

Clinical Applications of Yoga for the Pediatric Population: A Systematic Review

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Objective.—The aim of this study was to evaluate the evidence for clinical applications of yoga among the pediatric population.

Methods.—We conducted an electronic literature search including CINAHL, Cochrane Central Register of Controlled Trials (CENTRAL), EMBASE, Medline, PsycINFO, and manual search of retrieved articles from inception of each database until December 2008. Randomized controlled trials (RCTs) and non-randomized controlled trials (NRCTs) were selected that included yoga or yoga-based interventions for individuals aged 0 to 21 years. Data were extracted and articles critically reviewed using a modified Jadad score and descriptive methodological criteria, with summarization in tables.

Results.—Thirty-four controlled studies published from 1979 to 2008 were identified, with 19 RCTs and 15 NRCTs. Many studies were of low methodological quality. Clinical areas for which yoga has been studied include physical fitness, cardiorespiratory effects, motor skills/strength, mental health and psychological

disorders, behavior and development, irritable bowel syndrome, and birth outcomes following prenatal yoga. No adverse events were reported in trials reviewed. Although a large majority of studies were positive, methodological limitations such as randomization methods, withdrawal/dropouts, and details of yoga intervention preclude conclusive evidence.

Conclusions.—There are limited data on the clinical applications of yoga among the pediatric population. Most published controlled trials were suggestive of benefit, but results are preliminary based on low quantity and quality of trials. Further research of yoga for children by using a higher standard of methodology and reporting is warranted.

KEY WORDS: behavioral medicine; children; complementary and alternative medicine; pediatric; yoga

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Yoga is a mind-body practice that originated in India at least 2000 years ago. For over 2 millennia, yoga has evolved into different schools of thought, while maintaining the purpose of directing the mind and body. There are common elements to many forms of yoga, which may include some or all of the following: postures (*asana*), breathing (*pranayama*), and meditation. In 2007, there were over 1.5 million pediatric yoga users in the United States.¹ Within popular culture, yoga is perceived as a way to develop and maintain a healthy mind and body and is commonly taught in health gyms, spas, schools, and colleges, and is featured in wellness magazines.

Recently, there has been increasing interest and research in the therapeutic applications of yoga to prevent or treat medical conditions.² Epidemiological research among

adults suggests that many individuals use yoga for health maintenance and perceive benefit for overall health, musculoskeletal and mental health conditions.³ Clinical trials with adults suggest potential benefit for various conditions, including back pain,^{4–7} osteoarthritis,^{8,9} cardiovascular disease,^{10,11} and depression.^{12–14} In contrast, very little is known about the safety and efficacy of yoga among the pediatric population. A systematic review performed by Galantino and colleagues¹⁵ in 2008 identified 24 studies of yoga for children, including case-control studies, pilot studies, cohort studies, and randomized controlled trials (RCTs) that focused on studies of relevance to physical therapy. The review concluded that there was evidence for the benefit of yoga in the pediatric population in rehabilitation, but more research is necessary. This study selected and categorized articles most relevant to physical therapy practice; however it may have excluded articles of interest to general pediatrics. The purpose of this systematic review is to identify evidence for applications of yoga for all pediatric conditions. Also, we critically reviewed the methodological quality among selected studies to help inform future research in this field.

METHODS

We systematically searched multiple databases, including CINAHL, Cochrane Central Register of Controlled Trials (CENTRAL), EMBASE, Medline, and

From the Division for Research and Education in Complementary and Integrative Medical Therapies, Harvard Medical School Osler Research Center, Boston, Mass (Dr Birdee, Yeh, Wayne, Phillips, and Dr Davis); Division of General Medicine and Primary Care, Department of Medicine, Beth Israel Deaconess Medical Center, Harvard Medical School, Boston, Mass (Dr Birdee, Yeh, Phillips, and Davis); and Department of Family Medicine, Boston Medical Center, Boston University School of Medicine, Boston, Mass (Dr Gardiner).

