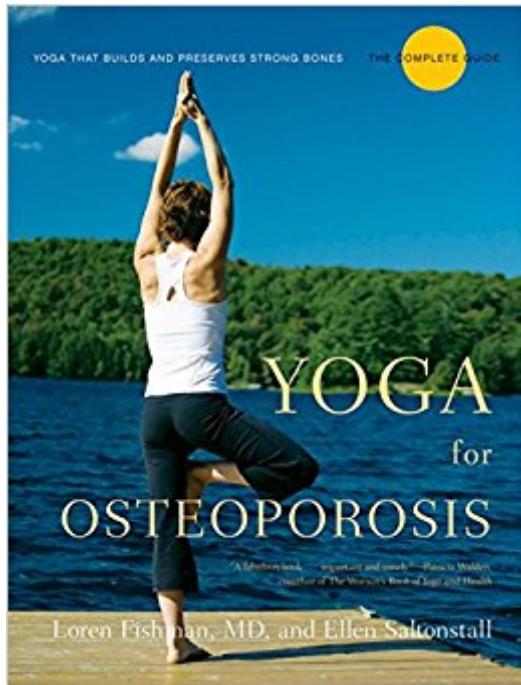


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# **Yoga For Osteoporosis: The Complete Guide**



## **Synopsis**

A comprehensive, user-friendly medical yoga program designed for the management and prevention of osteoporosis, with more than four hundred illustrations. Osteoporosis leads to painful fractures due to loss of bone mass; yoga strengthens bones without endangering joints: it stands to reason that yoga is the perfect therapy for osteoporosis. Forty-four million Americans suffer from low bone mass, and osteoporosis is responsible for more than 1.5 million fractures annually. Drugs and surgeries can alleviate pain, but study after study has shown that exercise is the best treatment, specifically low-impact, bone-strengthening exercises—hence, yoga. In this comprehensive and thoroughly illustrated guide, Loren Fishman and Ellen Saltonstall, who between them have seven decades of clinical experience, help readers understand osteoporosis and give a spectrum of exercises for beginners and experts. Classical yoga poses, as well as physiologically sound adapted poses, are presented with easy-to-follow instructions and photographs. The authors welcome readers of all ages and levels of experience into the healing and strengthening practice of yoga. 321 illustrations

## **Book Information**

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## **Customer Reviews**

Yoga for Osteoporosis is guaranteed to take your understanding of the therapeutic application of yoga to a whole new level! (And I say this with great appreciation for the other books on osteoporosis in my extensive yoga/health library.) As a sixty year old teacher, I have gained renewed confidence and motivation from this book, both in my personal practice and working with

students of all ages, into the over ninety range. The information in this book is valuable for younger yogis to prevent bone weakening and injuries, and for those of us at midlife and older to stay strong or to safely recover and rebuild bone density. Among the many features that sets this book apart is the way the poses are organized and demonstrated at three levels: Osteoporosis Variation (for those who already have a diagnosis of osteoporosis and who need a gentler yet physiologically effective adaptation. Shown here are the use of props such as a wall and chair, especially useful for students with balance problems); Osteopenia Variation (more challenging but with equal emphasis on alignment and safety) and Prevention Variation, all presented with easy-to-follow instructions and photographs. As in their previous book, *Yoga for Arthritis*, the reader has the benefit of two experts in the field of yoga: Loren Fishman, MD, a professor at the Columbia College of Physicians and Surgeons with an extensive background in Iyengar Yoga, and Ellen Saltonstall, a certified Anusara Yoga instructor and licensed massage therapist. I rarely use the word "awesome," but what is more awesome than the combination of the best of modern medicine (amazing illustrations of bone structure and the spine, thanks to modern imaging technology) and ancient, timeless wisdom? *Yoga for Osteoporosis* is both authoritative and humble, filled with inspiring, wise, common-sense advice: "Young or old, we should all feel respect, even awe, for the complex, sensitive, yet robust organisms we are." ---Suza Francina, author, *The New Yoga for Healthy Aging* and other books on yoga for people at midlife and older; writer for The National Osteoporosis Foundation website, *Yoga for Healthy Bones* blog.

As an active woman in her 40's who was recently diagnosed with osteoporosis, this book is, to me, a Godsend. All the admonishments from my doctor to avoid twisting or bending were troubling -- how was I supposed to buckle my seatbelt? Adjust the car seat? Turn off the alarm clock? Clip my toenails? Put on my socks? All these daily activities require bending or twisting of some sort, and it's utterly impractical to me to think I can no longer do them. What a relief to study these poses and find there are ways to (a) bend and/or twist safely; (b) that twisting yoga poses are going to improve my spinal density; and (c) doing these poses daily will help me maintain my flexibility so I don't fracture out of sheer inertia. The book is eye-opening on so many levels. I am thrilled to have a program that will improve my bone density without pharmaceuticals. It makes me feel incredibly empowered. The yoga poses are clearly explained; the photographs are wonderful; and best of all, the modifications make yoga accessible to anyone of any BMD or fitness level. Can't say enough good things about this book!

I teach a yoga class for people 50 years old and up. I recommend this book to my students for their home practice. It shows a large number of yoga poses at three levels of difficulty, so that students can choose the best level for their own physical condition. People of any age and condition can do yoga--you don't have to be able to twist into a pretzel to start yoga. I like the way careful attention is paid to alignment, to prevent injuries from stressing joints. Small scale studies show that yoga truly does increase bone density. Dr. Fishman is running a larger research project to study the effect of yoga on bone density. The book tells how people can become part of this study and receive a DVD to help with daily home practice. Does yoga have any side effects? Well, as the authors point out, you might end up more relaxed and more flexible, as well as having stronger bones.

This book exceeded my expectations -- it is more than a book of postures. The authors provide a really good education about bone health, osteoporosis, and common treatments. Every posture is shown as three options, depending on your current health and risk level. I especially appreciate that they give the easiest version first, rather than present it as an alternative if you can't do the "real" (e.g. most difficult/risky) pose. A great resource.

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