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Bolstered by a brief history of yoga, a discussion of the mind/body connection, and some examples of yoga's positive effects, Stiles enthusiastically dives into her cures for 50 common conditions: a few poses or short routines to remedy such major concerns as diabetes, depression, and fibromyalgia, and minor but nagging problems like a cold, foot cramps, and "jiggly thighs."

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Yoga Cures: Simple Routines to Conquer More Than 50 Common Ailments and Live Pain-Free by Tara Stiles English | ISBN: 0307954854 | 2012 | EPUB | 240 pages | 18,8 MB

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Stiles said a simple tree pose can help bring balance to a person's life and move on. Stiles also includes beauty tips in her book, such as a quick, easy way to fix bags under the eyes.

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If you're dealing with back pain, yoga may be just what the doctor ordered. Yoga is a mind-body therapy that's often recommended to treat not only back pain but the stress that accompanies it. The...

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Yoga for Back Pain: 10 Poses to Try, Why It Works, and More

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