

Yoga In Cardiac Health A Review Satyajit R Jaysinghe

"This book acts as a guide to the "best practices" for optimal heart health, serving as a resource for patients diagnosed with or aiming to prevent heart disease. In it, Dr. Samaan provides advice on diet, supplements and alternative medicine, the effects of caffeine and alcohol, stress management, and more..."

The New York Times bestselling guide to the lifesaving diet that can both prevent and help reverse the effects of heart disease Based on the groundbreaking results of his twenty-year nutritional study, Prevent and Reverse Heart Disease by Dr. Caldwell Esselstyn illustrates that a plant-based, oil-free diet can not only prevent the progression of heart disease but can also reverse its effects. Dr. Esselstyn is an internationally known surgeon, researcher and former clinician at the Cleveland Clinic and a featured expert in the acclaimed documentary Forks Over Knives. Prevent and Reverse Heart Disease has helped thousands across the country, and is the book behind Bill Clinton's life-changing vegan diet. The proof lies in the incredible outcomes for patients who have followed Dr. Esselstyn's program, including a number of patents in his original study who had been told by their cardiologists that they had less than a year to live. Within months of starting the program, all Dr. Esselstyn's patients began to improve dramatically, and twenty years later, they remain free of symptoms. Complete with more than 150 delicious recipes perfect for a plant-based diet, the national bestseller Prevent and Reverse Heart Disease explains the science behind the simple plan that has drastically changed the lives of heart disease patients forever. It will empower readers and give them the tools to take control of their heart health.

**WINNER, 2010 Spirituality & Practice Best Spiritual Book Award - Yoga In Heart Yoga, renowned spiritual writer and Sacred Activist Andrew Harvey and longtime yoga teacher Karuna Erickson present a vision of hatha yoga practice that links ancient spiritual traditions to contemporary life. Including excerpts of poetic sacred writing from mystical sages through the ages, the book reminds readers that the purpose of yoga is not to improve one's physical health or even to achieve peace of mind (although these results may be achieved along the way), but to reach a state of unity with the divine, the goal of mystics from all traditions. With detailed descriptions and photographs of fifty yoga poses and their alchemical effects on the body and consciousness, Heart Yoga presents yoga as a simple meditative practice that enables the practitioner to dwell in the heart and experience the bliss of union with the sacred power underlying all of life. The book explains how to prepare for Heart Yoga and describes the "Five Great Joys" that are part of the path. Included are the authors' own compelling stories of their individual journeys along the path of yoga: stories of suffering, transcendence, and joy that both inspire and enlighten. - Are you working from home? - Are you eagerly waiting for the gyms to reopen to start exercising? - Are you wondering when can you go out for a long walk?Do you know this COVID-19 and the long quarantine carries some long-term effects on cardiovascular health mainly related to sedentary lifestyle staying and working from home as well as the anxiety associated with the global pandemic?Improving your cardiovascular health doesn't have to be difficult.

Handbook of Research on Evidence-Based Perspectives on the Psychophysiology of Yoga and Its Applications

The Sacred Marriage of Yoga and Mysticism

The Principles and Practice of Yoga in Cardiovascular Medicine

The Deeper Dimension of Yoga

Heart to Start

Yoga for a Healthy Heart

Dr. Yoga

Sharing the benefits of yoga in a way that everyone can enjoy and understand Practicing yoga has many health benefits, including improving your overall fitness, flexibility, and strength. It has also been known to reduce heart rate and blood pressure. And if you're suffering from chronic lower back pain, yoga is a perfect choice for you. Yoga For Dummies, 3rd Edition will show you how to get up to speed on the fundamentals of Yoga, whether you're participating in a class, teaching a class, or practicing it on your own. This new edition features over 20% new and updated content plus 12 companion videos featuring the hottest and most popular poses. Inside, you will find: Do-it-yourself yoga programs for you to practice The latest techniques for breathing properly Photos on key poses that can improve front sides and backsides New coverage on yoga against the wall, the use of props in yoga, couples yoga, and more If you suffer from anxiety, depression, or chronic pain, yoga can be a wonderfully relaxing exercise for you. Whether you decide to persist in a traditional do-it-yourself yoga practice or experiment with the use of props in a new yoga routine, this book can help. Children, pregnant women, mid-lifers, and seniors can all enjoy the benefits of yoga simply explained in this comprehensive, fun guide.

