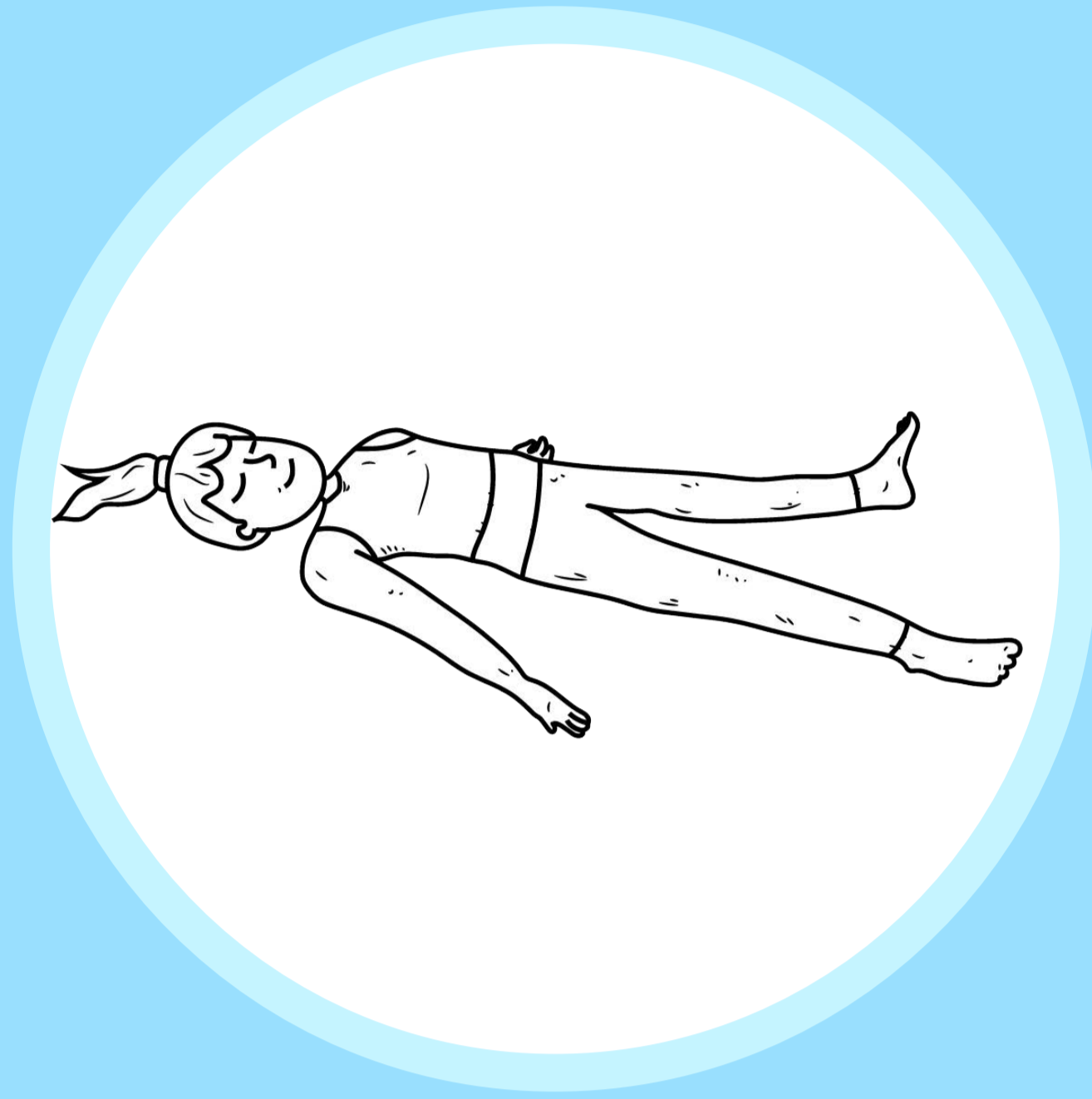
