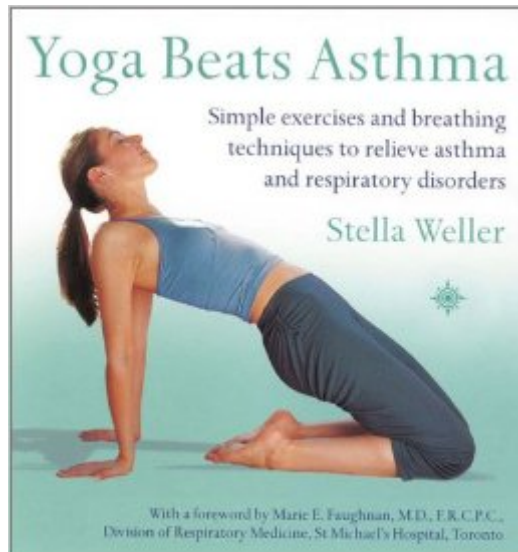


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# Yoga Beats Asthma: Simple Exercises And Breathing Techniques To Relieve Asthma And Respiratory Disorders



## Synopsis

A comprehensive and fully accessible guide to understanding and managing asthma through yoga, encouraging sufferers away from exclusive reliance on drugs in favour of using the ancient wisdom of yoga to control the condition themselves through the powers of breathing and of the mind. The number of asthma sufferers has risen sharply since the mid 1980s, with 10 million sufferers in the US and 3.7 million in the UK. Although many people are able to control their condition with drugs, it is still a serious condition- every six hours somebody dies from asthma in the UK. In *Yoga Beats Asthma*, qualified nurse and experienced yoga teacher Stella Weller reveals how yoga can help sufferers move away from reliance on powerful drugs for treatment. The powerful breathing techniques and exercises outlined in the book show sufferers how to support their respiratory system and help prevent, control and lessen the severity of an attack. This essential resource is ideal for sufferers of all ages, as well as parents of asthmatic children who want to help treat the problem naturally. The book includes an explanation of the breathing system, helping readers to understand what asthma is and how it is triggered. The yoga approach to asthma and how and why it works is also clearly explained. This highly practical and accessible guide includes: • physical exercises (asanas) • breathing exercises (pranayama) • mind power • coping with anxiety and panic to prevent attacks • relaxation exercises • nutritional advice.

## Book Information

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## Customer Reviews

Easy to follow guide with nice photos showing asanas. I take my time and focus on each breath and

try to do postures every day, it is making a difference. Highly recommend this book for anyone with lung issues.

I have a rare breathing problem and I love this book. It also taught me a lot.

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