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Yoga Clinical Research Review

Hülya Çakmur



Yoga Clinical Research Review:

YOGA Research Tiffany Field, 2012-01-04 Tiffany M Field PhD is the director of the Touch Research Institutes at the University of Miami School of Medicine and Fielding Graduate University She is recipient of the American Psychological Association Distinguished Young Scientist Award and has had a Research Scientist Award from the NIH for her research career She is the author of *Infancy The Amazing Infant Children A to Z Adolescents A to Z Heartbreak Advances in Touch* *Touch Therapy Massage Therapy Research and Complementary and Alternative Therapies* the editor of a series of volumes on *High Risk Infants* and on *Stress Coping* and the author of over 450 journal papers This book is a review of recent literature on yoga research First the review covers the physiological effects of yoga on heart rate and blood pressure followed by the physical effects on balance and flexibility muscle strength weight loss and sexual function Psychological problems that are affected by yoga are then summarized including anxiety posttraumatic stress disorder and depression as well as physical conditions including pain syndromes cardiovascular autoimmune and immune conditions Finally separate sections are devoted to yoga effects on pregnancy children and adolescents and the aging Potential underlying mechanisms are proposed including the stimulation of pressure receptors leading to enhanced vagal activity and reduced cortisol The reduction in that stress hormone may in turn contribute to several positive effects including enhanced immune function and lower prematurity rates

The Principles and Practice of Yoga for Children and Adolescents Catherine Cook-Cottone, Shirley Telles, Sat Bir Khalsa, 2024-12-19 *The Principles and Practice of Yoga for Children and Adolescents* consists of contributions by expert scientists who have conducted and published research on yoga in children and adolescents for a variety of conditions and populations in peer reviewed biomedical journals Each chapter describes the rationale for yoga in the population or condition studied reviews relevant related research literature describes their body of research studies and its contribution and concludes with a discussion on the state of the field To inform readers on the intricacies of the practical application of yoga each chapter concludes with a description of the yoga intervention used the development process that led them to that treatment protocol and the practical clinical reasons for choices of the specific practices

Nourish & Heal - A Journey through Therapeutic Yoga Santoshi Kumari, 2025-02-27 *Understanding Therapeutic Yoga* is a comprehensive exploration of how yoga can be utilized as a powerful tool for improving both physical and mental health This book delves deeply into the science behind yoga starting with the physiological effects on the brain muscles and nervous system and moving on to how yoga impacts hormonal balance neuroplasticity and pain modulation It emphasizes the integration of traditional practices with modern scientific research showcasing yoga's potential to treat and prevent a wide range of health conditions The book is organized into chapters that cover diverse aspects of therapeutic yoga including its application for various populations such as children elderly and pregnant women It explores how specific postures asanas breathwork pranayama and meditation contribute to health from musculoskeletal benefits to improving cardiovascular respiratory and immune health

There is a focus on yoga's role in mental well-being especially in treating stress anxiety depression and trauma backed by clinical studies The text also examines yoga's efficacy in managing chronic conditions like pain diabetes hypertension and cancer recovery A key theme of the book is integrating yoga into modern medical practices with chapters dedicated to designing personalized yoga programs and the ethical considerations of therapeutic yoga It looks ahead to the future discussing emerging research the role of technology and yoga's global spread This book provides a well rounded scientifically informed perspective on how yoga can become an integral part of healthcare and preventative medicine **Embodied**

Christopher Eccleston, 2016 We grow up thinking there are five senses but we forget about the ten neglected senses of the body that both enable and limit our experience Embodied explores the psychology of physical sensation in ten chapters with each sense explored through interviews and case studies of extreme experiences These stories bring to life how far physical sensations matter to us and how much they define what is possible in our life A final chapter presents a theory of what is common across these ten senses of how we deal with the urge to act and what happens when extreme sensation is inescapable *Handbook of Complementary, Alternative, and Integrative Medicine* Yaser Mohammed Al-Worafi, 2025-05-07

Six volumes combine to make up the Handbook of Complementary Alternative and Integrative Medicine Education Practice and Research which describes the education practice and research related issues of complementary alternative and integrative medicine and its efficacy and safety in treating diseases and health conditions Further the volumes review integrative medicine worldwide to share the best practices and experiences in education practice and research identify the challenges and suggest recommendations to overcome the identified challenges The 38 chapters of Volume 4 focus on the Evidence Based Complementary Alternative and Integrative Medicine practice in terms of efficacy and safety for managing diseases and conditions Further it includes 38 chapters about the efficacy and safety of Complementary Alternative and Integrative Medicine in the management of most common diseases and conditions Key Features Describe the Efficacy and Safety of Evidence based Complementary Alternative and Integrated Medicine from a disease focused approach Covers the evidence based practice of complementary alternative and integrative medicine for the most common diseases and conditions Presents up to date information on efficacy and safety of Complementary Alternative and Integrated Medicine on the management of the most common diseases which cover the whole body system such as cardiovascular diseases pulmonary disorders and others *Effects of Stress on Human Health* Hülya Çakmur, 2020-05-13

