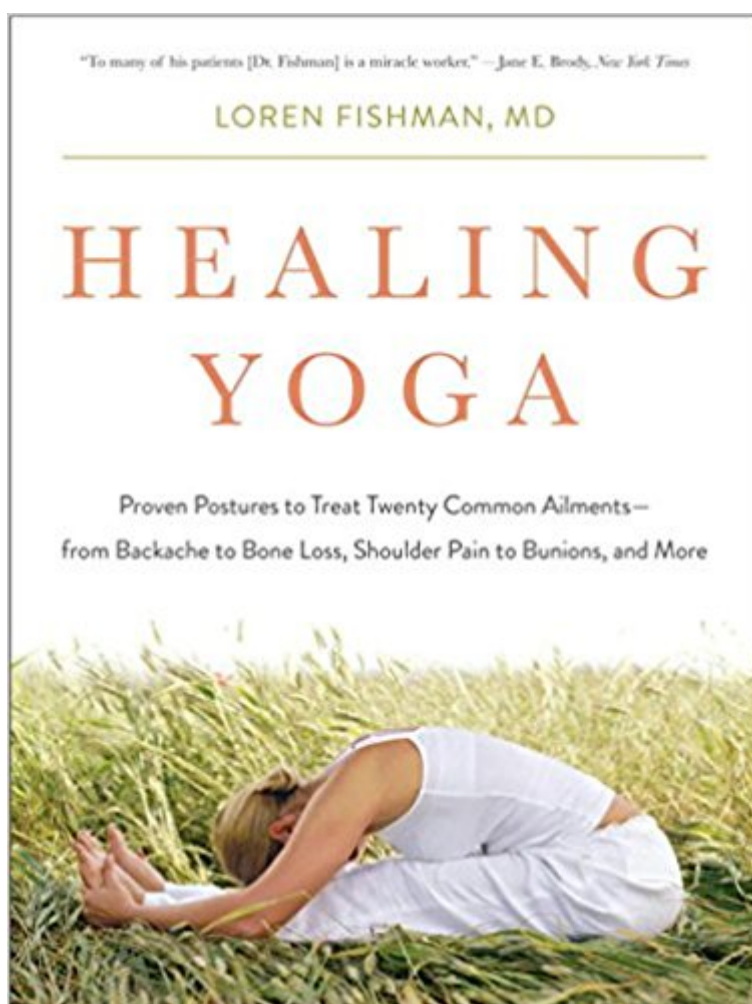


The book was found

Healing Yoga: Proven Postures To Treat Twenty Common Ailments— from Backache To Bone Loss, Shoulder Pain To Bunions, And More





Synopsis

“To many of his patients [Dr. Fishman] is a miracle worker.” —Jane E. Brody, New York Times
Healing Yoga unites medical knowledge with the practice of yoga to help treat twenty common conditions, including headache, weight gain, the common cold, scoliosis, PMS, stress, depression, and eight different types of back pain. Dr. Fishman shares techniques he has invented, refined, and validated with thousands of patients, including detailed pose instructions and accompanying photographs. He walks readers through not only healing but also diagnosis of specific medical conditions, especially back pain, when there is more than one source of trouble. Suitable for both beginners and experienced yogis, this book is an at-home guide to a renowned doctor’s expertise. 170 photographs

Book Information

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Customer Reviews

Loren Fishman, MD, is a physiatrist and a professor at Columbia College of Physicians and Surgeons. He lives in New York City.

Loren offers simple, clear and useful ways yoga is healing. As a yoga teacher, this book will be a valuable resource to analyze and address common conditions my students frequently bring to class. Unique self-diagnostic tools are practical and reassuring. And the TFS prescription for rotator cuff problems is brilliant! It is certainly a wonderful example of how yoga can be cure as well as healing. Loren sprinkles his own experience into the well written prose which makes it a fun read.

I like the explanations and anatomy detail, and the way the chapters are broken into sections according to the problem area. I think yoga classes are still important, but this book would enhance your total yoga practice, while working on your problem areas

A must read!

excellent explanations of physical problems that can be improved with the practice of yoga, and modifications of all poses are described, most with photos to aid those who cannot do the traditional healing pose.

Authoritative, easy to read and positive. What more could you ask?

Enjoying this book and getting many good tips for different injuries or ailments.

I have started the Sideways Planck on my right side to see if I can reduce the 24 degree scoliosis recently diagnosed. If there is any improvement at all in one year, I shall consider this book priceless.

great book

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Shoulder: BBQ Pork Shoulder Recipes, Pork Shoulder Seasoning, Oven & Crock Pot Marinade
Simplified Tai Chi Chuan: 24 Postures with Applications & Standard 48 Postures (Revised) Fight
Back Pain: Healing Backache, Strengthening Muscles and preventing pain (Live Long Live Health
Books) Back Stretching: Back Strengthening And Stretching Exercises For Everyone (lower back
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Baldness) The Ultimate Guide to Strong Healthy Feet: Permanently fix flat feet, bunions, neuromas,
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21 Essential Yoga Poses to Strengthen Your Body and Calm Your Mind (FREE Meditation Bonus!):
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Guide: Exercises for Tight Hips & Hip Pain: 4-Week Yoga Guide w/ Videos (Beginner Yoga Guides
Book 1)

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