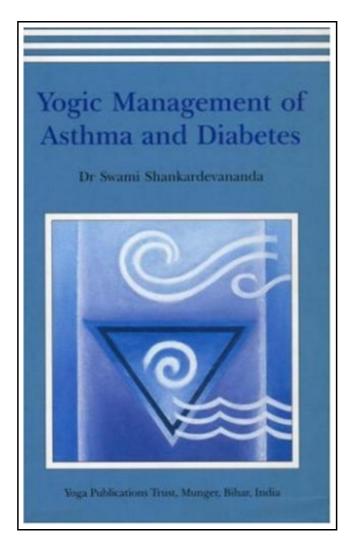
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Reviews

Extremely helpful for all type of folks. It generally is not going to expense a lot of. I found out this book from my dad and i advised this book to find out.

(Melany Goyette)

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Yoga Publications Trust (Bihar School of Yoga), Munger, India, 2002. Paperback. Book Condition: New. Dust Jacket Condition: New. Third Edition. This book has been written by Dr Swami Shankardevananda Saraswati, under the guidance of Swami Satyananda Saraswati, explores two common disorders from a yogic perspective. The book discusses the background, nature and cause of each disease, medical and yogic treatments, diet and the yogic path to health. Yogic research into asthma and diabetes is presented, with details of clinical trials, case histories and yoga therapy camps. Yoga's holistic approach to therapy and the effectiveness of yogic methods in establishing good health are explained. Printed Pages: 315. Size: 14 Cms x 22 Cms.

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