Stress response is a physiological reaction of the human body to potential dangers tangible or intangible For a living organism stress within physiological limits is necessary to stay alive But the protective effects of stress can easily be potentially harmful for the body when it is out of control Invariably life events and stress are combined It is well established that chronic and excessive stress may reduce the quality and duration of life Even though the negative health consequences of stress may be physical or psychological it has been observed that many people still maintain a disease free lifespan after exposure to intensive stressful conditions It can be

inferred that some people have biologically and psychologically higher resilience capacity. However, there is no doubt that management of stress may be possible and could be learned. Therefore, it is important to be aware of stress management strategies to ensure a life free from stress-related health problems and a healthy lifespan.

Handbook of Research on Evidence-Based Perspectives on the Psychophysiology of Yoga and Its Applications Telles, Shirley, Gupta, Ram Kumar, 2020-08-28 While yoga was originally intended to be practiced for spiritual growth, there is an increasing interest in applying yoga in all areas of life. It is important to understand this ancient science and way of life through as many perspectives as possible, e.g., based on biomedical engineering. As its popularity and interest grows, more practitioners want to know about the proven physiological effects and uses in healthcare. The *Handbook of Research on Evidence-Based Perspectives on the Psychophysiology of Yoga and Its Applications* provides research exploring the theoretical and practical aspects of yoga therapy and its physiological effects from diverse evidence-based viewpoints. The book adds in-depth information regarding the 1) physiological effects of yoga, 2) neurobiological effects of yoga meditation, 3) psychological benefits related to yoga such as mental wellbeing, 4) molecular changes associated with yoga practice, and 5) therapeutic applications for lymphedema, mental health disorders, non-communicable diseases, attention deficit hyperactivity disorder, and trauma among other conditions. Featuring coverage on a broad range of topics such as pain management, psychotherapy, and trauma treatment, this book is ideally designed for yoga practitioners, physicians, medical professionals, health experts, mental health professionals, therapists, counselors, psychologists, spiritual leaders, academicians, researchers, and students.

The Yoga-CBT Workbook for Anxiety Julie Greiner-Ferris, Manjit Kaur Khalsa, 2017-09-01 The *Yoga CBT Workbook for Anxiety* blends two highly effective anti-anxiety strategies: cognitive behavioral therapy (CBT) and Kundalini yoga, for an entirely new and powerful treatment. Written by the creators of yoga cognitive behavioral therapy (YCBT), this book will help readers address the physical and psychological symptoms of anxiety to find lasting relief for both mind and body.

Ethnic Knowledge and Perspectives of Medicinal Plants Münir Öztürk, Kandikre Ramaiah Sridhar, Maryam Sarwat, Volkan Altay, Francisco Martín Huerta-Martínez, 2023-10-20 This new 2-volume set aims to share and preserve ethnic and traditional knowledge of herbal medicine and treatments while also emphasizing the link between biodiversity, human nutrition, and food security. *Ethnic Knowledge and Perspectives of Medicinal Plants* is divided into two volumes, with volume 1 focusing on the traditional use of curative properties and treatment strategies of medicinal plants, and volume 2 addressing the varied nutritional and dietary benefits of medicinal plants and the practice of Ayurveda. Both volumes stress the importance of bioresources for human nutrition and nutraceuticals based on ethnic knowledge and the need for efforts to protect biodiversity in many regions rich with medicinal plants. Exploring the benefits of medicinal plants in disease prevention, treatment, and management, Volume 1 discusses the traditional use of medicinal plants as promising therapeutics for cancer, liver conditions, COVID-19, and other human ailments. It examines the efficacy of Ayurvedic and Chinese herbal medicine.

Indian traditional medicine and other ethnic herbal practices used by indigenous peoples of Azerbaijan South America Turkey India etc A variety of plants are discussed and the ethnomedicinal applications of over 100 wild mushrooms for their medicinal and healthcare purposes are elaborated on While volume 1 focuses primarily on natural plant resources for addressing specific health issues volume 2 looks at traditional medicinal plant use for their nutritional and dietary benefits while also encouraging the preservation of biodiversity for healthy and sustainable diets The volume presents information on over 2200 vascular plant taxa from 127 families as well as many taxa from leaf parts fruits underground parts floral parts seeds and more that have potential use as edible food plants Ethnic knowledge on the wild edible mushrooms is an emerging area which is unique and is dependent on the folk knowledge of tribals this volume discusses the unique nutritional attributes of wild edible mushrooms 206 species belonging to 73 genera in Southern India The authors look at various lichens as nutritional aids and medicine and as flavoring agents and spices Fucoidans derived from the seaweeds and spirulina are described for their antioxidant activity nutritional and anti aging properties antiviral activities anti cancer properties anti diabetic properties and more The authors also examine how ethnicity affects healthcare nutritive systems at different levels through various dynamics such as lower income inability for services uptake disputes among different ethnic groups cultural attitudes some ethnic group are vegetarian lack of socio economic resources and disease prevalence Together these two important volumes aim to preserve and disseminate the valuable ethnic knowledge of medicinal plants gained over thousands of years and to promote the value of integrating and safeguarding biodiversity

