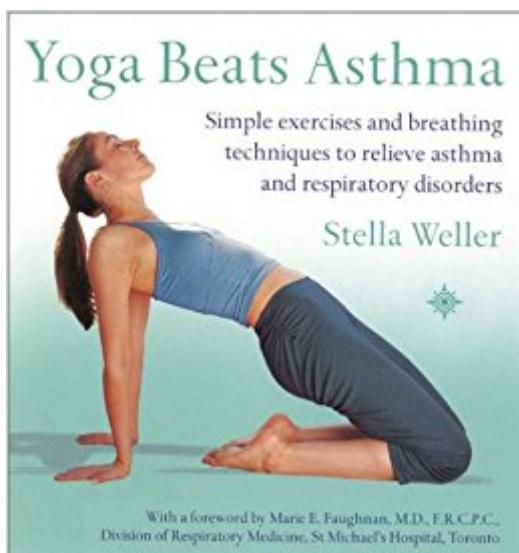


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# **Yoga Beats Asthma: Simple Exercises And Breathing Techniques To Relieve Asthma And Respiratory Disorders**



## Synopsis

A comprehensive and fully accessible guide to understanding and managing asthma through yoga, encouraging sufferers away from exclusive reliance on drugs in favour of using the ancient wisdom of yoga to control the condition themselves through the powers of breathing and of the mind. The number of asthma sufferers has risen sharply since the mid 1980s, with 10 million sufferers in the US and 3.7 million in the UK. Although many people are able to control their condition with drugs, it is still a serious condition- every six hours somebody dies from asthma in the UK. In *Yoga Beats Asthma*, qualified nurse and experienced yoga teacher Stella Weller reveals how yoga can help sufferers move away from reliance on powerful drugs for treatment. The powerful breathing techniques and exercises outlined in the book show sufferers how to support their respiratory system and help prevent, control and lessen the severity of an attack. This essential resource is ideal for sufferers of all ages, as well as parents of asthmatic children who want to help treat the problem naturally. The book includes an explanation of the breathing system, helping readers to understand what asthma is and how it is triggered. The yoga approach to asthma and how and why it works is also clearly explained. This highly practical and accessible guide includes:

- physical exercises (asanas)
- breathing exercises (pranayama)
- mind power
- coping with anxiety and panic to prevent attacks
- relaxation exercises
- nutritional advice.

## Book Information

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## Customer Reviews

Stella Weller is a successful author and yoga teacher, living and working in Canada. Also a fully qualified State Registered Nurse, Stella has used yoga as a healing therapy for many years in her work. Her approach to yoga is known for its excellent general health advice as well as its simple readability and ease of use.

Easy to follow guide with nice photos showing asanas. I take my time and focus on each breath and try to do postures every day, it is making a difference. Highly recommend this book for anyone with lung issues.

I have a rare breathing problem and I love this book. It also taught me a lot.

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Yoga Beats Asthma: Simple exercises and breathing techniques to relieve asthma and respiratory disorders Yoga: The Top 100 Best Yoga Poses: Relieve Stress, Increase Flexibility, and Gain Strength (Yoga Postures Poses Exercises Techniques and Guide For Healing Stretching Strengthening and Stress Relief) Yoga: 100 Key Yoga Poses and Postures Picture Book for Beginners and Advanced Yoga Practitioners: The Ultimate Guide For Total Mind and Body Fitness (Yoga ... Books) (Meditation and Yoga by Sam Siv 3) Memory Exercises: Memory Exercises Unleashed: Top 12 Memory Exercises To Remember Work And Life In 24 Hours With The Definitive Memory Exercises Guide! (memory exercises, memory, brain training) Yoga for Children: 200+ Yoga Poses, Breathing Exercises, and Meditations for Healthier, Happier, More Resilient Children Respiratory Therapy: 66 Test Questions Student Respiratory Therapists Get Wrong Every Time: (Volume 2 of 2): Now You Don't Have To! (Respiratory Therapy Board Exam Preparation) Asthma-Free Naturally: Everything You Need to Know About Taking Control of Your Asthma--Featuring the Buteyko Breathing Method Suitable for Adults and Children Asthma-Free Naturally: Everything You Need to Know to Take Control of Your Asthma - Featuring the Buteyko Breathing Method Suitable for Adults and Children Yoga: The Yoga Beginner's Bible: Top 63 Illustrated Poses for Weight Loss, Stress Relief and Inner Peace (yoga for beginners, yoga books, meditation, mindfulness, ... self help, fitness books Book 1) Yoga: 21 Essential Yoga Poses to Strengthen Your Body and Calm Your Mind (FREE Meditation Bonus!): (Meditation, Yoga Poses, Relaxation, Stress Relief, Yoga for beginners) Ultimate Hip Opening Yoga Guide: Exercises for Tight Hips & Hip Pain: 4-Week Yoga Guide w/ Videos (Beginner Yoga Guides Book 1) Breathing: Breathing Techniques: For Happiness and Healthy Living (For Anxiety, Stress, Energy, Focus, Depression) Yoga: The Top 100 Best Yoga Poses: Relieve Stress, Increase Flexibility, and Gain

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