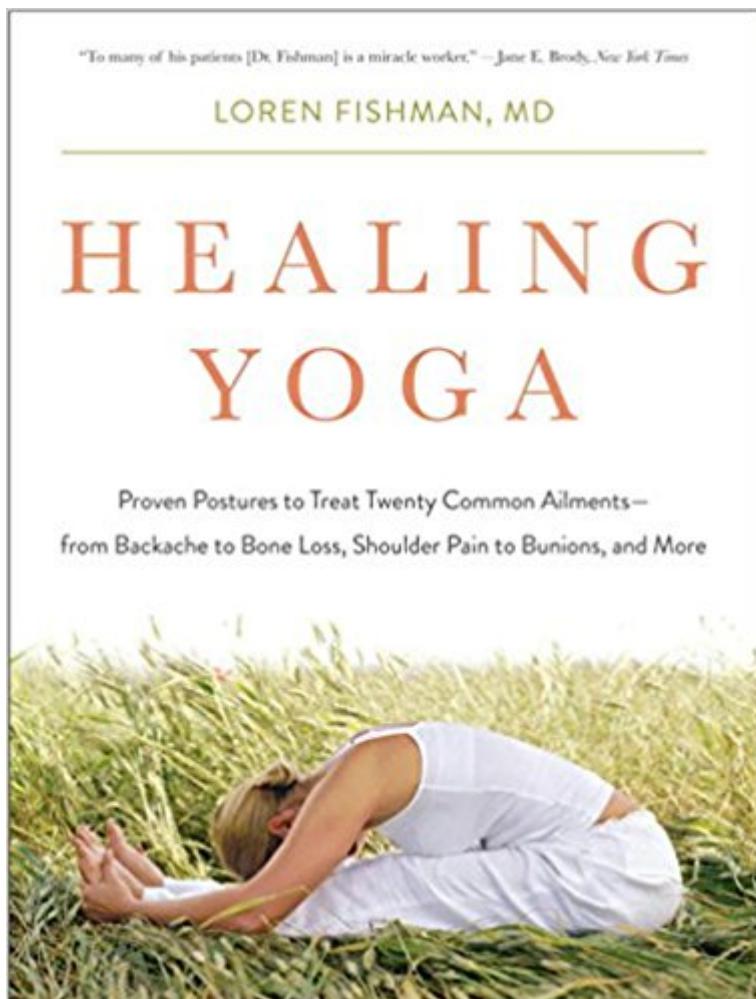


The book was found

# 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.

Auithoritative, 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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Healing Yoga: Proven Postures to Treat Twenty Common Ailments – from Backache to Bone Loss, Shoulder Pain to Bunions, and More Yoga: 100 Key Yoga Poses and Postures Picture Book for Beginners and Advanced Yoga Practitioners: The Ultimate Guide For Total Mind and Body Fitness (Yoga ... Books) (Meditation and Yoga by Sam Siv 3) Bone Broth : Bone Broth Diet Plan: Lose 15 Pounds, Firm Up Your Skin, Improve Health and Reverse Grey Hair with the Bone Broth Diet (Bone Broth, Bone Broth Diet, Bone Broth Recipes) Yoga: The Top 100 Best Yoga Poses: Relieve Stress, Increase Flexibility, and Gain Strength (Yoga Postures Poses Exercises Techniques and Guide For Healing Stretching Strengthening and Stress Relief) Bone Health: Treatment for beginners - Basics about Bone Health, Bone density, Osteoporosis and Osteopenia (Osteoporosis and Bone Health - Healthy Bones Tips - Bone Health 101) Bone Broth: Bone Broth Diet Cookbook: Bone Broth Recipes and Guide to Lose Up 15 Pounds, Firm up Your Skin, Reverse Grey Hair and Improve Health in 21 ... Broth, Bone Broth Diet, Bone Broth Recipes) 50 Dry Rubs for Pork

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 pain, healing back pain, stretching exercises, back pain treatment, ... pain relief, stretching, back pain Book 1) Hair Loss: Hair Loss Solutions for Beginners - Hair Loss Basic Guide - Hair Loss Cure (Hair Loss Protocol - Hair Loss Black Book - Hair Loss for Dummies 1) Yoga: The Yoga Beginner's Bible: Top 63 Illustrated Poses for Weight Loss, Stress Relief and Inner Peace (yoga for beginners, yoga books, meditation, mindfulness, ... self help, fitness books Book 1) The Pain-Free Program: A Proven Method to Relieve Back, Neck, Shoulder, and Joint Pain Healthy Shoulder Handbook: 100 Exercises for Treating and Preventing Frozen Shoulder, Rotator Cuff and other Common Injuries Soup Diet: Souping: The New Juicing - Clean Soups and Bone Broth for Rapid Weight Loss (Soup Cleanse Cookbook, Clean Soups, Bone Broth, Bone Broth Cookbook, Soup Recipes Book 1) Hair Loss Prevention: #1 Hair Loss Prevention And Reversal Techniques, Methods, Treatments And Remedies (Hair Loss, Hair Loss Cure, Hair Loss In Women, ... Protocol, Hair Loss Black book, Baldness) The Ultimate Guide to Strong Healthy Feet: Permanently fix flat feet, bunions, neuromas, chronic joint pain, hammertoes, sesamoiditis, toe crowding, hallux limitus and plantar fasciitis Yoga: 21 Essential Yoga Poses to Strengthen Your Body and Calm Your Mind (FREE Meditation Bonus!): (Meditation, Yoga Poses, Relaxation, Stress Relief, Yoga for beginners) Weight Loss: Lose Weight and Body Fat: 3 Simple and Easy Methods to Improve: Health, Fitness and Nutrition (Weight Loss Strategies, Proven Weight Loss, ... Habits, Belly Fat, Weight Loss Tips) Ultimate Hip Opening Yoga Guide: Exercises for Tight Hips & Hip Pain: 4-Week Yoga Guide w/ Videos (Beginner Yoga Guides Book 1)

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