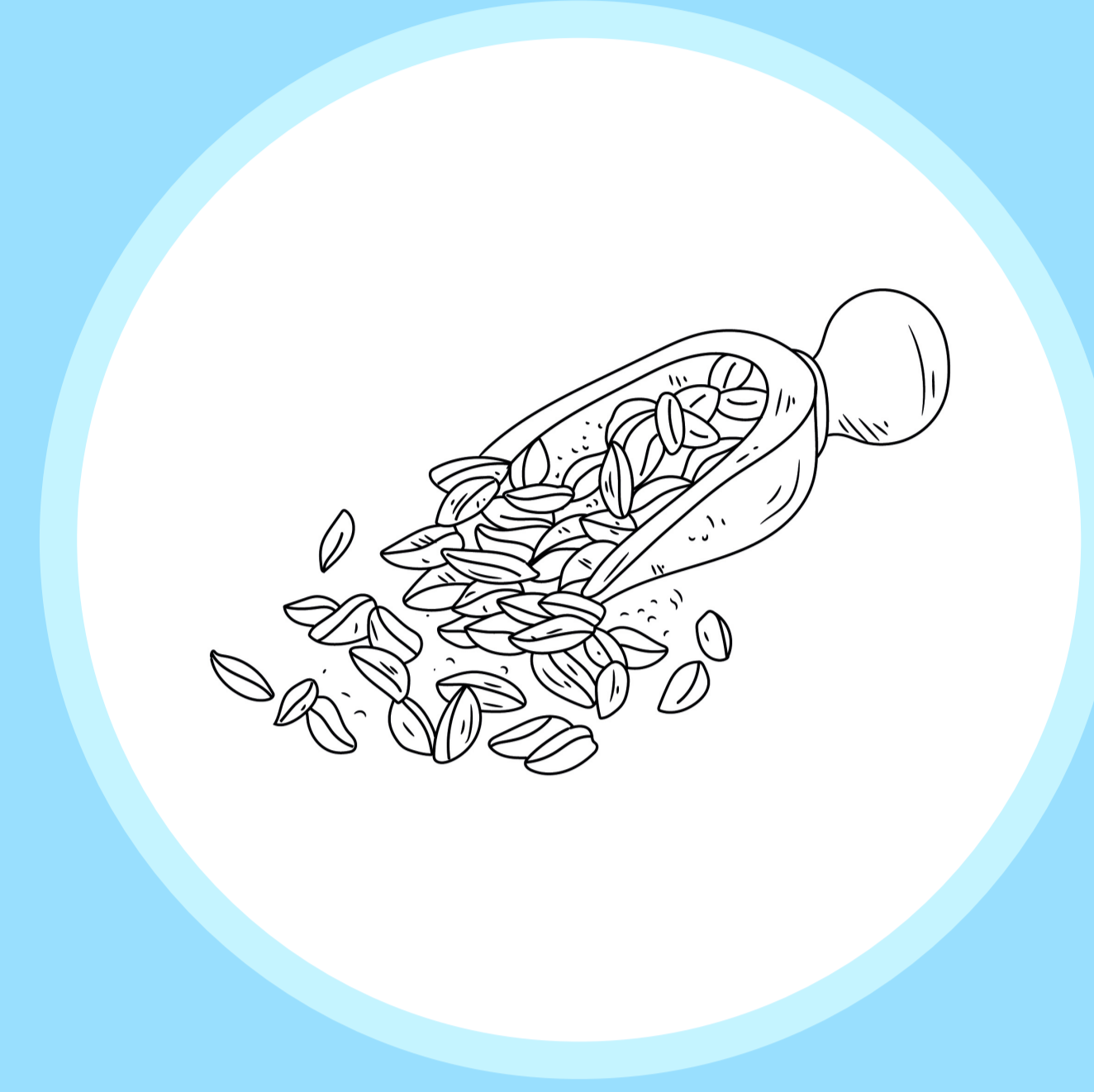


