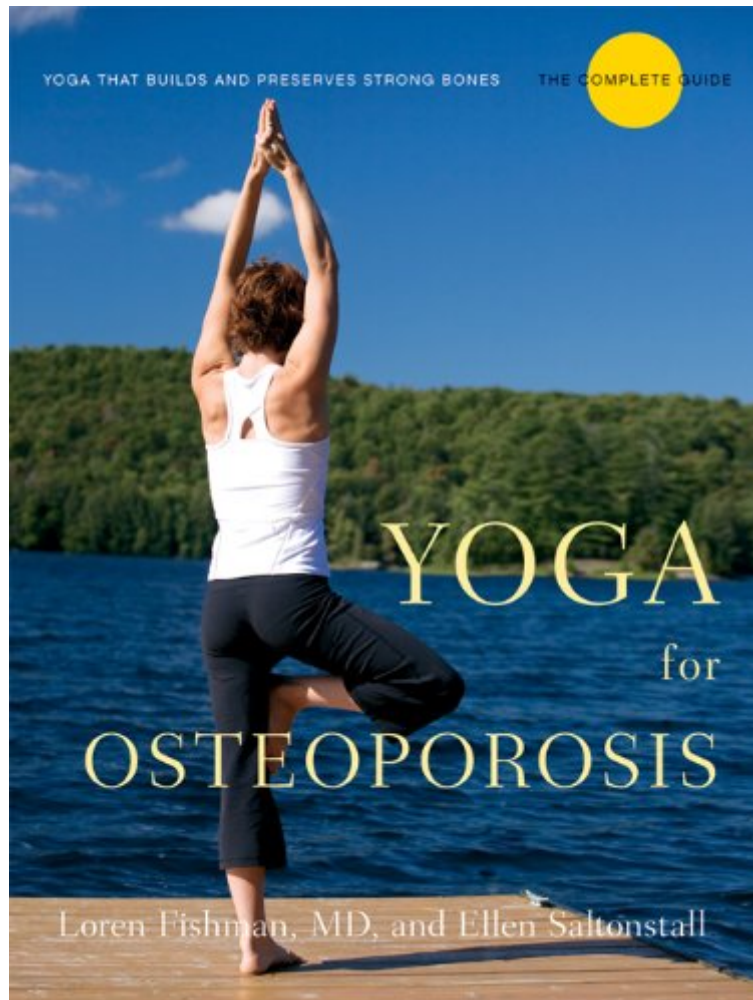




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Yoga For Osteoporosis: The Complete Guide



Synopsis

A comprehensive, user-friendly medical yoga program designed for the management and prevention of osteoporosis, with more than four hundred illustrations. Osteoporosis leads to painful fractures due to loss of bone mass; yoga strengthens bones without endangering joints: it stands to reason that yoga is the perfect therapy for osteoporosis. Forty-four million Americans suffer from low bone mass, and osteoporosis is responsible for more than 1.5 million fractures annually. Drugs and surgeries can alleviate pain, but study after study has shown that exercise is the best treatment, specifically low-impact, bone-strengthening exercises—hence, yoga. In this comprehensive and thoroughly illustrated guide, Loren Fishman and Ellen Saltonstall, who between them have seven decades of clinical experience, help readers understand osteoporosis and give a spectrum of exercises for beginners and experts. Classical yoga poses, as well as physiologically sound adapted poses, are presented with easy-to-follow instructions and photographs. The authors welcome readers of all ages and levels of experience into the healing and strengthening practice of yoga.

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Customer Reviews

I teach a yoga class for people 50 years old and up. I recommend this book to my students for their home practice. It shows a large number of yoga poses at three levels of difficulty, so that students can choose the best level for their own physical condition. People of any age and condition can do yoga--you don't have to be able to twist into a pretzel to start yoga. I like the way careful attention is paid to alignment, to prevent injuries from stressing joints. Small scale studies show that yoga truly does increase bone density. Dr. Fishman is running a larger research project to study the effect of yoga on bone density. The book tells how people can become part of this study and receive a DVD to help with daily home practice. Does yoga have any side effects? Well, as the authors point out, you might end up more relaxed and more flexible, as well as having stronger bones.

I am so freaking excited! At age 47 last April I was diagnosed with osteoporosis in my lower back and osteopenia in my hips. I have diligently done 50-55 minutes of yoga almost every single day for the past year. I got a new DEXA scan on 4/10/2015 and got my results today. I have built bone! My lower back has improved by 2.2% and my femoral neck/hips have improved by 1.3%! And, on top of the bone gain, I've also gained 1.6 lbs. of muscle on my tiny body and lost fat (which I didn't need to lose). My hard work has paid off! I'm inspired to do even more to eat more alkaline and may also add some jumping as a study has shown jumping 10x twice daily helps. Yoga rules!

I felt this book presented a very thorough treatment of the subject. Supporting the yoga approach to stronger bones Dr. Fishman relates his knowledge of the practice of yoga knowledge of anatomy and physiology to yoga benefits. He makes a lot of practical sense. Here is a chance to do your body some good without a pill. The value of isometric exercise on the skeleton/body is finally demonstrated through yoga. Who would have known. Dr. Fishman is a life changer. Yoga, as a safe treatment, The book is organized well and written in a positive and friendly style. I have already spent a good deal of time with it. Of course, the reader should have some knowledge/experience with yoga. With the increasing interest in yoga we all have a chance to take a bigger role in our own bone health and avoid suffering in the future. Thank you Dr. Fishman.

This book was recommended by a physical therapist. It is great because it has all the major poses with modifications for osteoporosis, osteopenia and prevention. This book was written by an M.D. with a lot of experience on the do's and don'ts for home practice. I take my book with me to show my PT's and my yoga teachers. Did I mention it has a lot of great pictures and easy to follow explanations? It really shows me how to implement my modifications with blocks, bolsters, straps

and the wall. I already know pretty much all the classic yoga poses but this shows and tell me how exactly to modify. I will be using this book for many years as I get more into my yoga routine aimed at prevention of bone decline. There is some medical explanation of osteoporosis at the beginning of the text which will add to your knowledge of the condition. I never knew not to do hard twists or roll downs to touch the floor prior to this. I am now using the book as my own link to an MD(the author) as a guide.

Here is a perfect solution to osteoporosis or osteopenia without drugs! The photographs and instructions provide clear information on how to do the particular poses as well as how to implement modifications depending upon the patient's diagnosis. A helpful improvement would be an accompanying dvd.

Very helpful in teaching how yoga can strengthen our muscles and our bones. Great information, well researched, good examples of poses to do that all can do at all levels. I am a yoga teacher and this is a topic that concerns many of my students. I love that Dr. Fishman is giving us teachers credible and reliable information backed by research to help our students!

Whether you have osteoporosis, "osteopenia" or just want to avoid it, this book is invaluable. It will help you avoid injury from poses that are inappropriate for the condition and even better, teach you those that will help build strong bones! If you take a class make sure that your teacher is familiar with this and will work with you. If not, find another teacher!

This book is very well written, well laid out and helpful. Having just been diagnosed with osteoporosis and planning to beat it without the side effects that come with the big pharma, I'm really hoping this will help me but only time will tell. In the meantime, it never hurts to be doing some yoga!

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