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.

Yoga has evolved into a popular fitness practice across the globe. With the various schools of practice, it is imperative for practitioners to study both traditional texts and emerging scientific research in this area. Research-Based Perspectives on the Psychophysiology of Yoga is a unique reference source for the latest academic material on the physiological effects of yoga and cultivating a deeper understanding of yoga practice through the intersection of traditional texts and contemporary research. Including a range of topics such as occupational health, neurobiology, and women's health, this book is ideally designed for professionals, practitioners, students, educators, and academics interested in the effects, challenges, and benefits of yoga practice.

This randomized study examined the effect of Hatha yoga on parameters of cardiac fitness in African American college students compared with a control group. Yoga has been a successful complementary and alternative medicine intervention in the treatment of health disorders such as, anxiety, arthritis, asthma, back pain, carpal tunnel syndrome, depression, diabetes, and heart disease. A sample of 28 African American college students was recruited to participate in a 2-month Hatha yoga intervention. A time-series case-control randomized study design with a pre- and post-test was used. Baseline heart rates, blood pressure, heart rate variability (HRV) variables, and oxygen consumption (VO2 max) were measured. All participants completed a 1-mile run pre-test to measure VO2 max. Ambulatory Holter monitor was used to measure HRV variables. Participants completed a questionnaire describing their exercise training history. Half of the participants completed a 2-month training period of Hatha yoga. Both groups were measured again during week 4 and at the completion of the training period (week 8). The effect of Hatha yoga on parameters of cardiac fitness in African American college students was examined statistically using Student's t-distribution, Fisher's F-distribution, and linear regression. The 2-month Hatha yoga intervention was significantly correlated with a decrease in mile run time and heart rate variability; an increase in oxygen consumption and diastolic blood pressure. Therefore, for this population of African American college students, it can be concluded that a 2-month yoga intervention improved diastolic blood pressure, oxygen consumption, mile run time, and components of heart rate variability. As research, such as this study, document the benefits and changes associated with the practice of yoga, it should be made available to all individuals. Yoga should be made available to those economically disadvantaged, underserved populations that are unable to afford memberships to the luxury spas and gyms.-- Abstract.

Effect of Hatha Yoga on Selected Parameters of Cardiac Fitness in African-American College Students

Heart Yoga

Best Practices for a Healthy Heart

Stress Proof the Heart

The Namaste Effect

YOGA Research

A Mind/Body Approach to Stress Management, Exercise, and Nutrition for Heart Health

Cardiovascular disease is a leading cause of death throughout the world. Chronic negative emotions such as depression and anxiety place cardiac patients at greater risk for death and recurrence of cardiovascular disease. In 2008 the editor published a book related to this topic, titled Psychotherapy with Cardiac Patients: Behavioral Cardiology in Practice (American Psychological Association). Aside from that book, there are very few resources specifically written for clinicians who treat psychologically distressed cardiac patients. Unlike other medical specialty areas such as oncology, the field of cardiology has been slow to integrate behavioral treatments into the delivery of service. Perhaps because the field has been largely defined and dominated by researchers, mental health clinicians are only starting to recognize behavioral cardiology as a viable arena in which to practice. There is a large void in the practitioner literature on behavioral cardiology. In a review of Psychotherapy with Cardiac Patients, Paul Ethim, Ph.D. wrote, "Her new book goes well beyond previous works by giving specific and detailed guidance about how to tailor psychological interventions with this variegated population." He added, "It would benefit from even more details about treatment approaches." This proposed volume goes beyond the editor's previous volume by providing in-depth descriptions of behavioral treatments for distressed cardiac patients written by eminent leaders in behavioral cardiology. This book describes a wide range of behavioral treatments for the common psychologically based problems encountered by clinicians who treat cardiac patients. The book is organized as follows: Part I focuses on the most psychologically challenging and common presentations of cardiac diagnosis; coronary artery disease, arrhythmia, and heart failure. This section also includes a chapter on heart transplantation, which is a treatment, not a diagnosis, but a treatment that incurs profound psychological impact for the individual. In Part II, behavioral interventions for the general cardiac population are described. Mainstream therapies such as stress management, cognitive-behavioral therapy, and medical family therapy are described, along with approaches that have less empirical support but considerable practical significance such as personality-guided therapy and interventions aimed at altering type D personality traits. The literature in behavioral cardiology has a rich history of investigating maladaptive personality traits and thus it is important to include behavioral approaches that target personality in this volume. Part III focuses on common behavioral problems encountered by clinicians who work with this patient population. Most patients who seek psychological help do so because they perceive themselves to be stressed due to their job or overextended in all areas of their life. Other people with heart disease present with sleep problems and/or an inability to motivate themselves to exercise or quit smoking. There are many practical behavioral approaches that can be helpful for patients with these difficulties and these are detailed in this section of the book. The conclusion of the book focuses on how to integrate the behavioral treatments described in the preceding chapters into a comprehensive treatment model.

