



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

By Loren Fishman

WW Norton & Co. Paperback. Book Condition: new. BRAND NEW, Healing Yoga: Proven Postures to Treat Twenty Common Ailments-from Backache to Bone Loss, Shoulder Pain to Bunions, and More, Loren Fishman, 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.



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Reviews

I actually started looking over this publication. It really is rally interesting through studying period. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- **Dana Hintz**

Good electronic book and valuable one. It really is basic but unexpected situations in the 50 percent in the pdf. You wont really feel monotony at at any moment of your time (that's what catalogues are for concerning when you ask me).

-- **Elisa Reinger**