Holistic Nursing Barbara Montgomery Dossey, Dossey, Lynn Keegan, Cynthia C. Barrere, Mary A. Blaszkowski Helming, 2015-05-28 Organized by the five Core Values contained within the American Holistic Nurses Association AHNA and the American Nurses Association ANA Holistic Nursing Scope and Standards of Practice Second Edition Core Value 1 Holistic Philosophy Theories and Ethics Core Value 2 Holistic Caring Process Core Value 3 Holistic Communication Therapeutic Environment and Cultural Diversity Core Value 4 Holistic Education and Research Core Value 5 Holistic Nurse Self Reflection and Self Care Holistic Nursing A Handbook for Practice Seventh Edition has been awarded the American Holistic Nurses Association AHNA Seal of Distinction This newly developed Seal of Distinction indicates that the book is aligned with AHNA's mission vision and Holistic Nursing Scope and Standards of Practice Second Edition is of interest to holistic nurses and of significant value to the nursing profession provides knowledge that advances holistic nursing is timely and relevant is consistent with relevant historical publications is scientifically and technically accurate and is authored by individuals with demonstrated expertise in the field of the work submitted Provided by publisher

Painful Diabetic Polyneuropathy Erin Lawson, Miroslav "Misha" Backonja, 2013-02-26 Painful diabetic polyneuropathy is the most common and disturbing of painful conditions experienced by people with diabetes As the diabetes rate continues to grow the number of people suffering from painful diabetic polyneuropathy will as well increasing both patient suffering and demands on healthcare resources Painful Diabetic Polyneuropathy covers all aspects of these painful

disorders from pathophysiology and diagnosis treatment and prevention future approaches and the nursing perspective to billing issues and the patient's experience Written by experts in their fields each chapter presents the full perspective of these painful disorders with an emphasis on evidence based scientific information Painful Diabetic Polyneuropathy is a comprehensive resource for general and family medicine practitioners neurologists and pain medicine specialists It will also serve as a resource for patients for education support and treatment sites

Yoga and Meditation Sachi Nandan Mohanty, Rabindra Kumar Pradhan, Sugyanta Priyadarshini, 2025-04-08 This new book provides a holistic insight into the perennial bliss of practicing yoga on body mind and spirit highlighting ways to achieve optimum mental and spiritual health The book begins by exploring the benefits of practicing yoga on social life and humanity discussing the impact of yoga on socioemotional development and focusing on ideas of happiness It covers certain yogic postures that help to sustain health and enhance the level of happiness in life It looks at the benefits of yoga and mindfulness practices for specific health issues such as polycystic ovarian syndrome and diabetes It also considers the beneficial impact of yoga meditation practices and ayurvedic herbs on the improvement of brain power of children for enhancing the quality of life of adolescents for arresting cognitive impairment and promoting well being among institutionalized seniors and more

The Principles and Practice of Yoga in Health Care, Second Edition Sat Bir Khalsa, Lorenzo Cohen, Timothy McCall, Shirley Telles, Holger Cramer, 2024-10-21 This fully updated compendium of research history scientific theory and practice amalgamates various evidence based research findings and their practical implications for professionals who use yoga or refer patients to yoga practice Chapters cover the implementation of yoga for various illnesses and conditions from paediatrics to geriatrics The expanded second edition includes updated contributions from leading biomedical researchers and therapists brand new research on telemedicine chronic pain and mental health conditions and a new chapter specifically on the implementation of yoga therapy in medical systems and healthcare with a focus on international perspectives and public perceptions