Do You Have the Heart to Start? Heart disease is the #1 killer of men and women everywhere. All of us are at risk, which means that all of us have the opportunity to make a difference for ourselves and our families. This is your first step. Live Longer. Get on your feet and add years to your life. Find your starting line with fun fitness self-assessments and get on track with an exercise prescription that is actually tailored to you. Beat Heart Disease. Dr. James Beckerman, a Harvard and Stanford trained cardiologist, explains the latest scientific research and combines motivation with modern medicine to help you live your healthiest life, whether you have heart disease or are one of the millions of people at risk. Run Your Best Race. Eight weeks will get you into shape, and the 5K training plan will get you across the finish line. Join our #heartstart team, sign up for an event, and achieve a new goal! Learn more at www.heartstart.org and become part of our movement at www.facebook.com/heartstart.

Discover the Healing Power of Bliss Rx Transform your relationship with habits, lifestyle, and disease using Dr. Kavitha Chinnaiyan's remarkable approach to health. Integrating modern medicine and the ancient wisdom of Yoga, Vedanta, and Ayurveda, The Heart of Wellness shows you how to break free of the false assumption that disease is something you need to fight. Instead, you'll explore the mind-body connection and your true nature so that you can end suffering and embrace the unlimited bliss of who you are. You'll begin by examining the nature of disease: the causative and risk factors, the role of diet, exercise, and medication, and how Eastern and Western medical practices can come together. A holistic and self-paced practice is outlined, based on the author's successful Heal Your Heart Free Your Soul program. With it you'll learn to reduce stress, attend to inner needs with meditation and breathwork, declutter your outer life, increase forgiveness and gratitude, and so much more. Praise: "The Heart of Wellness] is a must-read for anyone who wants to truly understand what it means to live whole-heartedly—regardless of one's state of health."—Christiane Northrup, MD, New York Times bestselling author of Goddesses Never Age "Along with her expert modern medical knowledge, [Kavitha] has brought compassion, gratitude, and Vedic wisdom in a clinical, helpful way to bring about total health."—Vasant Lad, BAMS, MASC, Ayurvedic physician and author of The Complete Book of Ayurvedic Home Remedies

Emcompassing functional cardiology, integrative medicine, and metabolic medicine/cardiology, this unique reference offers an up-to-date, expert approach to heart health wellness and treating the diseased heart and blood vessels. It provides today's practitioners with insight into various treatment options and alternatives to pharmaceutical care and surgery, incorporating new scientific information on metabolic and integrative cardiovascular medicine from peer-reviewed articles, evidence-based medicine, and human clinical research as a foundation for practical clinical information.

Transform Your Habits, Lifestyle, and Health

Expressing Universal Love Through the Chakras

Head and HEART

Yoga for Health

Bridging Western and Eastern Medicine to Transform Your Relationship with Habits, Lifestyle, and Health

Discussions with Swami Satyananda Saraswati

Easy Tips for a Healthy Heart

An innovative and informative guide reveals how to keep your heart healthy and strong by using various Yoga techniques and provides ways for reducing stress without drugs or alcohol, revitalizing your body and mind, creating a personal diet plan that reduces the risks of heart disease, and much more. Original. 15,000 first printing.

