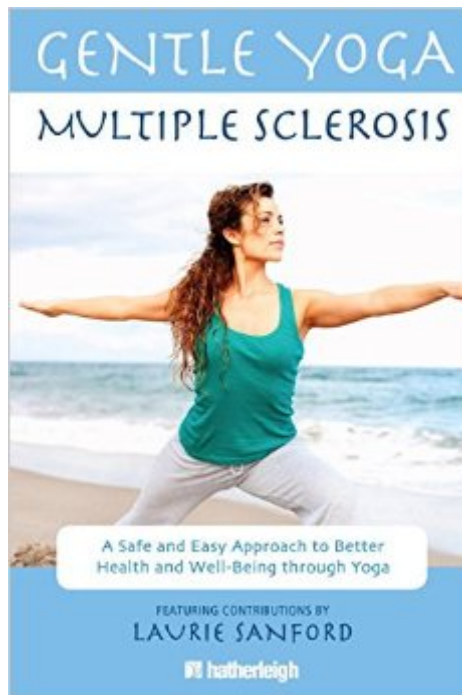


The book was found

# Gentle Yoga For Multiple Sclerosis: A Safe And Easy Approach To Better Health And Well-Being Through Yoga



## Synopsis

Utilize the Benefits of Gentle Yoga to Relieve Your Symptoms of Multiple Sclerosis Over 2.5 million people are currently afflicted with multiple sclerosis, a chronic disease that affects the central nervous system. While there is currently no cure for multiple sclerosis, maintaining a healthy lifestyle that includes a balanced diet and regular physical activity can help in managing symptoms. Yoga is now recognized as an excellent practice for those with multiple sclerosis because it is a low-impact activity that can easily be modified for individuals with varying ranges of mobility. Gentle Yoga for Multiple Sclerosis shows you how to integrate yoga into your exercise routine to improve your overall health and well-being. Yoga postures release muscular tension, helping to aid movement while also increasing balance, strength, and flexibility. Additionally, breathing techniques encourage better circulation and meditation practice enhances alertness and concentration. Gentle Yoga for Multiple Sclerosis also includes:- An overview of the causes and symptoms of multiple sclerosis- Helpful diet and lifestyle tips to reduce symptoms- An introductory guide to understanding the benefits of yoga- Important precautions to ensure safety during yoga practice Whether you are experiencing mild multiple sclerosis symptoms or are currently using a wheelchair, Gentle Yoga for Multiple Sclerosis is your complete guide to creating a customized yoga practice specifically for your needs. The Gentle Yoga series seeks to promote the many beneficial effects of yoga exercise in the treatment of specific diseases. The exercises are clearly illustrated, safe, and tailored to your condition. Each book in the series also provides an overview of the disease as well as other lifestyle tips to improve overall health and daily functioning.

## Book Information

Series: Gentle Yoga

Paperback: 96 pages

Publisher: Hatherleigh Press; Original edition (April 24, 2012)

Language: English

ISBN-10: 1578263700

ISBN-13: 978-1578263707

Product Dimensions: 6 x 0.2 x 9 inches

Shipping Weight: 5 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars Â Â See all reviews Â (2 customer reviews)

Best Sellers Rank: #1,044,834 in Books (See Top 100 in Books) #145 in Â Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Multiple Sclerosis #779 in Â Books > Health, Fitness &

## Customer Reviews

Purchased for a friend diagnosed fairly recently with MS. We especially like the presentation: poses, adapted poses for safety, narrative, and lots of pictures - especially since yoga challenges balance even without the complication of MS.

Clear instructional words and images provide those seeking an easy exercise program with an authoritative option. The expertise of the instructor is evident and her program is accessible. Thank you!

[Download to continue reading...](#)

Gentle Yoga for Multiple Sclerosis: A Safe and Easy Approach to Better Health and Well-Being through Yoga The American Yoga Association's Easy Does It Yoga : The Safe and Gentle Way to Health and Well-Being Multiple Sclerosis: Simple Changes to Help You Manage Your Multiple Sclerosis YOGA: The Essential Guide To Yoga For Beginners (Yogananda, Yoga Anatomy, Yoga Poses, Yoga Sutra, Yoga For Men, Yoga Journal) Imagine Yourself Well: Better Health Through Self-hypnosis (Better Health Through Hypnosis) Yoga For Beginners: An Easy Yoga Guide To Relieve Stress, Lose Weight, And Heal Your Body (yoga, yoga for beginners, yoga for weight loss, yoga guide, chakras, meditation) Yoga for Beginners: Top 10 Essential Yoga Poses (Yoga Meditation, Yoga Workouts, Yoga Books, Yoga Sutras) Yoga for Kids: Safe Yoga Poses for Children ages 0-12: Starting Them Young: Children's Yoga Poses for Total Mind-Body Fitness (Yoga for Kds) Exercises for Multiple Sclerosis: A Safe and Effective Program to Fight Fatigue, Build Strength, and Improve Balance Live Your Life, Not Your Diagnosis: How to Manage Stress and Live Well with Multiple Sclerosis Sleep Smarter: The Ultimate Guide To Sleep Better, Feel Better By Having Healthy Sleeping Habits (sleep smarter, sleep better, healthy sleep habits, sleep ... healthy sleep, sleep apnea, feel better) Jesus, the Gentle Parent: Gentle Christian Parenting (Little Hearts Handbooks) Yoga for Better Bones: Safe Yoga for People with Osteoporosis Build a Survival Safe Home: The Latest Guide for Building Safe and Warm Wilderness Shelters (Survival Safe Home, Survival shelter, Survival shelter books) Yoga: Your Journey To Incredible Health, Weight Loss, and Ultimate Happiness (2nd Edition) (Yoga, Yoga for Beginners, Yoga Positions, Meditation, Mindfulness, Chakras, Mobility) MS: Something Can Be Done and You Can Do It : A New Approach to Understanding and Managing Multiple Sclerosis A Practical Guide to Fecal Transplants: A

Revolutionary Approach to C. Difficile, Ulcerative Colitis, Crohn's Disease, Dysbiosis, Multiple Sclerosis & More! Optimal Health with Multiple Sclerosis: A Guide to Integrating Lifestyle, Alternative, and Conventional Medicine The Better Bladder Book: A Holistic Approach to Healing Interstitial Cystitis & Chronic Pelvic Pain[ THE BETTER BLADDER BOOK: A HOLISTIC APPROACH TO HEALING INTERSTITIAL CYSTITIS & CHRONIC PELVIC PAIN ] by Cohan, Wendy (Author ) on Nov-09-2010 Paperback The Easy Way to Host Multiple Websites on EC2: A complete step-by-step recipe for launching and hosting multiple websites on a single EC2 instance

[Dmca](#)