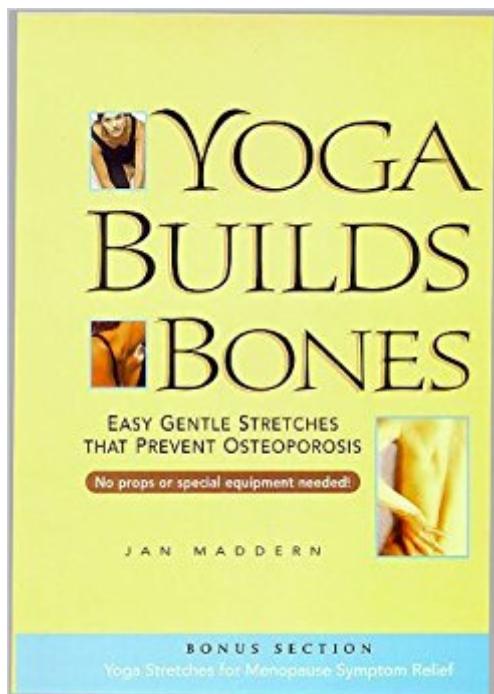


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# **Yoga Builds Bones: Easy Gentle Stretches That Prevent Osteoporosis**



## **Synopsis**

Osteoporosis affects millions of women and is widely regarded as an insidious, but largely inevitable disease. This text shows the reader how gentle stretches can ease menopause symptoms, improve flexibility and balance, and actually increase bone density, preventing and reversing osteoporosis.

## **Book Information**

Paperback: 224 pages

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Average Customer Review: 3.9 out of 5 stars 7 customer reviews

Best Sellers Rank: #876,364 in Books (See Top 100 in Books) #68 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Osteoporosis #1965 in Books > Health, Fitness & Dieting > Exercise & Fitness > Yoga #2126 in Books > Health, Fitness & Dieting > Women's Health > General

## **Customer Reviews**

Yoga instructor Maddern presents easy-to-follow adjustments that preserve bone density and prevent osteoporosis in women. After assessing upper-body strength, the author outlines five separate 20-minute illustrated routines of yoga postures, targeting weight-bearing bones in the upper and lower body and designed to promote balance within the endocrine system. Most of these poses are easy to perform, and many would add a fresh dimension to the standard yoga workout. The author has also included an accessible discussion of the importance of adequate calcium intake and the avoidance of foods and substances that interfere with its absorption. Although this book is not intended to replace the services of trained healthcare professionals, the information could assist in maintaining healthy bone structure and help alleviate menopausal symptoms as we age. Recommended for public libraries building in the area of wellness or serving mature patrons. DDeborah Anne Broocker, Georgia Perimeter Coll., Dunwoody, GA Copyright 2000 Reed Business Information, Inc.

Jan Maddern has been teaching yoga for ten years and specializes in working with

post-menopausal women. She first discovered the connection between bone strength and yoga when her mother was diagnosed with osteoporosis several years ago.

I have used this book for years. It is very informative and the line drawings make it much easier to follow the instructions. Great information to keep your bones strong.

As a yoga teacher I use a lot of the info that is presented in this useful book to my students.

This yoga book and the other on fighting fat really taught me a few things that I had not seen in other yoga books. Worth the read, in my opinion

Good illustrations for yoga positions without props. However, two concerns make this a 2.5, rounded to 3 star review: the nutrition section refers to studies done to support the writer's premises, but there are no footnotes that I could find, about those studies. A study can prove anything, depending on why/how its funded/how it's conducted, etc. Another concern, and the major one, is that testing one's body strength prior to starting a practice in the book is suggested and may require poses that have the hands supporting body weight. I tried a modified version of this, learning against the wall instead of putting my hands on the floor. In the 5 or 6 seconds I held this pose, I felt a pull on my inner wrists, and 3 days later was in the doctor's office with a very swollen, lobster red right hand with a knot where the injury occurred, with no finger function at all. The resulting diagnosis - injury to my wrist. Instead of taking steroids as the doctor advised, I decided to use herbals for the inflammation (Zyflamend, curcumin, ginger), vitamin C to support healing, and cold packs for the swelling. My hand is healing, thank goodness. I am 65+ and am thankful my older body is healing, but I won't be using this book, though it may be fine for another person.

This is truly a wonderful book, beautifully and thoughtfully written, with valuable information, excellent exercises, stretches and meditations. It condenses some of the valuable treasures yoga offers in spare, intelligent prose that seem lit from within. I would recommend it for any younger, healthy woman wishing to prevent osteoporosis in later life or looking for a way to balance hormones naturally now. Someone older and anyone with health problems should definitely show this book to her doctor before plunging in. Many of the poses require a great deal of strength in the upper body and great flexibility. I gave it only four stars because having just one illustration per exercise or stretch, most of which are multi-stepped, is often not sufficient for a person new to yoga,

as I am, to figure out how to do the sequences correctly. Although I read the instructions a number of times before trying each pose, I fear I might do something wrong and inadvertently hurt myself. Still, this isn't insurmountable: I have other books which show many of the poses in more detail, and a video. I think a teacher or a class would be most helpful, too, for anyone planning to buy this book. All in all, though, it is a great book which will get a lot of use: a real treasure!

muscles, to prevent bone loss. This book is aimed at women; the author is a yoga teacher that specializes with post-menopausal women. Her Mother was diagnosed with osteoporosis. This book is a gem, very well researched and thorough. The book opens with calcium information, what causes osteoporosis, myths, foods that help and don't, a calcium test and ideas beyond calcium to build bones. Then 5 routines are shown to build bone and maintain strong bones and develop muscle tone. Five routines cover: Upper body, Lower body, Ovaries, Adrenals, and Parathyroids, Pineal, and Pituitary glands. Parathyroid glands control calcium levels in the blood. Black and white sketches show the pose, the name, the benefits and instruction, also the focus and sometimes a visualization is given. No equipment is necessary and benefits include more energy, deeper sleep and less stress. The author encourages Women to see how YOGA can benefit them in other areas of life. The book ends with a bonus section for menopause symptoms. I bought this book as a preventive aid, my grandmother had osteoporosis. I don't know if it was her lifestyle or genetics that caused it to develop or both, but why take any chances.

Using Yoga to help with deteriorating bones is so important. The concept of using yoga is well thought out in this book however the pictures showing postures are poor. They are hand drawn and the artist appears to have much talent but does not capture the true essence of the pose. I am a yoga instructor and find this very disappointing that such an important book can have such poor display of the postures. I would not recommend this book for this reason. Very unfortunate.

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