Yoga and Cardiovascular ManagementDiscussions with Swami Satyananda SaraswatiReinvent YourselfYoga for Cardiac Health

Outlines a holistic program for heart wellness that combines relaxation response techniques, nutritional information, and exercise, in a guide that identifies the links between heart disease and cognitive perceptions while advising readers on how to address multiple risk factors. Original. 20,000 first printing.

The world is a very conflicted place right now. In nearly every nation on earth we see disharmony and division—in politics, religion, and wealth. It seems an unsolvable problem, to coax people to cross that divide and understand each other. But what if we could? Master yoga teacher and guru Nischala Joy Devi teaches us how we can make better connections. Told through a series of examples a chakras in her signature storytelling style that will appeal to her legions of avid fans as well as those new to her work. Many of these stories come from people who were tested beyond their limits and survived by reaching into the depth of their hearts to remember the spirit in everyone. This is The Namaste Effect, and it is a powerful healing force for what ails our world today. Discover how is your heart. Let us lead you to a deeper understanding of the heart. The Namaste Effect: "The Namaste Effect is brilliant. Nischala Joy Devi, a masterful guide and educator, comes from a deep place of love and oneness, inspiring us to do the same."—Julie Lusk, MEd, E-RYT 500, author of Yoga Nidra for Complete Relaxation and Stress Relief "We need this book from a master story-teller and teacher..."—Amy Weintraub, Founder of LifeForce Yoga, author of Yoga for Depression "The Namaste Effect is a true treasure of a book!"—Kevin Cates, 5 star review "... fun to read, thoughtful and sensitive. I would recommend the book to anyone seeking a good read with substance that will open your heart."—J. Klein, 5 stars "This book contains hope!"—John Agnelo, my smile, talking, teaching and making me smile. I always feel relaxed after reading her books."—Scott Page, 5 stars

Living in Flow with the Pulse of Life

The Heart of Wellness

Heart Health

The Revolutionary, Scientifically Proven, Nutrition-Based Cure

The Eight-Week Exercise Prescription to Live Longer, Beat Heart Disease, and Run Your Best Race

Yoga For Dummies

This book presents a diversity of themes written by authors related to sports medicine and health varying from clinical issues, such as sports injuries to specific neuropsychological aspects of the athletes' behaviour regulation and parathletes' motivation for sport practice.This comprehensive volume is very appealing, which will also be recognised by Sports and Health Professionals, who need further support in their daily work with athletes and coaches, in particular. It is also attractive to researchers and students interested in sport and health related areas.

Envisioned as a resource for yoga teachers and all mental health and health professionals, Head and HEART is intended for all health professionals who focus on mental health and/or wellbeing and want to broaden their understanding of how yoga and creative art therapy interventions can influence mental health approaches, best practices, and efficacy of treatmentthose who assist the therapeutic/ healing processes who aspire to incorporate both yoga and creative art therapy interventions into their practiceyoga therapy practitioners/teachers and creative art therapists/teachers who wish to deepen their knowledge of integrating yoga and creative art approaches into yoga, mental health and well-being/Western psychological processes (compared to the Klie as, Gu as, Gu as, Do as, Nadi System, Cakras, and the Yamas and Niyamas) make this book accessible even to those unfamiliar with yogic philosophy and psychology. Clearing exercises, warm-up techniques, yogicbreathwork for mood management, modifications and sequencing of poses, assessments (for the mind and body), digital and telehealth applications, yoga prop usage, and co-morbid, clinical cases (children, adolescents and adults) are presented throughout as a guide for the reader.Practical reflection exercises are offered in the Introductory chapter and chapters 3-6. These suggested practices summarize and reiterate the clinical material for the reader, and afford expansion toward oneself and/or one's clinical caseload.No matter what form it takes to move towards a creative opening, the reader will find that this book will aid you in moving yourself and your patients into the exploration of art, yoga, and well-being. This

interceptive research (going within) facilitates an expansion towards self and others and ensures that expansion, whether making art, practising yoga or working with disease. May this book move you and your patients toward that trajectory of satvia and well-being.

