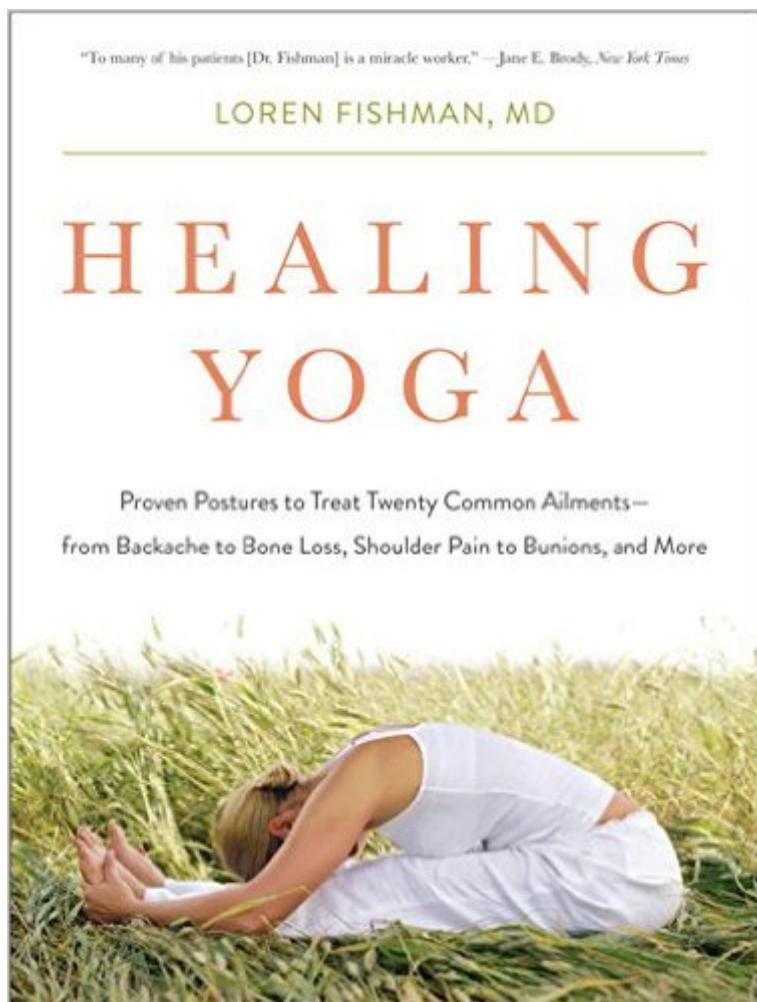


The book was found

Healing Yoga: Proven Postures To Treat Twenty Common Ailmentsâ€”from Backache To Bone Loss, Shoulder Pain To Bunions, And More



Synopsis

âœTo many of his patients [Dr. Fishman] is a miracle worker.â• 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 doctorâ™s expertise. 170 photographs

Book Information

Paperback: 272 pages

Publisher: W. W. Norton & Company; 1 edition (January 5, 2015)

Language: English

ISBN-10: 0393078000

ISBN-13: 978-0393078008

Product Dimensions: 7 x 0.6 x 9.3 inches

Shipping Weight: 15.2 ounces (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 starsÂ See all reviewsÂ (19 customer reviews)

Best Sellers Rank: #44,947 in Books (See Top 100 in Books) #16 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Backache #175 inÂ Books > Health, Fitness & Dieting > Exercise & Fitness > Yoga #1087 inÂ Books > Health, Fitness & Dieting > Alternative Medicine

Customer Reviews

Loren Fishman, MD, is a physiatrist and a professor at Columbia College of Physicians and Surgeons. He lives in New York City.

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

Healing Yoga: Proven Postures to Treat Twenty Common Ailmentsâ "from Backache to Bone Loss, Shoulder Pain to Bunions, and More Bone Broth: Healthy Benefits of Bone Broth, Enjoy a Healthy Diet, Lose Weight, and Fight Aging (Bone Broth,Bone Broth Diet,Bone Broth Miracle,Bone Broth ... is bone broth,bone broth fast) YOGA: The Essential Guide To Yoga For Beginners (Yogananda, Yoga Anatomy, Yoga Poses, Yoga Sutra, Yoga For Men, Yoga Journal) 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) Foot Pain: Causes & Simple Steps & Exercises to Treat Irritating Foot Pain (Plantar Fasciitis, Bunions, Athletes Foot) Yoga for Beginners: Top 10 Essential Yoga Poses (Yoga Meditation, Yoga Workouts, Yoga Books, Yoga Sutras) Simplified Tai Chi Chuan: 24 Postures with Applications and Standard 48 Postures Simplified Tai Chi Chuan: 24 Postures with Applications & Standard 48 Postures (Revised) Backache, Stress, and Tension: Understanding Why You Have Back Pain and Simple Exercises to Prevent and Treat It Bone Broth Power: Lose Weight, Improve Your Health, And Reverse Aging (Bone Broth, Bone Broth Diet, Bone Broth Miracle Book 1) The Pain-Free Program: A Proven Method to Relieve Back, Neck, Shoulder, and Joint Pain The Comprehensive Hair Loss Guide: Hair Loss Treatment and Cure for Men and Women (Hair Loss Treatment for Women, Hair Loss Treatment for Men, Hair Loss ... Loss Remedies, Hair Loss Cure, Alopecia) Hair: Hair Loss: Learn About Hair Loss Prevention Methods and Regrowth Treatment: Hair Loss Cure: Hair Loss (Men's Health, Hair Loss Treatment, Regrow ... Loss Treatment for Woman, Hair Loss Cure) Yoga: Your Journey To Incredible Health, Weight Loss, and Ultimate Happiness (2nd Edition) (Yoga, Yoga for Beginners, Yoga Positions, Meditation, Mindfulness, Chakras, Mobility) Weight Loss: 30 Days Weight Loss Challenge - Eat More Food Lose More Weight - Turn Your Weight Loss Vision Into Reality (How to Lose, Weight Loss Tips, Women, Weight Loss Nutrition, Diet Plan) Weight Loss: 20 Proven Smoothie Recipes For Weight Loss, Health, And Energy (Lose Weight Fast, Smoothies For Weight Loss, Smoothie Recipes, Lose Weight, ... Loss Smoothies, Weight Loss Motivation,) 8 Steps to a Pain-Free Back: Natural Posture Solutions for Pain in the Back, Neck, Shoulder, Hip, Knee, and Foot 7 Steps to a Pain-Free Life: How to Rapidly Relieve Back, Neck, and Shoulder Pain Walk Yourself Well: Eliminate Back Pain, Neck, Shoulder, Knee, Hip and Other Structural Pain Forever-Without Surgery or Drugs 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)

[Dmca](#)