



Gentle Yoga for Arthritis: A Safe and Easy Approach to Better Health and Well-Being through Yoga

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Gentle Yoga for Arthritis: A Safe and Easy Approach to Better Health and Well-Being through Yoga UTILIZE THE BENEFITS OF GENTLE YOGA TO RELIEVE YOUR SYMPTOMS OF GENERAL ARTHRITIS

Over 50 million people in the United States alone struggle with arthritis, a painful and debilitating inflammation of the body's joints.

In the medical world, the focus of arthritis treatment is controlling the pain and minimizing any joint damage, while working hard to maintain quality of life. As a result, many doctors will recommend adopting a healthier lifestyle, including a balanced diet and regular physical activity. And as yoga remains the premier low-impact, high-result form of physical activity, many have reclaimed their lives from arthritis pain with the help of yoga.

Gentle Yoga for Arthritis shows you how to integrate yoga into any existing exercise routine, to improve your overall health and well-being. Yoga stances release muscular tensions, easing the strain on the body's joints, while increasing balance, strength, and flexibility. Additionally, breathing techniques encourage better circulation to help your extremities stay loose and healthy.

Gentle Yoga for Arthritis also includes:

- An overview of the causes and symptoms of arthritis
- 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 beginning to experience arthritis symptoms, or whether you want to adopt a lifestyle to prevent arthritis from ever happening, *Gentle Yoga for Arthritis* is your complete guide to creating a customized yoga practice specifically for your needs.

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