



HealthAndYoga.com



Yoga Therapy Catalog

2006

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Yoga for Digestive Disorders



Just like the face turns red when one is angry, the stomach lining turns red too. And it pours out large amounts of acid and enzymes. Anger, fear, jealousy, anxiety, tension etc. are emotions which influence not only the quality and quantity of secretions in the stomach and intestine, but also alter the blood flow and the motility of the intestine. Many ailments of the digestive system starting from the mouth to the rectum are traceable to stress and a modern lifestyle.

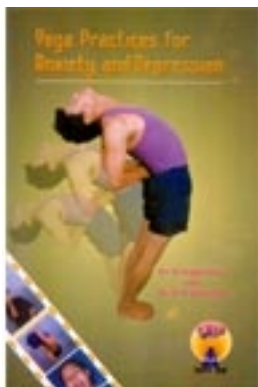
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Item #: H&Y523129696

Price: US \$ 9.95

Yoga for Anxiety and Depression



We all experience anxiety or depression at some point or the other in our lives. However, depression and anxiety take the form of disease when their effects are prolonged and disturb the quality of life. This problem has become quite rampant in our affluent modern and progressive societies.

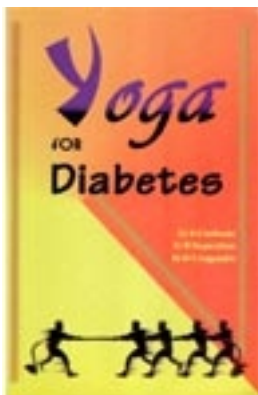
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Yoga for Diabetes (Mellitus)



Diabetes is a lifestyle related condition due to an imbalance in handling a glucose load and is NOT a disease. It is one of the several lifestyle related chronic conditions with an end result of complications that are related to early aging changes resulting in blockage of small and large arteries.

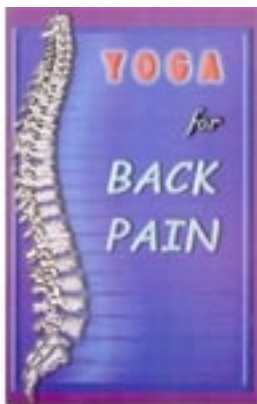
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Yoga for Back Pain



With a comprehensive understanding into the dynamics of back pain, this book is designed for persons with back pain as well as yoga therapists. It aims to show how the back works in health and disease as well as the yogic way of handling the problem. Authored by Dr.R.Nagarathna, MD, FRCP and Dr. HR Nagendra, ME, Ph.D, it deals with issues of back pain, spondylosis, neck pain and knee pain through specific practice modules that should be incorporated by everyone who shows a propensity to these disorders.

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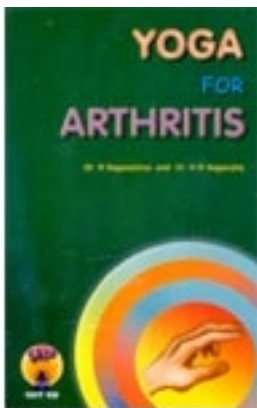
Price: US \$ 9.95

Format: PDF

Item #: H&Y523129716

Price: US \$ 4.95

Yoga for Arthritis



With a comprehensive understanding into the dynamics of back pain, this book is designed for persons with back pain as well as yoga therapists. It aims to show how the back works in health and disease as well as the yogic way of handling the problem. Authored by Dr.R.Nagarathna, MD, FRCP and Dr. HR Nagendra, ME, Ph.D, it deals with issues of back pain, spondylosis, neck pain and knee pain through specific practice modules that should be incorporated by everyone who shows a propensity to these disorders.

