honor the creation of Zrii, the original Amalaki, a high impact formula that strictly adheres to the ancient Ayurvedic recipes. Representation of all the United States and Canada’s Provinces were there. The introduction of Zrii into Western alternative health methods will have a significant impact on health practices throughout the world.

The many benefits begin with the impact on the field of medicine. Rather than pouring substantial funds into massive amounts of synthetic pharmaceuticals, subjects will be healthier overall when they change their diet habits to include a significant source of Zrii on a daily basis. As Zrii actually treats illness, the scientific community will be forced to acknowledge the legitimacy of Ayurvedic practices or return to the drawing board to attempt to discover that which has already been discovered.

The Chopra Center for Wellbeing has never before endorsed a third party product. When Bill Farley, CEO and founder of Zrii LLC, visited the Chopra Center for Wellbeing in September 2006, he learned of Amalaki from them. Thus Zrii, the original Amalaki, was born and the Chopra Center for Wellbeing wholeheartedly endorses it.

Ironic is the arrogance of modern science and its belief that it can discover better, more effective ways to cure illness, treat disease and improve our overall health. Truth is in the fact that our ancestors knew the answers long before we started asking the questions. If modern science would continue to look into the beliefs and practices of ancient civilizations who kept themselves alive for many years without the use of these present day medications, we would tap into a volume of health solutions.

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Zrii, The Original Amalaki – The Introduction of Amalaki to the West



The Powerful Composition of Zrii Original Amalaki Formulation

Zrii, the original Amalaki, is an ancient Ayurvedic formula with a twist. The ancient Ayurvedic texts unveil natural recipes for medicinal purposes. These recipes are the healthiest and most effective formulas known to humanity. While modern science has been trying to solve contemporary health issues through the utilization of artificial products and tenuous methods, it has only proven its ability to provide thorough research as well as discover cause and effect.

Zrii LLC brings purpose to modern science within the realm of Ayurvedic practices, to ensure that these ancient recipes are treated with the exact intentions of scientific treatment. Zrii, the original Amalaki, then is formulated with the best both worlds have to offer. Scientific method meets proven ancient practices. The magic is not merely in the Amalaki itself, but in its other supporting ingredients as well.

Ginger



Ginger is not foreign to Western civilization. But, we use it mainly as a spice to sweeten our foods. For centuries, Ayurvedic medicine has offered it as a treatment for ailments. Its many benefits begin with its preventive resources. Its ability to lower cholesterol functions magnificently as a treatment for heart disease. Ginger further contains antibacterial, sedative, antipyretic, and analgesic qualities. Its contribution to the improvement of real age is in its ability to ease pain from arthritis. With its additional abilities to improve digestion, treat nausea and thin the blood, Ginger is quite an impressive ingredient.

Turmeric



Turmeric has hidden qualities that have only started surfacing as a result of contemporary health issues. The United States National Institutes of Health is performing studies to ascertain if Turmeric's most active ingredient, curcumin, is an effective treatment for various types of cancer. Its traditional uses include the treatment of burns and cuts because of its antiseptic properties. Turmeric further helps increase circulation and acts as an anti-inflammatory as well as a treatment for psoriasis.

Tulsi



In addition to enhancing digestion, Tulsi the Holy Basil works to improve intestinal health. Its antioxidant properties clean the pallet while its extracts are used to fight colds, prevent inflammation, ease stomach ailment and treat malaria. Additional effects include the ability to kill pain and relieve headaches.

Schizandra



Considered to be a youth preserving herb, Schizandra is known to improve overall strength. A powerful tonic enjoyed by Chinese royalty and Taoists, Schizandra helps to improve mental functions, especially the memory. More than mere brain food, Schizandra further offers resistance against infections, increases your skin's health and promises to have protective qualities against chronic illnesses.

Jujube



With the ability to calm the nerves, Jujube is the natural stress reliever. As the powder is being ground, a touch of this miraculous ingredient to the tongue instantly reduces stress and starts the blood purification process. But, the most active ingredient in Jujube suppresses appetite. Enjoy the weight loss effects while the rest of your body heals and improves naturally.

Haritaki



With nourishing qualities that act effectively on the heart, liver and kidney, Haritaki is an amazing ingredient that eliminates bacteria and lowers cholesterol. It treats diseases of the eye and can serve as a laxative. But, the Haritaki fruit comes in seven types. They each have their own look and flavor as well as different properties that serve well together.

Zrii, the original Amalaki, contains the ultimate ingredients that fight disease, burn fat, relieve stress and entirely clean the system. It's not a magical formula, but you would think of it that way because it holds the ancient secrets that the ancients neither actively promoted nor held as secret. Centuries ago, Ayurvedic practices were thought of as common knowledge. There was no reason to actively promote them.

But, modern science has produced results that can't even compare to the effective solutions ancient wisdom has to offer. Therefore, Zrii serves as the introduction of a discovery of sorts. Not a discovery of anything new, but of ancient recipes and practices of which we have previously not been aware. Therefore, alternative medicines are not treatments that are actually alternative in any sense of the word. It's just a matter of modern medicine taking the forefront as the primary method of treatment, pushing all other more effective practices into the alternative category.

It is finally a very beneficial reality that modern science is catching up with ancient wisdom. Modern science can actually profit from ancient teachings. And in turn, scientific method can improve upon traditional practices. The marriage was meant and we have only Zrii to thank.

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This has been an Alternative Health Report

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