



The Practice of Yoga for the Digestive System

Swami Shankardevananda

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Faulty diet, tension and lack of exercise are the chief causes of most digestive disorders. This book explains how the practices of yoga and yogic diet can be utilized to balance these factors and eliminate digestive problems. Written by Dr. Swami Shankardevananda Saraswati under the guidance of Swami Satyananda Saraswati, the book combines the traditional medical view with the ayurvedic and yogic views of healthy digestion.

Includes practical information on food and digestion: a medical section on digestive disorders, their causes and cures; and a practice section complete with detailed instructions and diagrams.

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