Easy Tips for a Healthy Heart The book is intended for us to take care of our heart. We are too little aware that our heart is unconditional and needs to be treated and gently nurtured. The work Heart Yoga is intertwined with artistic movements of yoga, which have a beneficial effect on the health of our heart and vitality of the whole body. The work is not only for those who have heart problems, they have difficult experiences with the loss of a loved one and are more aware of the importance of heart health, but for everyone, since the heart is only one and unique, so we need to worry. Keep the book a guide with which you will be gentle and caring for your health, and you will direct your energy, and especially to your heart. There is a lot of talk about healthy eating and active lifestyle, which is extremely important, in this part there are also energy exercises and breathing techniques that can improve the vitality of your heart. At the end of the work, follow the advice of other experts, what you need to be careful about and how Heart Yoga can help your healthy and strong heart.

Truth is not something we have to seek out. It is not something that is absent and far away, requiring great effort to find. Truth is present within you as the Life that is you. In Yoga of Heart, Los Angeles-based yoga instructor Mark Whitwell takes us back to the time when yoga was first developed—to the shamanic past of the Upanishads, when yoga was practiced as a means of acknowledging, enjoying, and participating in the very source of life. Whitwell explores the deeper tantric dimensions of hatha yoga—how yoga's purpose is to link the mind to the wonder of our own condition. He shows how hatha yoga is participation in life's polarities already in union—through the male surrender to the female principle. Yoga of Heart shows how we can forge that union of polarities within our body: above and below, front and back, left and right, male and female. Yoga of Heart focuses especially on clearing the energy centers and meridians, fostering dynamic health and allowing practitioners to create a deeper intimacy with both their partners and the energetic life forces in the universe.

The Healing Power of Intimate Relationships

Behavioral Interventions for Cardiac Patients

Meditation practices for health state of the research

Time-Honored Wisdom and Scientifically Proven Methods That Alleviate Stress, Open Your Heart, and Enrich Your Life

109 Things You Can Actually Do to Prevent, Halt and Reverse Heart Disease

How to Stop Heart Disease Before Or After It Starts

The Complete Program for New Strength and Vigor

Stress is now considered the foremost contributor to poor health and a major factor in causing heart disease, cancer, and a myriad of chronic and acute diseases. This book will make yoga a fundamental part of your quest for wellness and well-being, whether you are a novice or a current practitioner. Nischala Joy Devi, a pioneer in the field of alternative healing and a renowned yoga expert, has spent years helping people realize the healthful and stress-controlling benefits of yoga. In 1982 she developed yoga-based retreats for Dr. Michael Lerner's now famous Commonwealth Cancer Help Program. That same year Dr. Dean Ornish asked her to create a program of yoga practices for patients suffering from heart disease. Yoga's contribution to the success of both programs has been astounding. Devi shares her years of experience working with the healthful benefits of yoga, teaching visualizations, breathwork, and meditation, as well as providing the classic steps and illustrated instructions for yoga's physical poses. The Healing Path of Yoga uses timeless Indian-based yoga techniques and philosophy, along with Devi's lifestyle-altering regimen, to create one extraordinary program with the power to rejuvenate and heal. The Healing Path of Yoga presents the key to:preventing disease and stress in healthy people aiding in recovery from heart disease, cancer, and other illnesses physical conditioning and weight loss deep, healing relaxation techniques heightened overall wellness of body, mind, and spirit From the Trade Paperback edition.

Specific Aims were to: (a) examine intervention acceptability, demand, and fidelity, and (b) evaluate intervention efficacy in promoting physical activity and improving cardiovascular health through increased social contextual resources and behavioral change processes. Participants in the Intervention group realized a significant reduction in body mass index (BMI) from baseline to 12 weeks when compared to participants in the Control group. Intervention group participants demonstrated improvement in theoretical mechanisms (i.e., self-knowledge, motivation appraisal, self-regulation, environmental resources) and intended outcomes (i.e., body composition) when compared to Control group participants. Findings from this study support the feasibility of the Yoga for HEART Intervention in older adults.