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Research and Clinical Care Why Buddha Never Had Alzheimer's Shuvendu Sen, 2017-10-24 Who among us is not affected by issues such as stress depression personality and behavioral changes agitation hypertension or high cholesterol to name a few Did you know that these are some of the cognitive and biological deficiencies that are associated with Alzheimer's It is estimated that 5.4 million people in the U.S. are afflicted with Alzheimer's disease In its capacity to completely destroy personalities relationships and daily living we cannot afford to continue thinking of it as a private disease Alzheimer's is a family problem ruthless in its scope and spread And despite relentless trials and research studies scientists have not found a drug to control it Even worse there isn't even a fully reliable diagnostic test for it Alzheimer's disease has become a gigantic specter that looms before all of us as we age and it is advancing unimpeded Today we know that contributing factors and symptoms such as stress and hypertension can be alleviated with holistic alternate management approaches like meditation yoga music therapy and virtual reality therapy Research studies from Harvard Medical School Johns Hopkins University and Mayo Clinic among many others have demonstrated the comprehensive benefits of yoga and meditation on various aspects of the human mind and when you think about it that's where Alzheimer's disease develops in the mind But how can meditation and yoga stop or even reverse the course of Alzheimer's They set the mind on an inward journey where the risk factors that precipitate the disease are formed This bridging of the old and new creates an imperative paradigm shift in our perspective toward Alzheimer's disease management Why Buddha Never Had Alzheimer's is precisely what is needed to cause a drastic and necessary revolution in medical care

Proceedings of the International Conference on Emerging Challenges: Sustainable Strategies in the Data-Driven Economy (ICECH 2024) Dinh Nguyen Van, Nguyen Nguyen Danh, Ngoc Luu Thi Minh, Mai Nguyen Phuong, 2025-04-30 This is an open access book International School Vietnam National University Hanoi Hanoi University of Science and Technology School of Economics and Management University of Economics and Business Vietnam National University Hanoi National Economics University Faculty of Business Management The University of Danang University of Economics University of Economics Ho Chi Minh City Foreign Trade University University of Economics Hue University University of Hertfordshire UK AVSE Global France PPM School of Management Indonesia EM Normandie Business School France will organize the 12th International Conference on Emerging Challenges Sustainable Strategies in the Data driven Economy in Thanh Hoa Vietnam on November 1-2, 2024 We would like to invite you to be a part of the ICECH2024 and submit your research papers for presentation The details are as follows Thanks to the juggernaut technological development especially in the context of the Industrial Revolution 4.0 such as greater data availability and the increasing popularity of the Internet governments firms and people are utilizing data especially big data to improve their decision making boost productivity understand citizens and or customers needs and behaviours meet a greater variety of demands and many others benefits It is undeniable that the data driven economy features powerful economies of scale economies of scope network externalities in many sectors and pervasive information asymmetry Businesses globally are

experiencing a significant increase in digitalization leading to a surge in data volumes and emphasizing the need for enterprises to prioritize data driven approaches Data is becoming a crucial company asset and its value relies on effectively utilizing it to produce actionable insights for strategic decision making In addition to the challenges that businesses are facing in the data driven economy over the past few years the world has been gripped with rising uncertainties and significant challenges such as the COVID 19 pandemic the Russia Ukraine or the Israel Hamas conflicts These issues coupled with current lingering problems such as climate change do pose significant threats to economies and companies around the world In response to these challenges governments and firms have adopted sustainability oriented approaches such as the digitalization and or digital transformation of business activities the pursuant of sustainable development goals SDGs or the adoption of Environmental Social and Governance ESG practices In the context of coupling challenges as mentioned above it is essential to discuss the solutions that businesses should take to be resilient in uncertain contexts and achieve sustainable development Thus ICECH2024 aims to provide a forum for academics and professionals to share research findings experiences and knowledge with respect to the craft implementation and effects of sustainable strategies in a data driven global economy The ICECH2024 Conference will focus on but not limited to Asia Pacific nations We welcome submissions in the following areas Economics Business Law Management Finance and Banking Innovation and Technology Accounting and Auditing

Comprehensive Women's Mental Health David J. Castle, Kathryn M. Abel, 2016-03-07 This is a comprehensive up to date and evidence based review of women s mental health It starts by considering the social and cultural contexts of women s lives today before addressing how developmental aspects pertain to mental health exploring biological evolutionary and psychosocial parameters The heart of the book contains a series of chapters with a clinical emphasis These aim to elucidate causal mechanisms for gender differences in mental disorder considering hormonal and environmental influences The therapeutic implications of gender are then addressed in some detail with a focus on inter partner and other forms of violence substance misuse personality disorder and post traumatic stress disorder The book concludes with a detailed section considering psychosis and its sequelae in women and their families The book s scope is intended to be broad and it is aimed at a clinical audience including psychiatrists and general physicians as well as mental health nurses psychologists social workers and occupational therapists

