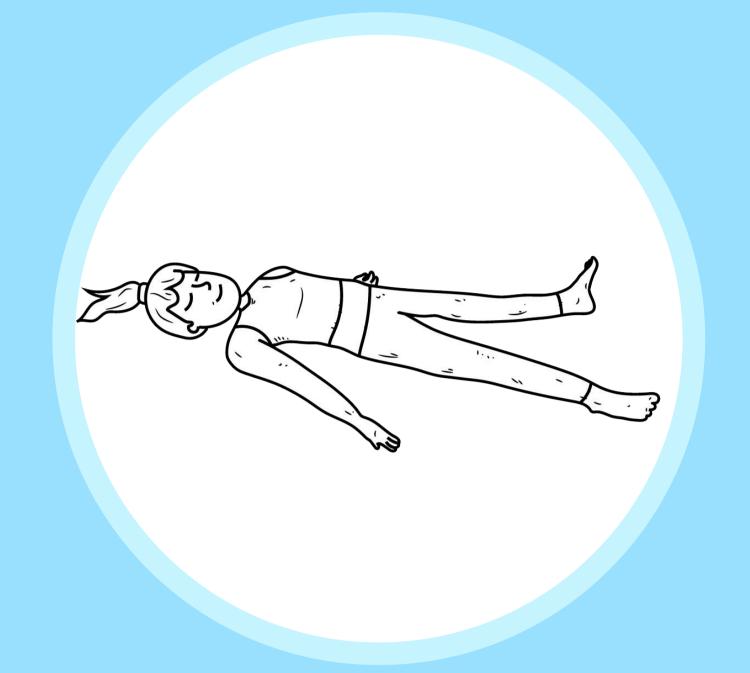
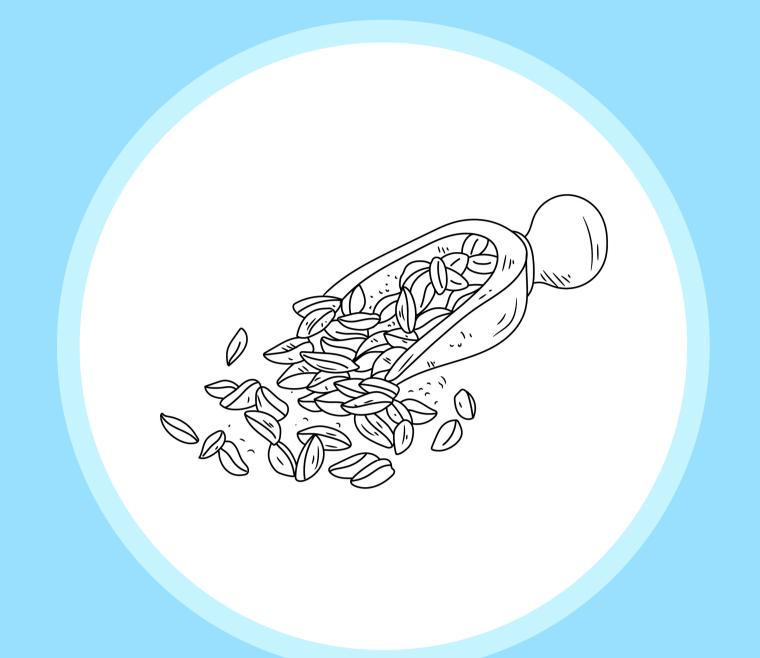
Coronary Thrombosis, Dilation of Heart and Heart Trouble (p. 1 of 4)