Transform your relationship with habits, lifestyle, health, and disease using Dr. Kavitha Chinnaiyan's remarkable approach to health. The Heart of Wellness shows you how to optimize the workings of the body and mind so that the bliss of your true nature can be revealed. Presented in two parts, this book begins by exploring the nature of disease: the causative and risk factors, the role of diet, exercise, and medication, and how Eastern and Western medical practices can come together. A holistic practice is then outlined, based on the author's successful Heal Your Heart Free Your Soul program, that will guide you toward good health and better living. Yoga can lead to a healthier heart by providing a transition from a more sedentary lifestyle to a more active one. Trace the steps that will help you gradually build your yoga practice. Learn two new breathing exercises together with asanas that include warrior 1, knee-to-chest, and bridge.

The Healing Path of Yoga

Prevent and Reverse Heart Disease

Theory and Practice

Occupational Outlook Handbook

Heart to Soul Cardiac Wellness

Yoga for HEART (Health Empowerment and Realizing Transformation) Intervention to Enhance Motivation for Physical Activity in Older Adults

Beating Heart Disease

How to prevent and treat heart disease with Maharishi Consciousness based care. Readers discover a bold new approach to heart disease based on the world's oldest holistic system of care.

The book is a practical, step-by-step guide to heart health, and the heart is the great conductor of the body, orchestrating our flow." The mystical foundations of all the world's spiritual paths meet in a single, sacred place: the heart of the seeker. We have reached a time when scientific understanding mirrors the teachings of the great wisdom traditions in revealing our energetic heart as the light of consciousness, the fire of love, of field of intelligence. Tending the Heart Fire, the first book by pioneering yogini Shiva Rea, is an invitation to embody our extraordinary potential at this turning point in time, to reconnect your life to the rhythms of your body and the natural world/ to live in flow with the pulse of life. Weaving together wisdom from the great world traditions/including yoga, Ayurveda, Tantra, and modern science/Shiva presents an essential resource for becoming a freemaker of the sacred heart. This diverse treasury is filled with meditations, life guidance, seasonal rituals, and daily practices, including: Insights for harmonizing with the sacred junctures of timethe daily, weekly, lunar, and solar cycles of manifestation and renewal Aliving with the seasonshow to adapt your diet, exercise, and yoga rhythms throughout the annual cycle/ays to honor the great sacred holidays, rites, and festivals Awakening of sahabaike natural flow at the origins and source of yoga asana and sacred embodiment at the heart of yoga and Tantra Skills for tending your inner fire in every aspect of life and healing imbalances that can support a renewable energy lifestyle A visual teaching with over a hundred full-color images, including reference charts, diagrams, illustrations, and ancient poetry for inspiration The legacy of the Heart Fire is more than eight hundred thousand years old/in our modern world, we need more than ever to consciously reconnect to the radiant field that transcends time, space, and culture. "The great awakening of the heart often happens when we are at a crisis point, when the armor of our heart has to crack," writes Shiva Rea. "Let us return to the power and magnificence of our hearts!As living fire, as intelligence energy and electromagnetic radiance, and as our illuminating guide toward love, creativity, and deep knowing of our true sacred nature.

This is an empowering book for anyone who wants to prevent heart disease and for those with a history of heart disease—a book for us all. Those who have survived a heart attack or an open heart surgery and who manage their heart disease will find wisdom, hope, and a dedication to restore and maintain their heart health. Readers have peace of mind because they now have a plan to optimize their heart health. They are empowered because they have accessible tools to make lifestyle changes which will positively affect their feeling of wellness, and they have fun in knowing that they have the possibility to improve their health and vitality, starting where they are now, and that they are not alone in their wellness journey. Written as a heart-to-heart conversation from Mary to you, this readable book is full of useful tips and concepts you can adopt easily. Working with the information in this book and the easy-to-follow steps to track your health progression will create positive, measurable health improvements. Heart to Soul Cardiac Wellness shows how you can make positive changes to your lifestyle and health to protect yourself from heart disease, while also optimizing your overall health. What makes Heart to Soul Cardiac Wellness unique is that it is an accessible 9-week comprehensive holistic heart health and wellness plan, complementing the science of Western medicine, created by a cardiac ICU nurse and endorsed by medical doctors. You are invited to join Mary's community of Cardiac Thrivers. Your heart will be uplifted!

