

Yoga Cures!

Use Yoga to treat lots of common, real-world ailments from an aching back to cellulite.

Yoga is like duct tape. If some part of your body's falling apart or sagging at the seams, chances are there is a yoga pose or two that will help make it right. In fact, there's a burgeoning movement called Yoga Therapy, in which teachers "prescribe" different poses, modifications of the standard poses, and customized sequences for clients with specific ailments and injuries. And if it's your psyche rather than your body that needs repair--think anxiety or insomnia--a dose of yoga can help put that right as well.

Recent studies have shown that yoga can increase lung capacity and reduce asthma attacks, help manage diabetes, and relieve lower back pain and carpal tunnel syndrome. Of course you still need your doctor; if you have injuries, or are menstruating or pregnant, be sure to do your yoga with a qualified teacher. Otherwise, you're good to go on your own. Use the following poses to alleviate some of the biggest mind and body woes you've come to know and hate. You just might find that bending and stretching is your healthiest bet--and the best tool in the house.

Oil that Creaky Back

Nothing makes you feel old before your time like a stiff back; back pain is the second most common reason for missed workdays, right behind colds and flu-type illnesses. Ease into these yoga moves, which relieve tightness in the back by stretching and strengthening the muscles along the upper, middle and lower back.

[Click here slide show.](#) to see all the moves recommended for easing back pain and calming anxiety.

For more information about the benefits of Yoga, read on...

Kick Cellulite to the Curb

Besides whipping your leg muscles into sexy shape, yoga can help smooth spongy thighs. Cellulite is a symptom of reduced lymph circulation

Lymph is the somewhat yucky bodily fluid that contains white blood cells. Yoga causes lymph to flow more freely through fatty areas, flushing toxins and reducing cellulite. Inversions or upside-down positions are especially good for moving lymph along. But be careful with these since they can put strain on the neck if done incorrect

Chill Out Anxiety and Stress

It could be your boss or it could be a bossy 5-year-old, but your entire body is clenched and your blood pressure is climbing through the roof. Time to break the emergency glass and take out your yoga. How's it work? When you feel threatened or overstressed, your sympathetic nervous system kicks in, shooting out adrenaline and raising your heart and breathing rates.

Yoga experts say practicing--especially the deep breathing--activates the opposing part of your central nervous system--the parasympathetic, which calms the body down so it can function properly.

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Deep, rhythmic breathing is especially good for insomnia. When you're trying desperately to sleep, but your mind's jumping around like a car radio on "seek," do the three-part breath in the slide show.

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