Format: Book

Item #: H&Y523129698

Price: US \$ 9.95

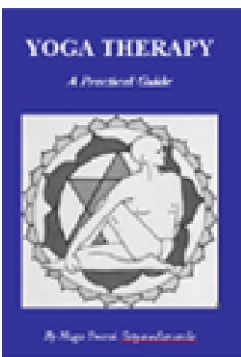
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Item #: H&Y523129713

Price: US \$ 4.95

Yoga Therapy – A Practical Guide



Format: Book

Item #: H&Y523129682

Price: US \$ 14.95

Format: PDF

Item #: H&Y523129683

Price: US \$ 7.95

This 73-page publication has come about due to many enquiries regarding the use of yoga as a means of natural therapy.

While it is impossible to cover all aspects of "DIS-EASE" in this small booklet, basic health problems such as back and neck pain, headache, colds, energy loss, insomnia, tension, constipation, wind, indigestion, diarrhea, acidity, menstrual problems and depression are increasingly common complaints people of this age find themselves having to deal with.

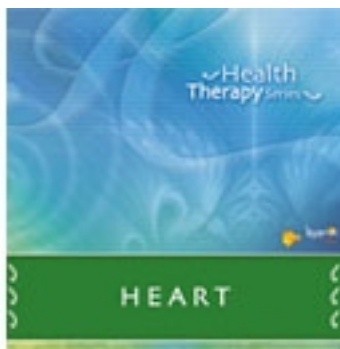
The relief of these symptoms through simple and easy to perform yoga practices is the essential purpose of this book.

Orthodox medicine is now becoming more and more aware of the importance of the balance between mind and body, realizing that most physical ailments have their origins in poor mental functioning as well as poor physical conditioning.

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Health Therapy Series - Heart



Reduce the effect of emotional disturbances on the heart by listening to these slokas, mantras and music which bring about a positive change in the electrical activity of the brain and reduce the effect of toxic emotions on the heartbeat.

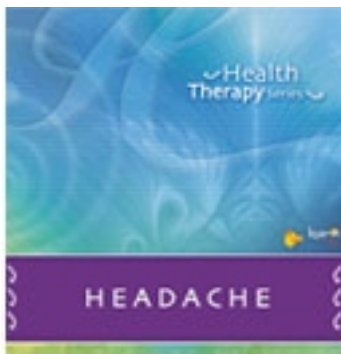
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Item #: H&Y523129728

Price: US \$ 14.98

Health Therapy Series - Headache



A collection of chants and mantras specially chosen to help those who suffer from Headache. By listening to this healing compilation, positive vibrations will be created in the lobes of the brain so that healing energy is released and a state of peace is achieved.

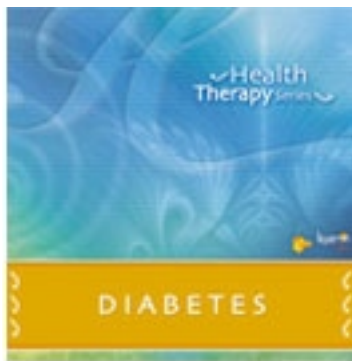
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Format: CD

Item #: H&Y523129729

Price: US \$ 14.98

Health Therapy Series - Diabetes



A collection of chants and mantras specially chosen to help those who suffer from diabetes. By listening to this healing compilation, positive vibrations will be created in the lobes of the brain so that healing energy is released and a state of peace is achieved.

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Format: CD

Item #: H&Y523129730

Price: US \$ 14.98

Health Therapy Ser. - Blood Pressure



A collection of chants and mantras specially selected to help those who suffer from high blood pressure disorders. The blood pressure will be guided back to normal by the vibrations produced by these slokas, mantras and music through the curative effect they have on the electrical activity of the brain.

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Format: CD

Item #: H&Y523129731

Price: US \$ 14.98

Health Therapy Series - Ulcer



The therapeutic value of this album lies in the effect it has on the mind in reducing stress and anxiety levels. Regular listening will result in total relaxation of the mind, which in turn will prevent the arousal of anxiety. The absence of anxiety in the mind will automatically stop the excessive secretion of the digestive enzymes. This will facilitate the medicines to heal the ulcers and the relaxed mind will prevent further formation of ulcers.

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Format: CD

Item #: H&Y523129727

Price: US \$ 14.98