Easy Tips for a Healthy Heart Table of Contents Introduction Prevention of Heart Disease Cholesterol What Is Cholesterol? Cholesterol Rich Diet Is a Zero Fat Diet Beneficial? Triglycerides High Blood Pressure Diabetes and Coronary Blockages Obesity ¶ Leading to Heart Problems Dieting to Reduce Obesity Medical Tests Reversing Heart Disease Rational Treatment Regime How Much Physical Activity Do You Need to Do? Your Dietary Habits Yoga and Meditation How is Yoga? How to Practice Yoga Conclusion Author Bio Publisher Introduction Did you know that about 26.6 million people in the USA alone are suffering from heart diseases, all over the globe known to mankind. In ancient times, heart diseases were normally treated with superstitious awe. The terrible pain of a heart attack was considered to be a punishment from the gods who sent pain and split a heart and killed the wicked person. As people grew more and more sophisticated and knowledgeable, doctors began to look for ways and means in which they go to alleviate the problems of people suffering from heart disease. Some of the remedies, especially remedies using digitalis (foxglove) could only be used by experienced wise men. Foxglove, when taken in large quantities was definitely poisonous. On the other hand, in very small quantities, it stimulated the heart, in the shape of an extract called digoxin. The use of this extract to help treat heart diseases was supposedly (discovered) in 2012 by researchers. What they did not tell the general public was that alternative medicine practitioners all over the world have been using foxglove to treat heart diseases down the centuries. But then they knew their public. This news had to be told with lots of fanfare, publicity and statistics that a natural plant extract could help treat heart diseases before people would subject themselves to treatment by it. This book is going to give you a lot of time-tested tips to help keep your heart healthy. All of them are common sense tips and most of them have a scientific basis. They do not come under the alternative medicine category, because they talk about diet, stress management, exercise, and other ways in which you can keep your heart healthy. And all these factors are definitely going to be told to you by your own doctor, when you go for your normal medical checkup every three months or so.

Tending the Heart Fire

Keeping Your Heart Healthy

Yoga of Heart

Take a Load Off Your Heart

5 Powerful Pillars to Prevent and Reverse Heart Disease

Yoga and Cardiovascular Management

How to Prevent and Reverse Heart Disease with the Maharishi Vedic Approach to Health

Outlines a program for promoting health through yoga, recommending preventative and rehabilitative practices for specific needs while providing a physician and therapist referral directory and numerous recipes to complement a yoga regimen. Original. 30,000 first printing. 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.

Provides practical guidelines for improving one's cardiac health, covering such topics as exercise, stress management, nutrition, weight loss, aspirin therapy, and cholesterol and other cardiac disease markers.

Atrial fibrillation is a heart condition that causes an irregular and often abnormally fast heart rate. It can cause problems including dizziness, shortness of breath and tiredness and a patient may be aware of noticeable heart palpitations, where the heart feels like it is pounding, fluttering or beating irregularly, often for a few seconds or, in some cases, a few minutes (NHS Choices). This comprehensive guide presents clinicians with the latest developments in the diagnosis and management of atrial fibrillation. Divided into seven sections, the book covers clinical spectrum, diagnosis, therapeutic strategies, interventions, and new technologies used in its treatment and prevention. Complete sections are dedicated to other arrhythmias, to cardiac surgery and to future directions in atrial fibrillation. With more than 1000 pages providing in depth coverage of the topic, this manual is further enhanced by clinical photographs, diagrams and tables. Key Points Comprehensive guide to latest developments in diagnosis and treatment of atrial fibrillation More than 1000 pages discuss clinical spectrum, diagnosis, treatment options, interventions, and new technologies Complete sections dedicated to other arrhythmias, cardiac surgery, and future directions Highly illustrated with clinical photographs, diagrams and tables

