



## **Gentle Yoga for Multiple Sclerosis: A Safe and Easy Approach to Better Health and Well-Being through Yoga**

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

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### Utilize the Benefits of Gentle Yoga to Relieve Your Symptoms of Multiple Sclerosis

Over 2.5 million people are currently afflicted with multiple sclerosis, a chronic disease that affects the central nervous system.

While there is currently no cure for multiple sclerosis, maintaining a healthy lifestyle that includes a balanced diet and regular physical activity can help in managing symptoms. Yoga is now recognized as an excellent practice for those with multiple sclerosis because it is a low-impact activity that can easily be modified for individuals with varying ranges of mobility.

*Gentle Yoga for Multiple Sclerosis* shows you how to integrate yoga into your exercise routine to improve your overall health and well-being. Yoga postures release muscular tension, helping to aid movement while also increasing balance, strength, and flexibility. Additionally, breathing techniques encourage better circulation and meditation practice enhances alertness and concentration.

*Gentle Yoga for Multiple Sclerosis* also includes:

- An overview of the causes and symptoms of multiple sclerosis
- 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 experiencing mild multiple sclerosis symptoms or are currently using a wheelchair, *Gentle Yoga for Multiple Sclerosis* is your complete guide to creating a customized yoga practice specifically for your needs.

The *Gentle Yoga* series seeks to promote the many beneficial effects of yoga exercise in the treatment of specific diseases. The exercises are clearly illustrated, safe, and tailored to your condition. Each book in the series also provides an overview of the disease as well as other lifestyle tips to improve overall health and daily functioning.

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