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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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body and get you feeling better right away. Using the fun, fresh approach to yoga she is known for, Stiles takes on more than 50 common ailments ranging from arthritis and fibromyalgia to jiggly ...

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## **Amazon.com: Customer reviews: Yoga Cures: Simple Routines ...**

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.

## **Yoga routines to fix common ailments | Fox News**

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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