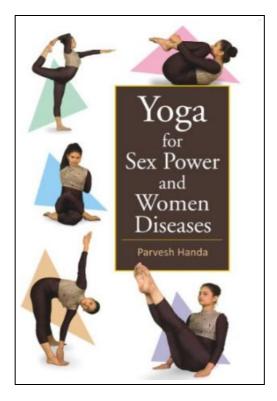
Yoga for Sex Power and Women Diseases



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Reviews

This ebook is worth acquiring. Better then never, though i am quite late in start reading this one. You will not truly feel monotony at at any time of your own time (that's what catalogues are for about if you ask me). (Lorenz Vandervort)

YOGA FOR SEX POWER AND WOMEN DISEASES



Atlantic Publishers & Distributors (P) Ltd., 2010. Softcover. Condition: New. Yoga is a well-established ancient Indian system that not only keeps our body, mind and soul healthy but also provides relief in various diseases, particularly in women and enhances sex power of both men and women. People are becoming more and more health conscious these days. They are alarmed by the harmful side-effects of medicines and seek natural and safe remedies for illnesses and health conditions. Yogic exercises or asanas are simple, inexpensive and surest of ways to cure even the chronic diseases and provide relief in all types of female health disorders, besides making pregnancy and childbirth painless. Yoga for Sex Power and Women Diseases provides useful information on a number of female diseases and disorders. Various yoga postures have been given with illustrations and their therapeutic advantages fully explained. The practice of these postures has a miraculous effect on the body. The book will serve as a useful reference source for all those who wish to adopt a drug-free approach to health and beauty. But women during pregnancy are advised to consult their gynaecologist before practicing yogic exercises though these exercises can treat sensitive female disorders like irregular menstruation, leucorrhoea, displacement of uterus, pregnancy toxemia, breast inflammation, tumours or sores in the uterus and disorders of liver, ovary, kidney, besides being helpful in anaemia, cystitis, varicose veins, impotence, sterility, providing vigor and beautiful body to women. Printed Pages: 216.



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