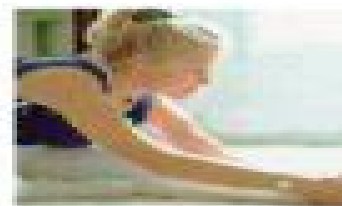


Putting the Curative
Power of Exercise
to Work for You



HEALING

MOVES

CAROL KRUCOFF &
MITCHEL KRUCOFF, M.D.

Healing Moves How To Cure Prevent And Relieve Common Ailments With Exercise

AW Rasmussen



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informed decisions about medications and therapies **The New Yoga for Healthy Aging** Suza Francina, 2010-01-01 One in five Americans is now moving toward the age bracket of sixty and beyond and while many are calling sixty the new forty this milestone is the perfect time to take stock in good health One form of exercise that is proven to prevent or alleviate a host of physical and mental ailments for the last 5 000 years is yoga Now under the guidance of a qualified and well known Iyengar yoga teacher who is also the author of *The New Yoga for People Over 50* readers can reap the benefits of yoga with this gentle and clear guide written specifically with today's baby boomers in mind Filled with clear instructions including the use of yoga props and modified poses plus crisp follow along photographs *The New Yoga for Healthy Aging* takes readers step by step through the asanas poses that can prevent or lessen ailments such as osteoporosis hip fractures chronic pain arthritis Alzheimer's and Parkinson's disease With heartfelt interviews and tips from some of America's most active yoga teachers and their older students each sharing wisdom insights and successes readers will discover a source of inspiration that will help their practice evolve into more than just those moments they spend on the mat [Every Manager's Desk Reference](#) , 2002-01-01 What questions do you ask in a job interview to effectively understand your candidate How do you motivate a team And it's time for performance reviews Sometimes it seems like being a manager can be a sea of unanswered questions how to calculate Return on Investment or manage your stress level *Every Manager's Desk Reference* comes to the rescue Packed with self contained sections of how to's this book can help you with everything from a business presentation to running an effective meeting **Best Choices from the People's Pharmacy** Joe Graedon, Teresa Graedon, 2006-10-31 From the New York Times bestselling authors of *The People's Pharmacy* a reliable resource for remedies and treatment After more than three decades as one of the world's premier sources for authoritative trustworthy health information *The People's Pharmacy* delivers its most groundbreaking resource yet identifying best choice treatments for the medical conditions that smart health care consumers most want to know about What makes a treatment a best choice The designation draws on a combination of factors including effectiveness safety and cost Depending on the condition the best choices may be home remedies lifestyle strategies herbal or nutritional supplements over the counter or prescription drugs or in many cases a combination of all of these *Best Choices from The People's Pharmacy* is the first book to present such a wide range of treatment options and evaluate them side by side Inside you'll find Remedies for dozens of health concerns from acne to weight loss Thumbnails that offer at a glance descriptions of the best choices complete with vital information on possible side effects and approximate cost Remedy ratings that allow you to compare the treatment options for each condition with ease *The People's Pharmacy Favorite Picks* a selection of self care strategies tested and recommended by *People's Pharmacy* fans *Best Choices from The People's Pharmacy* is the latest work from Joe and Terry Graedon whose incisive investigation and reporting of all aspects of health care has earned them a worldwide audience The Graedons have culled their best choices through careful review of current scientific research as well as testimonials from their legion of *People's Pharmacy* readers

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we are a process that continues until the end of our lives Few people think of the brain as being susceptible to change in its actual structure but in fact we can preselect the kind of brain we will have by continually exposing ourselves to rich and varied life experiences Unlike other organs that eventually wear out with repeated and sustained use the brain actually improves the more we challenge it Most of us incorporate some kind of physical exercise into our daily lives We do this to improve our bodies and health and generally make us feel better Why not do the same for the brain The more we exercise it the better it performs and the better we feel Think of Restak as a personal trainer for your brain he will help you assess your mental strengths and weaknesses and his entertaining book will set you to thinking about the world and the people around you in a new light providing you with improved and varied skills and capabilities From interacting with colleagues to recognizing your own psychological makeup from understanding the way you see something to why you re looking at it in the first place from explaining the cause of panic attacks to warding off performance anxiety this book will tell you the whys and hows of the brain s workings Packed with practical advice and fascinating examples drawn from history literature and science Mozart s Brain and the Fighter Pilot provides twenty eight informative and realistic steps that we can all take to improve our brainpower

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[Healing Yoga for Neck and Shoulder Pain](#) Carol Krucoff,2010-05-01 Everyday activities such as using the computer driving or even curling up with a good book can create tension in the neck and shoulders It s no wonder that so many of us have persistent discomfort and pain in these areas Healing Yoga for Neck and Shoulder Pain presents simple yoga based practices that you can do at work and at home to release muscle tension for immediate relief After suffering from chronic neck pain for years author and yoga therapist Carol Krucoff developed the unique self care program found in this book Now you too can free yourself from neck pain by practicing simple yoga exercises to stretch tight muscles and strengthen weak ones and by learning to properly align your body when performing everyday activities that may be contributing to your pain This fully illustrated easy to follow guidebook also addresses common problems that may accompany neck tension including headaches upper back pain and stress

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