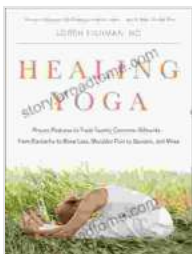


Proven Postures To Treat Twenty Common Ailments From Backache To Bone Loss

Posture plays a significant role in our overall health and well-being. Poor posture can lead to a variety of ailments, including backache, neck pain, headaches, and digestive problems. Fortunately, there are a number of proven postures that can help to alleviate these conditions and improve our health.



Healing Yoga: Proven Postures to Treat Twenty Common Ailments from Backache to Bone Loss, Shoulder Pain to Bunions, and More by Loren Fishman

★★★★☆ 4.5 out of 5

Language : English
File size : 6566 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 266 pages



In this book, we'll explore twenty common ailments and provide you with proven postures that can help to treat them. We'll also provide instructions on how to perform these postures correctly, so that you can get the most benefit from them.

Backache

Backache is one of the most common ailments in the world. It can be caused by a variety of factors, including poor posture, muscle strain, and spinal injuries.

There are a number of proven postures that can help to relieve backache. These postures include:

* The pelvic tilt * The bridge * The knee-to-chest stretch * The child's pose *
The cat-cow stretch

Neck Pain

Neck pain is another common ailment that can be caused by a variety of factors, including poor posture, muscle strain, and whiplash injuries.

There are a number of proven postures that can help to relieve neck pain. These postures include:

* The chin tuck * The neck stretch * The shoulder roll * The upper trapezius stretch * The levator scapulae stretch

Headaches

Headaches are a common problem that can be caused by a variety of factors, including stress, fatigue, and dehydration.

There are a number of proven postures that can help to relieve headaches. These postures include:

* The forward head posture * The side-lying head stretch * The supine head stretch * The child's pose * The plow pose

Digestive Problems

Digestive problems are a common problem that can be caused by a variety of factors, including poor posture, stress, and unhealthy diet.

There are a number of proven postures that can help to improve digestion. These postures include:

* The seated spinal twist * The supine spinal twist * The child's pose * The knees-to-chest pose * The bridge

Other Ailments

In addition to the ailments listed above, there are a number of other common ailments that can be treated with proven postures. These ailments include:

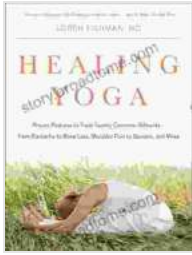
* Bone loss * Arthritis * Carpal tunnel syndrome * Tennis elbow * Golfer's elbow * Shin splints * Plantar fasciitis

Proven postures can be a powerful tool for treating a variety of common ailments. By performing these postures correctly, you can improve your posture, reduce pain, and improve your overall health and well-being.

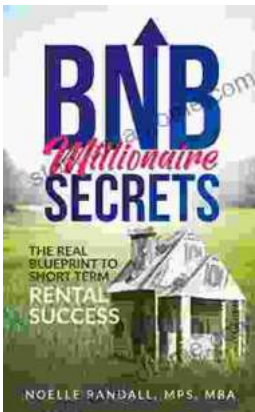
If you're suffering from any of the ailments listed in this book, I encourage you to give these proven postures a try. You may be surprised at how effective they can be.

**Healing Yoga: Proven Postures to Treat Twenty
Common Ailments from Backache to Bone Loss,
Shoulder Pain to Bunions, and More** by Loren Fishman

★★★★☆ 4.5 out of 5

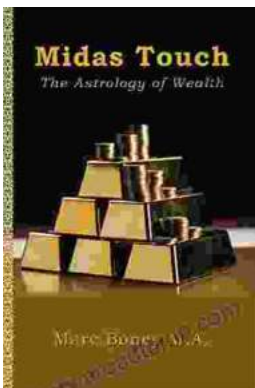


Language : English
File size : 6566 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 266 pages



The Real Blueprint to Short-Term Rental Success

Are you ready to create a thriving short-term rental business? If so, then you need The Real Blueprint to Short-Term Rental Success. This comprehensive...



Midas Touch: The Astrology Of Wealth

Are you ready to tap into the cosmic forces that govern wealth and prosperity? In the captivating new book, "Midas Touch: The Astrology of Wealth," renowned...