

[PDF] Yoga For Osteoporosis: The Complete Guide

Loren Fishman MD, Ellen Saltonstall MD - pdf download free book



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Description:

A comprehensive, user-friendly medical yoga program designed for the management and prevention of osteoporosis, with more than four hundred illustrations.

Osteoporosis leads to painful fractures due to loss of bone mass; yoga strengthens bones without

endangering joints: it stands to reason that yoga is the perfect therapy for osteoporosis. Forty-four million Americans suffer from low bone mass, and osteoporosis is responsible for more than 1.5 million fractures annually. Drugs and surgeries can alleviate pain, but study after study has shown that exercise is the best treatment, specifically low-impact, bone-strengthening exercises—hence, yoga.

In this comprehensive and thoroughly illustrated guide, Loren Fishman and Ellen Saltonstall, who between them have seven decades of clinical experience, help readers understand osteoporosis and give a spectrum of exercises for beginners and experts. Classical yoga poses, as well as physiologically sound adapted poses, are presented with easy-to-follow instructions and photographs. The authors welcome readers of all ages and levels of experience into the healing and strengthening practice of yoga. 321 illustrations

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