Coronary Thrombosis, Dilation of Heart and Heart Trouble (p. 1 of 4)



Ujjayi Pranayama in Lying Position with Retention



Cardamom



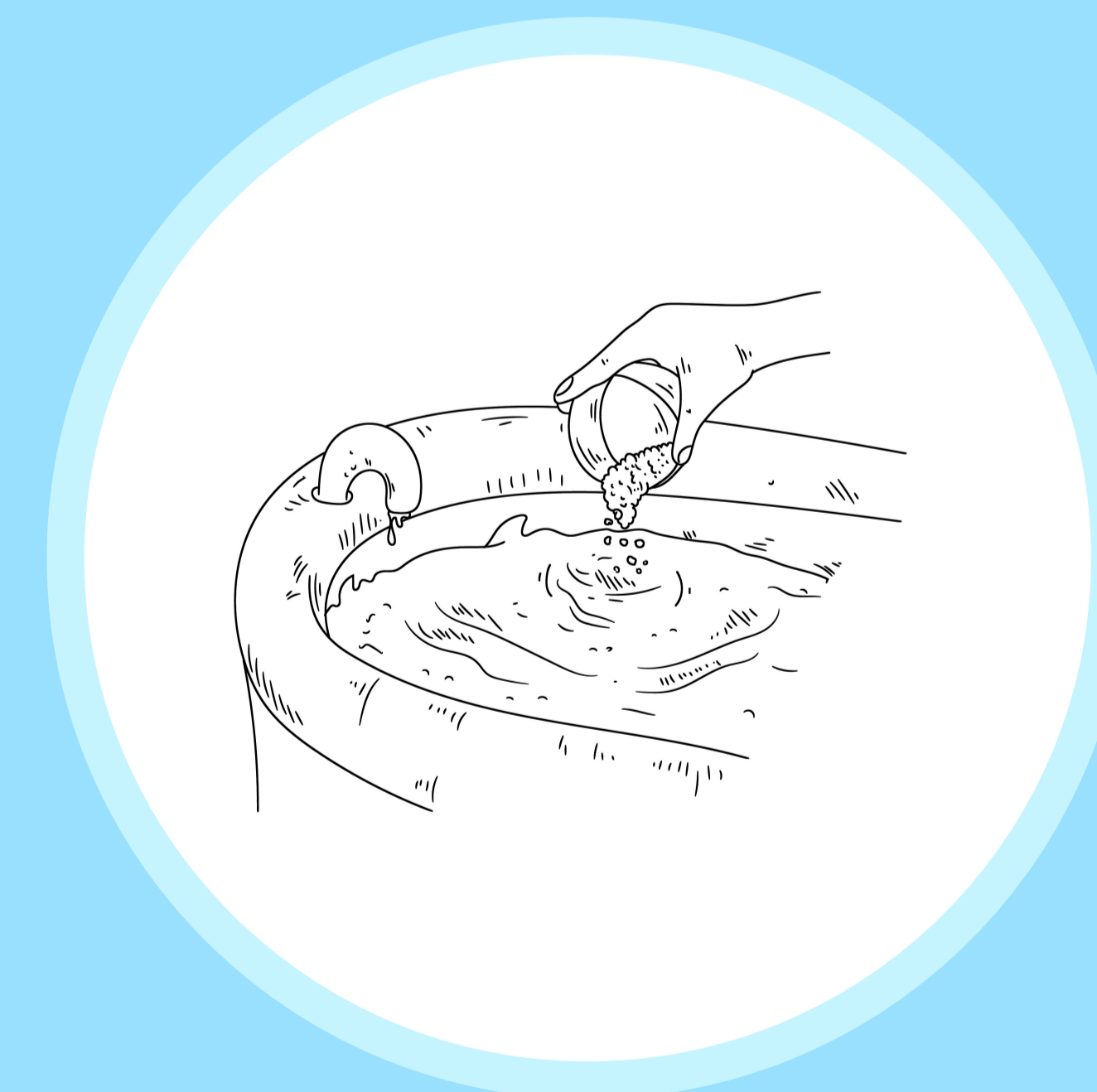
Nādī Śodhana without Retention



Follow the Asana under Acidity



Atmanjali Mudra

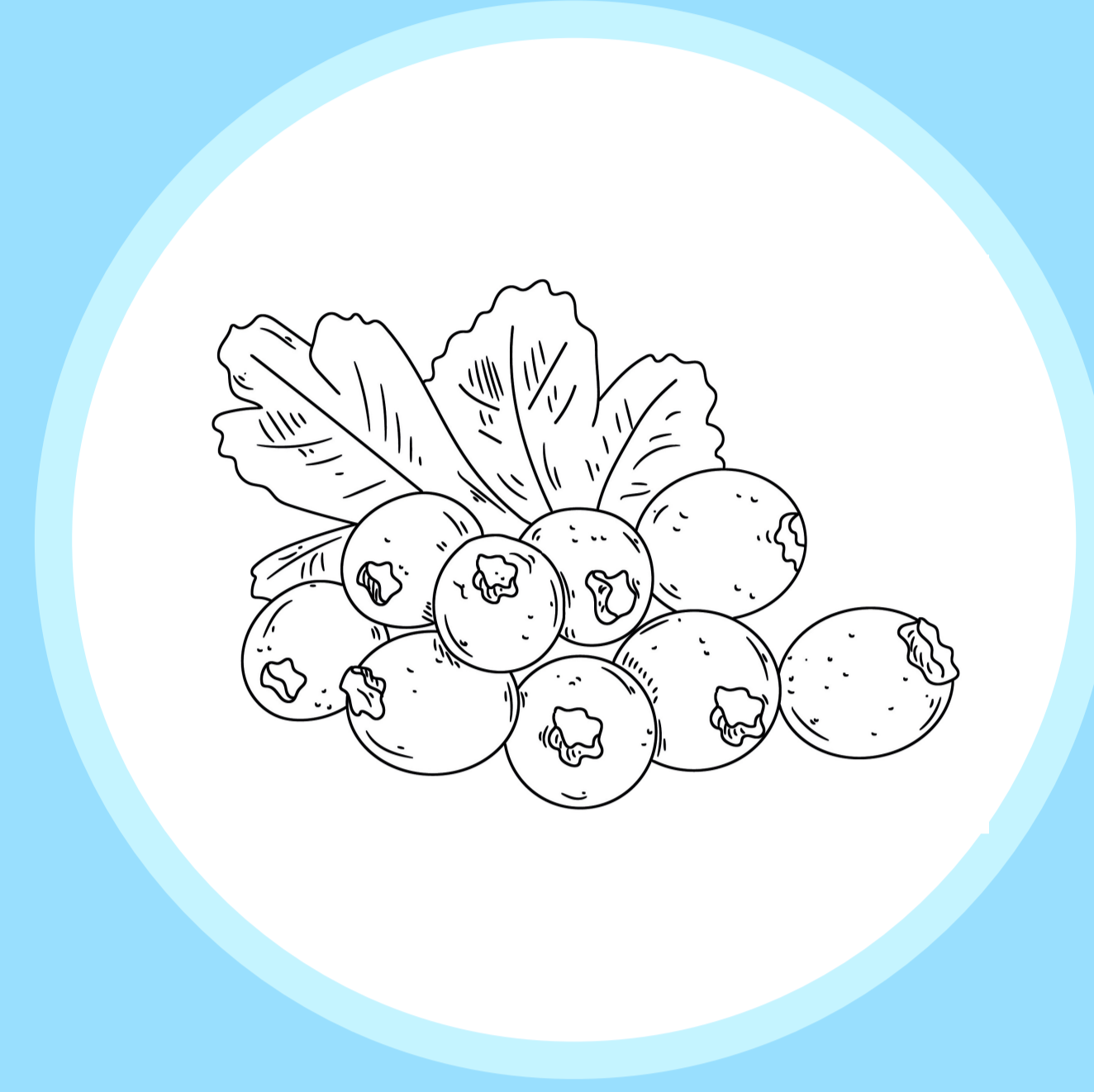