Research-Based Perspectives on the Psychophysiology of Yoga

An Inspiring Plan to Holistically Prevent and Recover from Heart Disease

Yoga and Optimum Health After 40

Increase Energy and Reduce Stress in Minutes a Day

Sports, Health and Exercise Medicine

Yoga Therapy and Art Therapy Interventions for Mental Health

Reinvent Yourself

A well-written discussion by a world-renowned cardiologist on how the heart functions. More importantly, it is a simple and concise book that charts your course to a healthy heart! Dr James R. Doty, M.D. ** Worried about your heart health but unsure where to start? One of the world's leading cardiologists, Dr Boon Lim, has created the go-to guide to keeping your heart in good shape for optimum health. This concise accessible book covers everything you need to know about improving and maintaining your heart health. From hypertension, cholesterol and inherited cardiac conditions, to chest pain, fainting and stress, Dr Lim draws on his years of knowledge and expertise to offer practical, easy-to-follow advice on: - How your heart works - High blood pressure and bad cholesterol - Heart attack and chest pain - Rhythm disorders - Fainting - Eating and exercising for a healthy heart - Striking the balance between stress and rest - Holistic heart health If you're experiencing heart problems, have high blood pressure or cholesterol, or think you or a loved one might be at increased risk of heart attack or stroke, this book will provide step-by-step tips on how to prevent and reduce heart issues by exercising more, being mindful of your nutrition and diet, and by making smarter, healthier lifestyle choices. This is the ultimate guide to your heart: how it works, when it struggles, what it needs to work optimally and how you can shape your lifestyle to keep it ticking for a long time. Part of the Penguin Life Experts series.**

Here is a comprehensive survey of the full breadth and depth of the 5,000-year-old Yoga tradition, emphasizing its potent philosophy and spiritual vision. Georg Feuerstein demonstrates that Yoga is much more than a system of physical exercises—it is a profound path of self-transformation that encompasses a range of teachings, practices, and sacred texts that can help us cultivate wisdom, balance, and inner freedom, as well as physical health. Feuerstein is one of the few Western scholar-teachers of Yoga whose writing and teaching penetrate the full richness and depth of this ancient tradition. Here he offers a collection of essays touching on all facets of the discipline. Topics include: • The different branches and styles of Yoga • The ethical teachings of Yoga • Yoga and vegetarianism • Meditation and mantras • Choosing a teacher • Tantric Yoga • The experience of ecstasy • Yoga and the environment • Yoga and the mind • The science of Yoga • The benefits of Yoga • Yoga and Optimum Health After 40 defines yoga as the uniting or yoking of mind, body and spirit through physical exercise, combined with meditation and positive thinking. This union is based on the connection between breath, mind and body, a natural system that promotes optimum health. The author easily reads the reader with humor, insight and vision into how yoga brings lasting benefits to the inner self and encourages the reader to learn yoga for harmony and life. Her depth in research and reading plus her own personal experience help the reader to understand, prevent or cope with conditions such as osteoporosis, stress, heart disease, overweight, depression and fibromyalgia. As Dr. Walter Bortz comments, "Yoga is good for your health...and with this artful book she shows you how to do it." Yoga and Optimum Health After 40 teaches that yoga works: that by learning yoga through this book and in a yoga class the goals of wellness and peace can become a reality.

Heart disease is the number one cause of death and hospitalization in developed countries, and yet it is largely preventable. Think about that for a moment. How is that possible? What is required? What is done? Good information. Did you know that more than half of those suffering from cardiovascular disease have cholesterol in the normal range? Would it surprise you to learn that the majority of cardiovascular events are attributed to blockages of less than fifty percent? Your arteries are a muscle not a pipe, therefore beating heart disease takes work, but it can be done. Diamond Fernandes is an authority on heart health, and in this book, he shares how you can navigate heart disease along with his five powerful pillars to preventing and reversing heart disease.

Breathing Exercises for a Healthy Heart

Atrial Fibrillation Update: A Textbook of Cardiology

Yoga for Cardiac Health

Mind Your Heart

Yoga for Busy People

Personalized and Precision Integrative Cardiovascular Medicine

Total Heart Health

Yoga for Busy People takes the complex and sometimes enigmatic practice of yoga and breaks it down into three simple steps – all of which can be completed in the time it takes to have a coffee break. In just minutes a day you can: alleviate stress, conserve and replenish your energy, increase your concentration, and better prepare yourself to face the demands of a busy schedule. Practical and inspiring, Yoga for Busy People shows that yoga is for those of us who want to increase our productivity and our inner peace, who want to be healthier and fee more relaxed.