

list of common autoimmune diseases common ailments - autoimmune diseases are caused by the overreaction of an individual's immune system the immune system provides the body with protection from threats such as parasites bacteria fungus and viruses, **haritaki plus myrobalan yogic super brain food** - what is haritaki terminalia chebula haritaki kadukkai podi is an ayurvedic herb derived from the seeds of the terminalia chebula tree it is commonly consumed in powder and capsule form because of its remarkable ability to prevent and treat diseases boost the immune system and increase cognitive functioning, **the science of pranayama the divine life society** - pranayama is an important limb in the yoga of meditation it is equally necessary for all in their daily life for good health success and prosperity in every walk of life how it is so is explained in these pages, **yogic breathing chest to belly or belly to chest what is** - there is an ongoing discussion in the yoga community about the directionality of the breath do you begin your inhalation in the chest and then fill the belly or do you fill up the belly first and then expand the chest, **cure heart disease by yoga pranayama exercises** - heart disease is known as cardiovascular disease now a day's heart disease is most common we can notice in older people as well as young generation the research found that the rate of heart problem increased day by day due to a stressful life and due to some other reasons, **steps to remove ingrown fingernail common ailments** - an ingrown fingernail is a condition wherein the border of the nail sinks back into the skin the nail starts to grow inwards and below the skin which causes pain and in some cases a severe infection, **home remedies for stress treatment cure natural** - blackstrap molasses are another effective food remedy it is a by product of the sugar refining process and is rich in iron and b vitamins alfalfa and sunflower seeds are also effective in the stress treatment sprouts are also effective diet for stress as they are rich in calcium the leaves of holy basil known as tulsi are highly beneficial in the stress treatment, **yoga for piles piles and yoga yoga postures for piles** - piles are abnormally enlarged and dilated blood vessels mainly veins around the back passage or anus piles are also known as hemorrhoids, **practice of brahmacharya divine life society** - publishers note instincts and appetites form a part of all life on earth sense impulses and biological urges are common to animal and man alike, **india s yoga directory ashrams classes teachers yttc** - an in depth directory guide to yoga teacher training programmes classes yoga intensives shalas and yoga holidays throughout india, **kapalbhati pranayama steps and benefits sarvyoga** - kapalbhati pranayama needs to breathe coordination at a higher rate and thence a higher rate of metabolism muscle activity that made strengthening of the metabolism muscles and resulted in improvement of respiratory organ operate, **indian culture cultural symbols of india vastu** - in the bhagavad gita shree krishna teaches arjun that a yogi is one who is joined to god the path that leads to ideals is that of a yogi who consciously and deliberately progresses towards divinity which is the purpose of creation, **14 ways to cleanse the body from toxins stuart wilde** - 14 ways to cleanse the body from chemtrails gmos flouridated water and other environmental toxins source riseearth from the chemtrails being sprayed over our neighborhoods to the poisons killing our bees and making our food toxic medicine we need a way to purge the deadly elixirs of a greedy government owned and run by corporate interests, **five animal frolics wu qin xi qigong bibliography** - eight dragons qigong dragon yoga bibliography links instructions notes eight section brocade qigong by michael p garofalo m s history and purpose of this popular chi kung practice descriptions for each of the eight movements health benefits comments variations extensive links and bibliography resources quotations animated gif photographs of the movements and charts

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