Applied Health Economics for Public Health Practice and Research Rhiannon Tudor Edwards, Emma McIntosh, 2019-03-14 In today s world of scarce resources determining the optimal allocation of funds to preventive health care interventions PHIs is a challenge The upfront investments needed must be viewed as long term projects the benefits of which we will experience in the future The long term positive change to PHIs from economic investment can be seen across multiple sectors such as health care education employment and beyond Applied Health Economics for Public Health Practice and Research is the fifth in the series of Handbooks in Health Economic Evaluation It presents new research on health economics methodology and application to the evaluation of public health

interventions Looking at traditional as well as novel methods of economic evaluation the book covers the history of economics of public health and the economic rationale for government investment in prevention In addition it looks at principles of health economics evidence synthesis key methods of economic evaluation with accompanying case studies and much more Looking to the future Applied Health Economics for Public Health Practice and Research presents priorities for research in the field of public health economics It acknowledges the role played by natural environment in promoting better health and the place of genetics environment and socioeconomic status in determining population health Ideal for health economists public health researchers local government workers health care professionals and those responsible for health policy development Applied Health Economics for Public Health Practice and Research is an important contribution to the economic discussion of public health and resource allocation

Integrative Medicine David Rakel, 2007-01-01 Drawing on solid scientific evidence as well as extensive first hand experience this manual provides the practical information you need to safely and effectively integrate complementary and alternative treatment modalities into your practice It explains how alternative therapies can help you fight diseases that do not respond readily to traditional treatments presents integrative treatments for a full range of diseases and conditions including autism stroke chronic fatigue syndrome and various forms of cancer explores how to advise patients on health maintenance and wellness and offers advice on topics such as meditation diet and exercises for back pain 24 new chapters a new organization make this landmark reference more useful than ever Provides dosages and precautions to help you avoid potential complications Delivers therapy based pearls to enhance your patient care Facilitates patient education with helpful handouts Offers helpful icons that highlight the level and quality of evidence for each specific modality Includes bonus PDA software that lets you load all of the therapeutic review sections onto your handheld device Presents a new organization with numerous section headings and subheadings for greater ease of reference Provides additional clinical practice and business considerations for incorporating integrative medicine into clinical practice

Yoga - Exploring the Health Benefits and Diverse Dimensions Rameswar Pal, 2024-05-29 Yogic practice brings many health benefits at both physical and mental levels Yoga has many therapeutic aspects and the research on yoga therapy is increasing day by day It encompasses yoga therapy for lifestyle related disorders like hypertension diabetes cancer stress anxiety depression and more Yoga Exploring the Health Benefits and Diverse Dimensions explores different dimensions of yoga such as traditional knowledge health impacts and other aspects promoting mental emotional and physical health backed by scientific research

The Inside Story Susan Sands, PhD, 2022-04-26 What if the secret to healthy aging has been inside of you all along Find out in this enlightening guide to better aging through embodiment for women at midlife and beyond A delicious brew of new knowledge and fresh ideas seasoned with a feminism that spans a long rich life What a treat Valory Mitchell PhD coauthor of the 50 year adult development study Women on the River of Life This is a work of love to women Susie Orbach author of Fat is a Feminist Issue and Bodies Sands notes how with aging comes greater freedom and

happiness a more meaningful perspective on life and a transformative capacity for body awareness By outlining the many benefits of aging and offering practical strategies for wholesome living during the senior years Sands ignites a genuine excitement about the aging process Spirituality Health magazine The new science of embodiment tells us that body sense or interoceptive awareness is a crucial factor for our well being across the span of our lives In this eye opening and wide ranging book body image expert Dr Susan Sands unpacks the research to make a bold call to aging women to find safe harbor from the ravages of age right where they strike the deepest in the body How can we manage the losses of aging Stop focusing on the outside body that others see the one you may think is too fat too wrinkled or too saggy and move your attention to the inside body that you sense and feel With wise and humorous insight Dr Sands calls on case studies personal stories and scientific findings to help us rewrite the cultural beliefs that put us at odds with our own bodies Powerful yet accessible embodiment tools such as meditation yoga breathing practices and neural feedback techniques make this a practical as well as enlightening self care manifesto for women at midlife and beyond This book is not about trying to look fifty when you re seventy or thirty when you re fifty writes Dr Sands It s about forging a healthier relationship with your actual maturing body a relationship of respect appreciation tenderness and yes even love

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