



# YOGA FOR DIABETES RELIEF

*Bharat Thakur*

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## **YOGA FOR DIABETES RELIEF** Bharat Thakur

Diabetes is one of the most common yet dangerous lifestyle disorders that we face today. Filled with anxiety at this juncture, you wonder about where to begin and what to do. 'Yoga for Diabetes Relief' prepares you to tackle diabetes with serenity. This powerful book gives you a wake-up call as it shares simple and effective exercises to help you control this disorder. Through these effective yoga exercises which help strengthen your immune system, improve blood circulation, control excess secretion of stress hormones and harmonise your blood sugar levels, you can take charge of your life once again and continue to lead a fulsome and healthy life with peace of mind.

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