Epsom Salt Bath

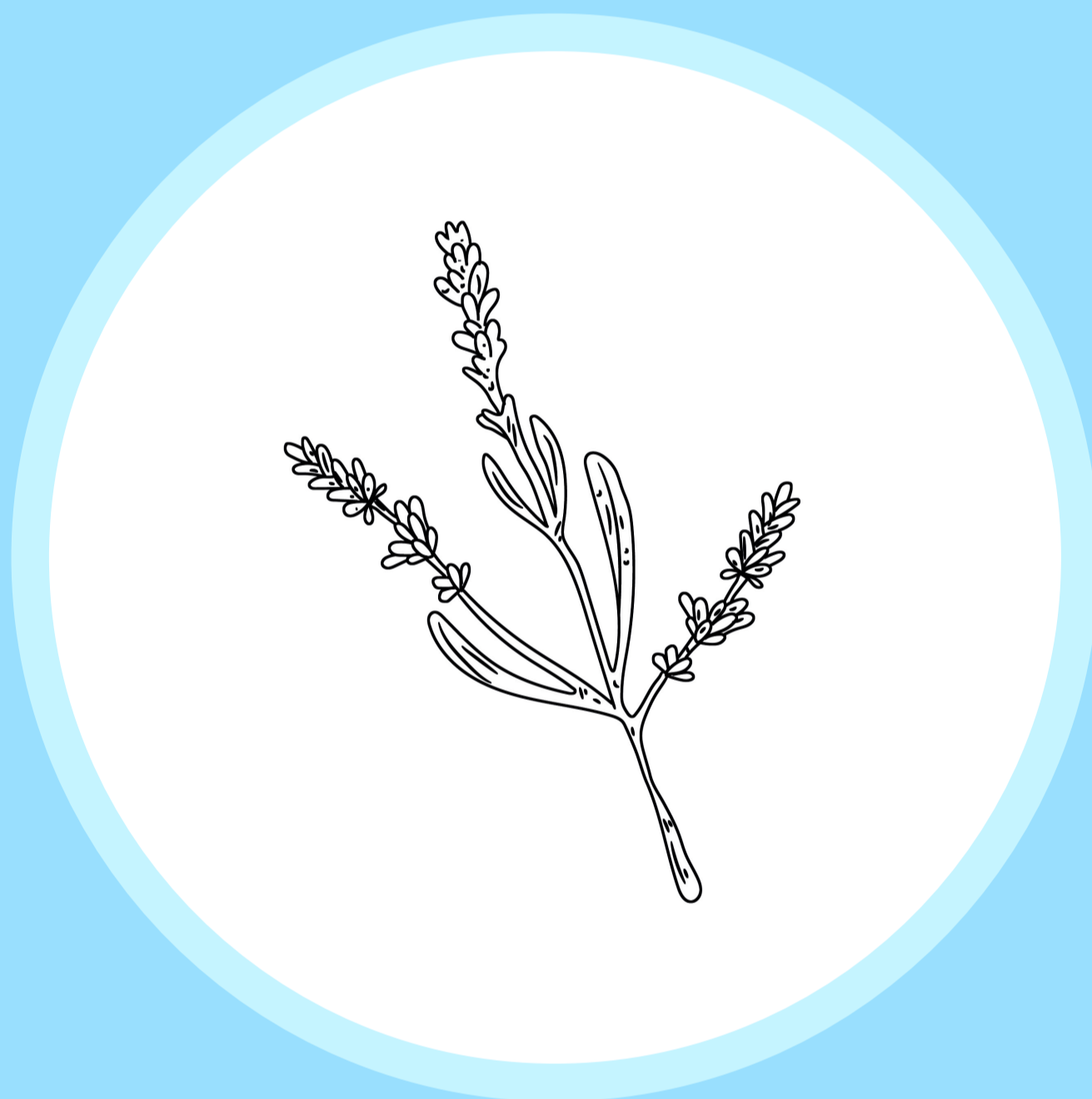
Coronary Thrombosis, Dilation of Heart and Heart Trouble (p. 2 of 4)



