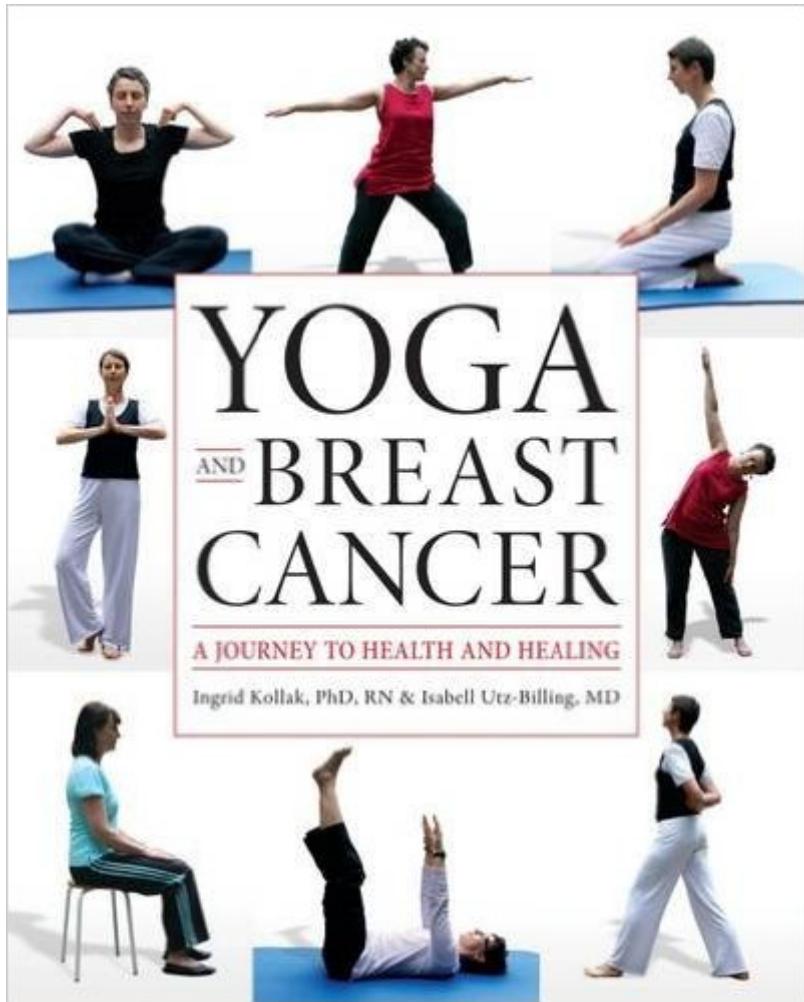


The book was found

# **Yoga And Breast Cancer: A Journey To Health And Healing**



## Synopsis

"Yoga and Breast Cancer is a practical how to guide to using yoga to manage stress, relieve pain, and gain the strength necessary to make it through this illness. It follows the authors' own research in the subject that has shown a proven correlation between yoga practice and better health and outcomes after a breast cancer diagnosis. More than simply an exercise guide, the book is a deeply soothing form of moving meditation and physical activity that is a safe way to rebuild strength, stamina, and flexibility both during and following cancer treatments. It is intended to support women during the critical phases of their disease as well as during times of secondary prevention and rehabilitation. It shows how yoga ameliorates difficulties after breast cancer therapy, improves a woman's awareness of her body, thoughts and feelings, and guides towards leading a healthier life."

## Book Information

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## Customer Reviews

Their hearts may have been in it but it was clear the authors knew little about yoga. I didn't see E-RYT or RYT credentials or a specific yoga system of study. It is important that breast cancer patients ask for the teachers credentials...right! Models were in poor alignments, look unhealthy and unhappy. Poses for the most part were nonspecific to breast cancer patients. Where are the chest openers, backbends, twists and a large variety of resting poses? Lymphedema condition considerations, Trams flap and DIEP Flap procedures could have been covered ....BIG. Where are all the breathing techniques? Fatigue. Depression. Again, a lost opportunity to share with breast cancer patients...BIG. The study they quoted or participated in is not qualified nor large enough to

speak with certainty. However, there are large breast cancer and yoga studies that do substantiate the healing of breast cancer through yoga. Check out [MD Anderson Cancer Research]. Dr. Lorenzo Cohen was just awarded the largest grant ever to continue these studies (\$4.5 million).

This review is also written in response to the 1 star review: I bought this book a few months ago. These teachers are German doctors and their program was conducted in Berlin, Germany. In Europe they don't have the Yoga Alliance, which is just a US certification. I'm a Yoga teacher from Spain living in the States for many years with an authentic Yoga Master training (RYT 1000 hours) with my teacher Swami Bramahvidyananda Saraswati, see [...] which does not work with the Yoga Alliance but with the International Yoga Federation, which is the most recognized Yoga Institution worldwide. Maybe these two doctors forgot to mentioned where they got certified, probably in the Sivananda method which is the most widespread in Germany, but it doesn't mean that they're are not. I lived in Germany five years and I can tell you that everything there is highly regulated and they also have a profound holistic approach to Yoga. The study is quite daring given the fact that most of the patients started therapy a few days right after surgery, something unthinkable in the States where at least a waiting period of 6 weeks is recommended, mostly due I suspect the risk of getting sued and liability, etc. I think the book is straightforward and not designed with marketing purposes in mind and yes! as a cancer patient you often do look unhealthy and scared before and after surgery until you manage to recover. Again, please bear in mind the cultural differences between the States and Europe. I would recommend this book to anyone as an additional reading on this subject. Om Shanti.

The authors Ingrid Kollak, RN, PhD, (Yoga proponent and Therapeutic Nursing expert) and Isabell Utz-Billing, MD from Germany have written this book as a resource for women with breast cancer who are undergoing therapy, recovering from their illness, or interested in further prevention. Medical evidence has shown that Yoga and Meditation has therapeutic benefits for breast cancer patients - from reducing mood disturbance, anxiety, depression, anger, stress, and confusion, and to improve sleep quality, cancer related distress, and cancer related symptoms. Significant reduction in nausea, vomiting and fatigue during chemotherapy was also observed in patients participating in Yoga programs. This book is a great introduction to Yoga and Meditation for those who are determined to beat the odds and stay positive in the face of a new diagnosis, or at risk for breast cancer, or undergoing therapy, or want to support a loved one ailing from breast cancer or therapy. The language is simple and straightforward, hence the Yoga routines are easy to

understand and follow. These routines, if followed, can help a cancer patient relax and focus. Although there is a section for Meditation, one needs to understand that all Yoga routines can be practiced meditatively and are for releasing tension. I can say, a patient going through aggressive chemo or radiation therapy will rarely have the energy to start anew with Yoga. But, nothing can stand in front of the indomitable will of a human being. And, nothing can prevent a caring relative or friend or healthcare professional who wants to help or support a suffering cancer patient. Many routines such as eye, stretching and breathing exercises can be done while in bed with or under supervision. This book can be a great resource for someone who wants to help a suffering loved one get started on Yoga. The photos are realistic so the reader can understand that cancer therapy is not cake walk. Yoga and Meditation can help anyone with mere Life and Living... I recommend this book for anyone at risk for or dealing with breast cancer including care-givers such as Nurses and Physicians, to focus on Healing and Health or for palliative care. Yoga and Meditation can help prevent breast cancer in combination with other preventive measures.

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