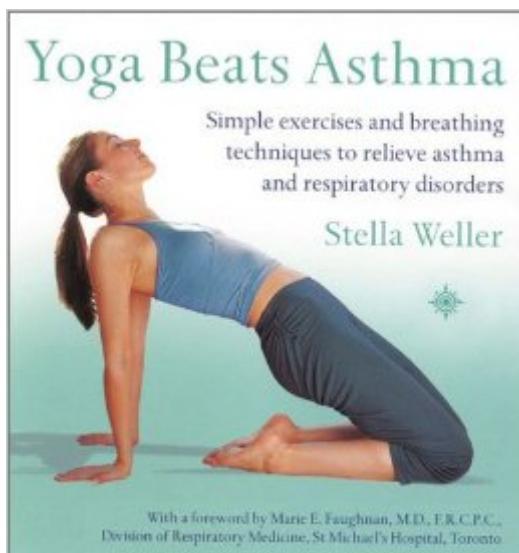


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# **Yoga Beats Asthma: Simple Exercises And Breathing Techniques To Relieve Asthma And Respiratory Disorders**



## 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

Easy to follow guide with nice photos showing asanas. I take my time and focus on each breath and

try to do postures ever 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 For Beginners: An Easy Yoga Guide To Relieve Stress, Lose Weight, And Heal Your Body (yoga, yoga for beginners, yoga for weight loss, yoga guide, chakras, meditation) YOGA: The Essential Guide To Yoga For Beginners (Yogananda, Yoga Anatomy, Yoga Poses, Yoga Sutra, Yoga For Men, Yoga Journal) Asthma: Treatment for beginners (2nd EDITION + BONUS CHAPTERS) - Diet, Cures and Natural Remedies to get rid of Asthma Naturally (Asthma Cure - Asthma Diet - Asthma Treatment - Asthma Tips Book 1) Yoga for Beginners: Top 10 Essential Yoga Poses (Yoga Meditation, Yoga Workouts, Yoga Books, Yoga Sutras) Respiratory Therapy: 66 Test Questions Student Respiratory Therapists Get Wrong Every Time: (Volume 1 of 2): Now You Don't Have Too! (Respiratory Therapy Board Exam Preparation) 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) Mental Health: Personalities: Personality Disorders, Mental Disorders & Psychotic Disorders (Bipolar, Mood Disorders, Mental Illness, Mental Disorders, Narcissist, Histrionic, Borderline Personality) Breathing Free: The Revolutionary 5-Day Program to Heal Asthma, Emphysema, Bronchitis, and Other Respiratory Ailments Yoga for Children: 200+ Yoga Poses, Breathing Exercises, and Meditations for Healthier, Happier, More Resilient Children The Respiratory Solution: How to Use Natural Cures to Reverse Respiratory Ailments : Finally, Relief from Asthma, Bronchitis, Mold, Sinus Attacks, Allergies, Sore Throats, cold Asthma-Free Naturally: Everything You Need to Know to Take Control of Your Asthma - Featuring the Buteyko Breathing Method Suitable for Adults and Children The Encyclopedia of Asthma and Respiratory Disorders (Facts on File Library of Health & Living) Yoga: Your Journey To Incredible Health, Weight Loss, and Ultimate Happiness (2nd Edition) (Yoga, Yoga for Beginners, Yoga Positions, Meditation, Mindfulness, Chakras, Mobility) Yoga for Kids: Safe Yoga Poses for Children ages 0-12: Starting Them Young: Children's Yoga Poses for Total Mind-Body Fitness (Yoga for Kds) Super Power Breathing: For Super Energy, High Health & Longevity (Bragg Super Power Breathing for Super Energy) Respiratory Physiology: The Essentials (Respiratory Physiology: The Essentials (West)) The Stretch Workout Plan: Simple Exercises to Improve Flexibility, Increase Mobility and Relieve Tension Meditation: Meditation for Beginners - How to Relieve Stress,

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