Ujjayi Pranayama in Lying Position with Retention



Cardamom



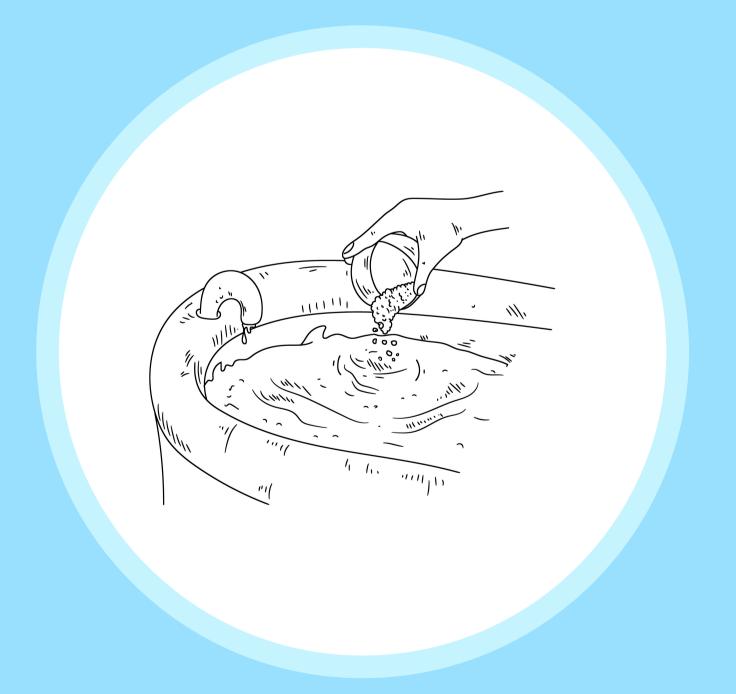
Nādī Śodhana without Retention



Follow the Asana under Acidity



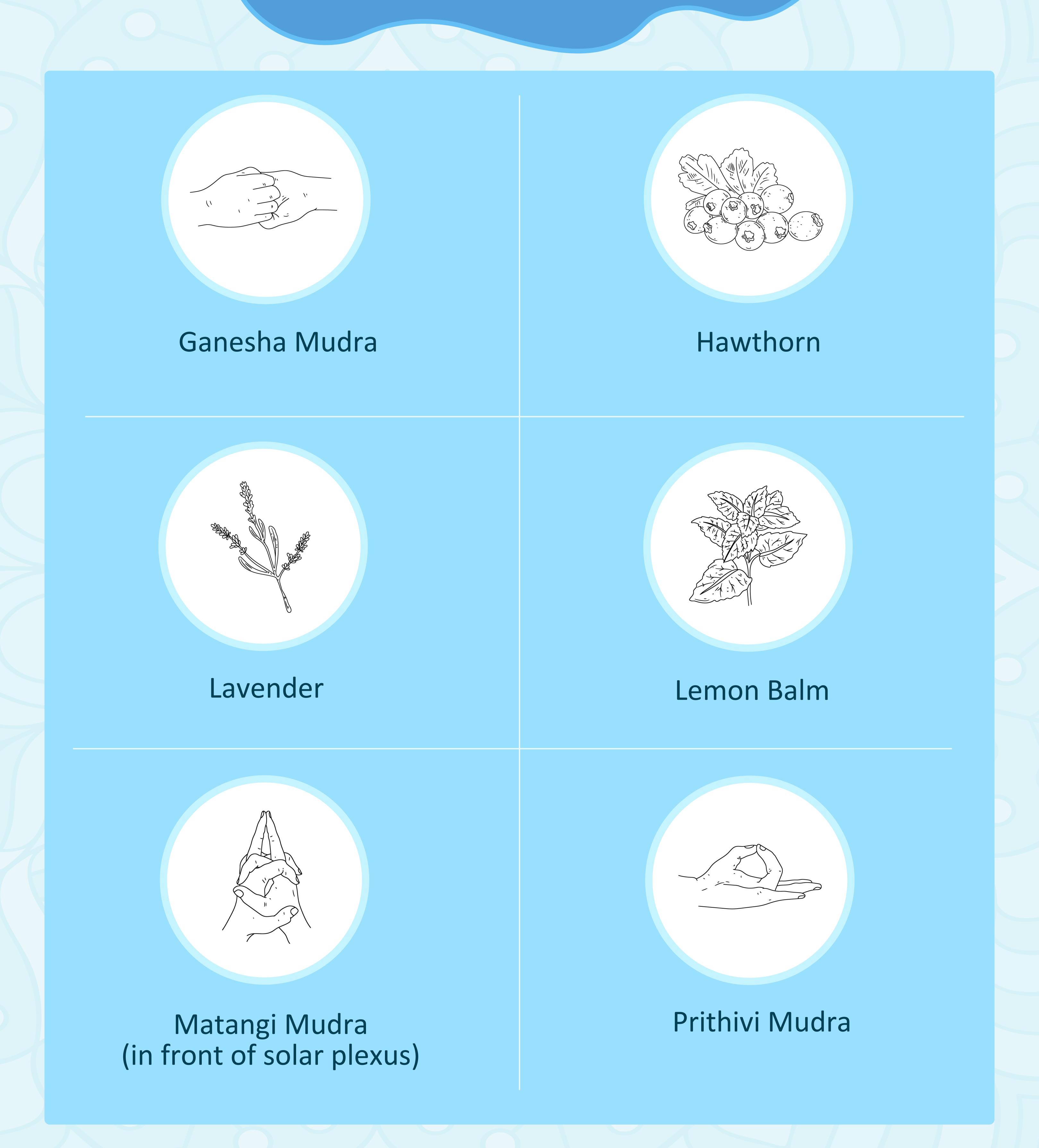
Atmanjali Mudra



Epsom Salt Bath

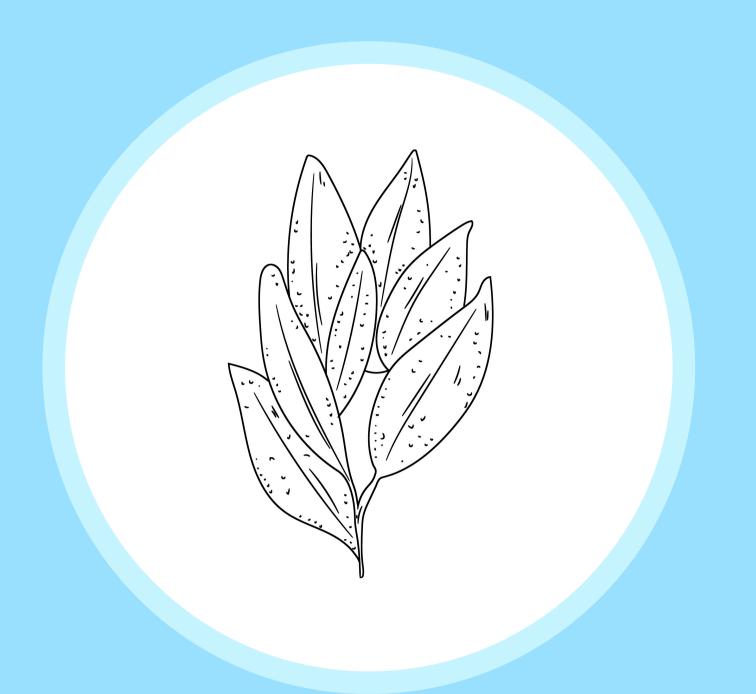
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Coronary Thrombosis, Dilation of Heart and Heart Trouble (p. 2 of 4)



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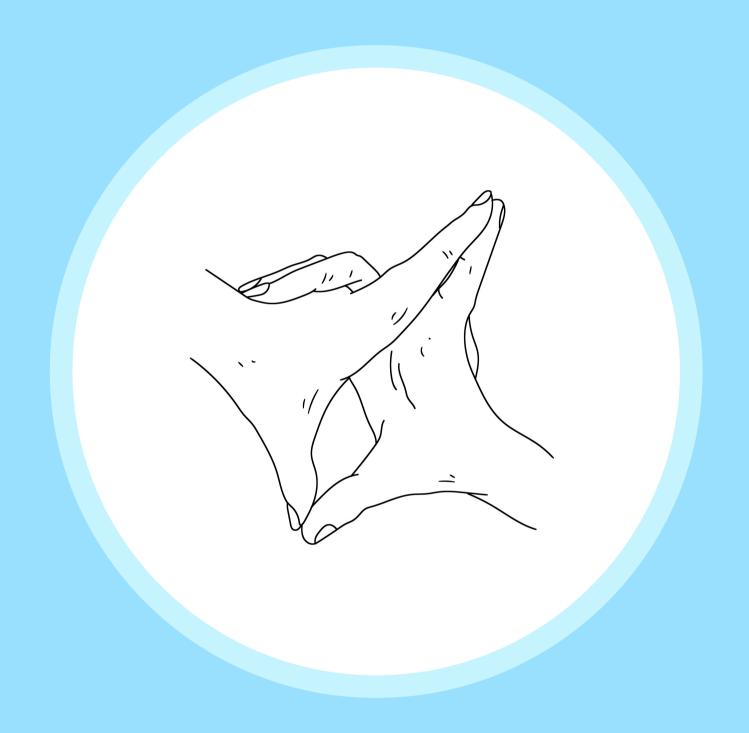
Coronary Thrombosis, Dilation of Heart and Heart Trouble (p. 3 of 4)



Sage Tea



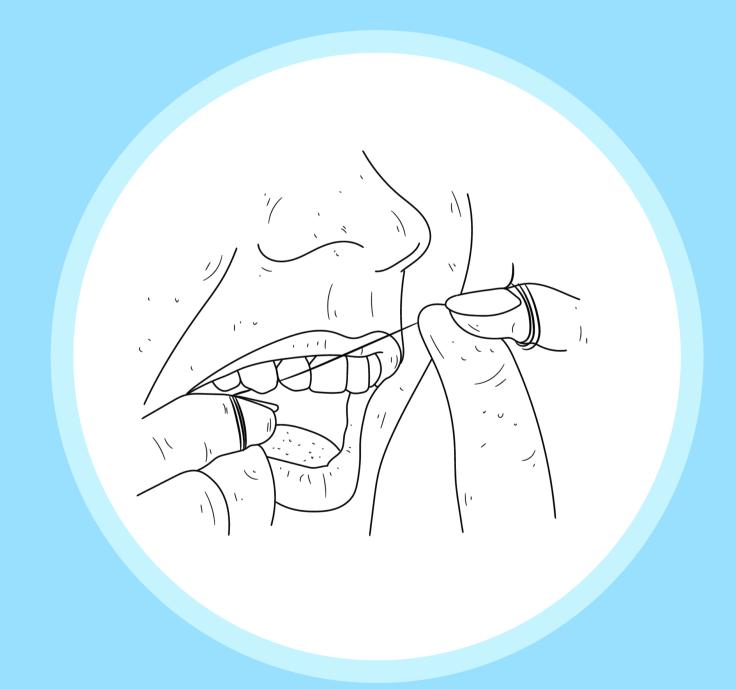
Shankh Mudra



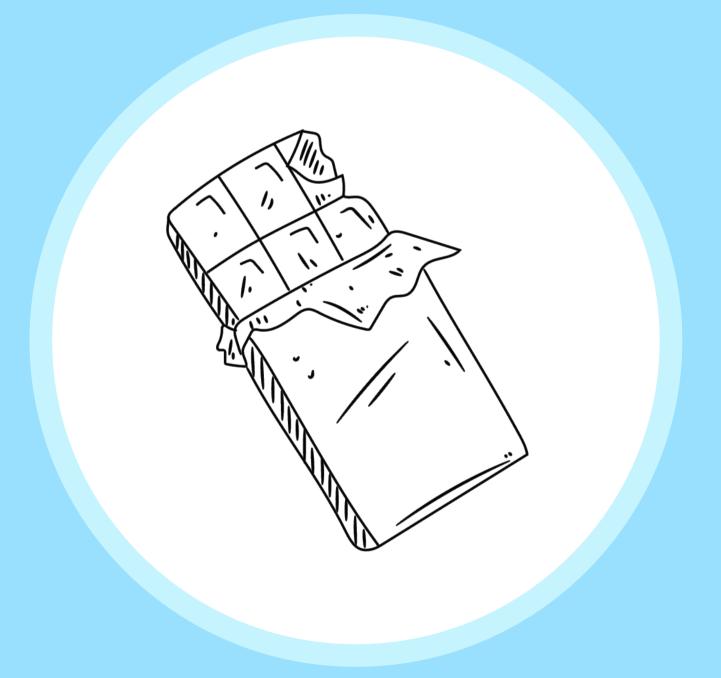
Uttarabodhi Mudra



Apana Vayu Mudra



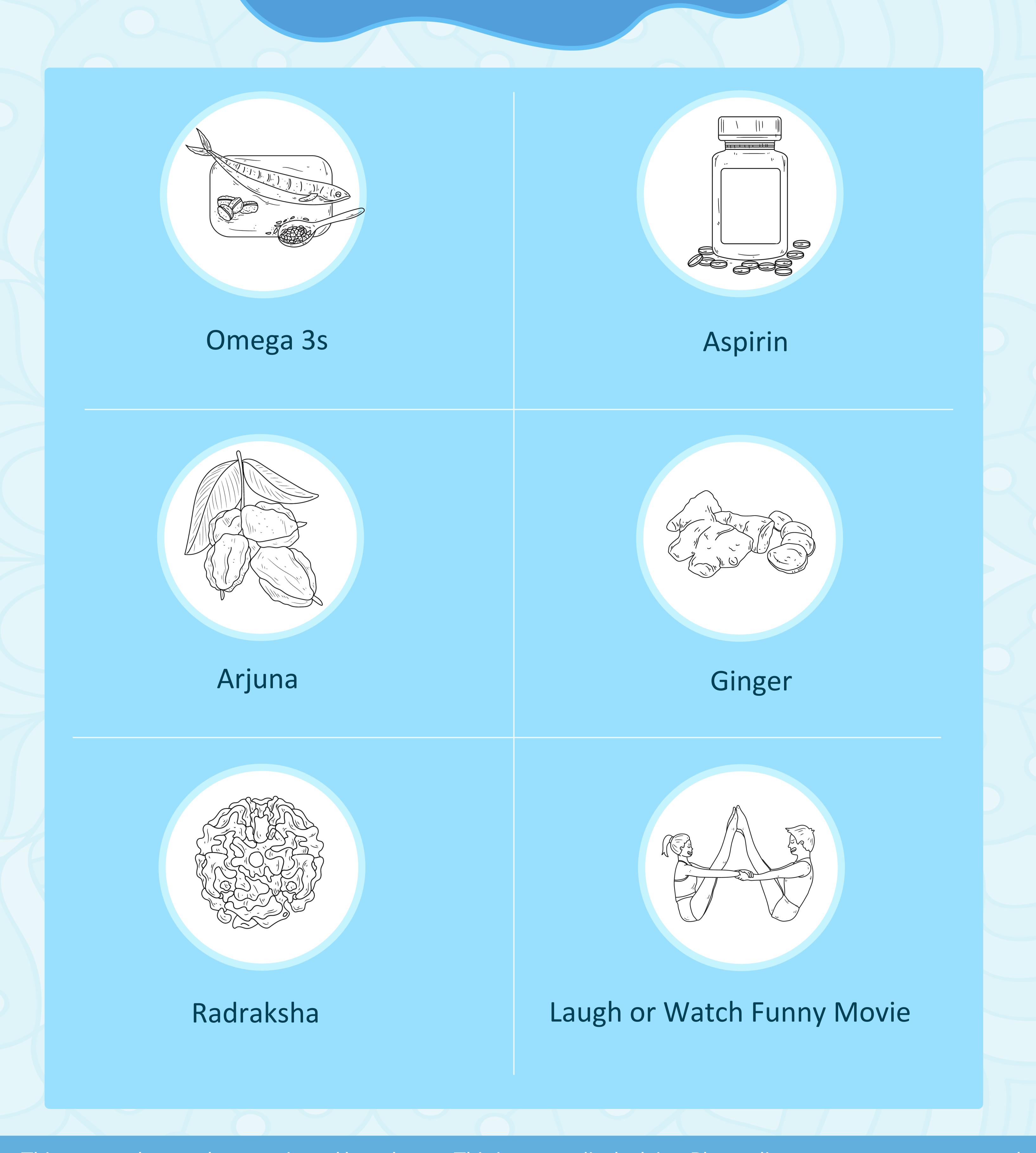
Floss Regularly to Reduce Bacteria that Irritate the Heart



Dark Chocolate

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Coronary Thrombosis, Dilation of Heart and Heart Trouble (p. 4 of 4)



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