Ganesha Mudra



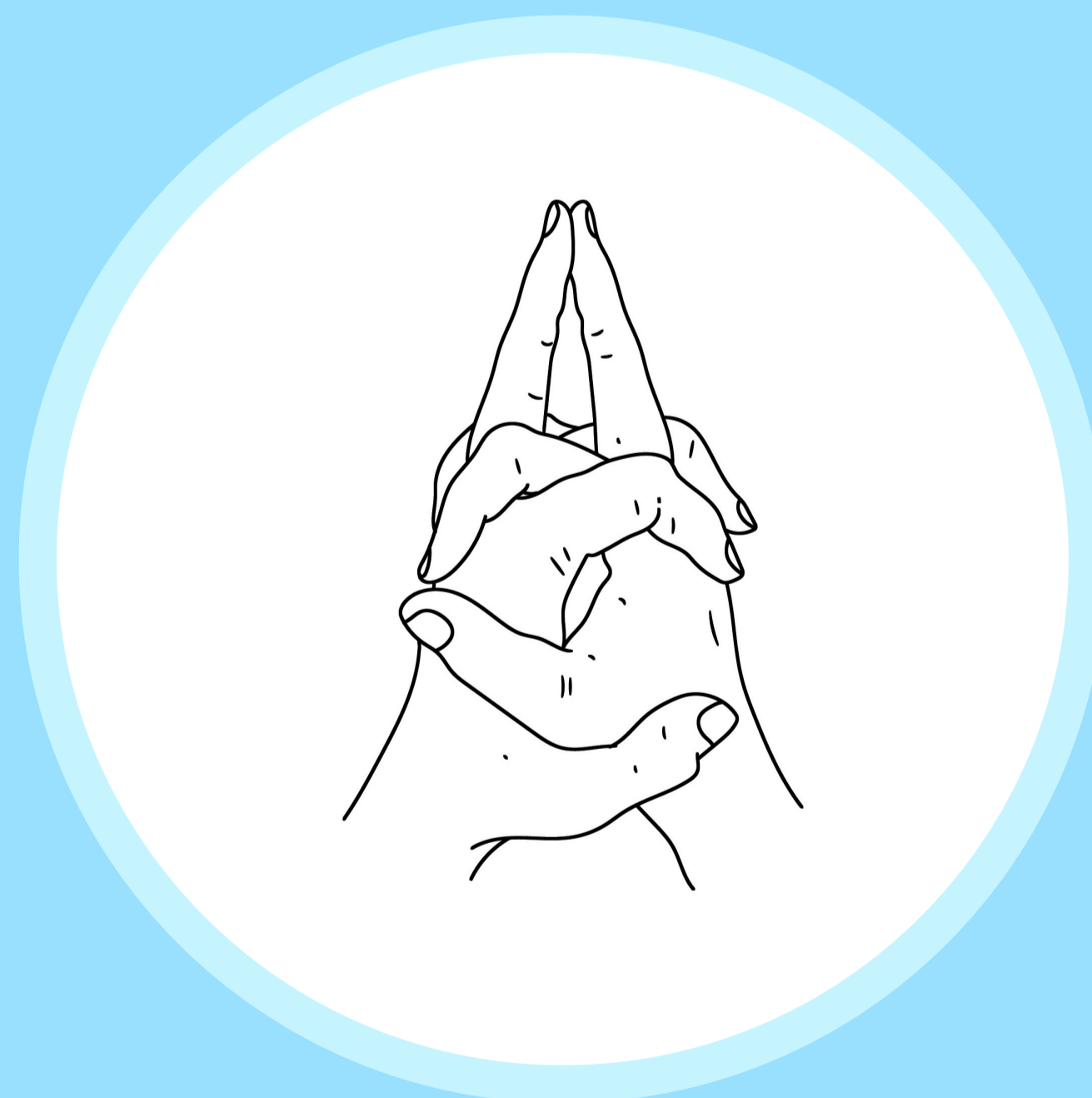
Hawthorn



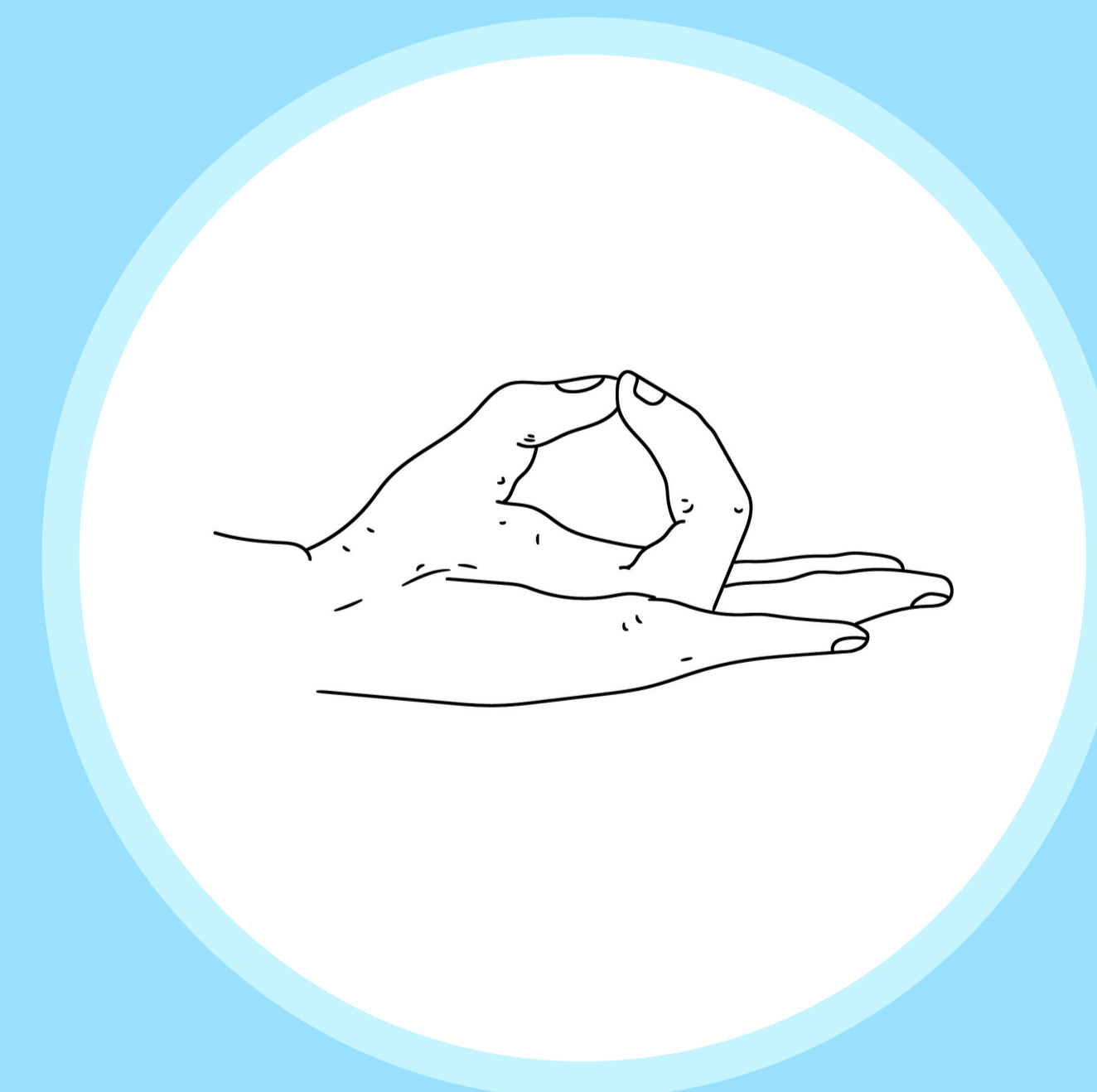
Lavender



Lemon Balm



Matangi Mudra
(in front of solar plexus)



Prithivi Mudra

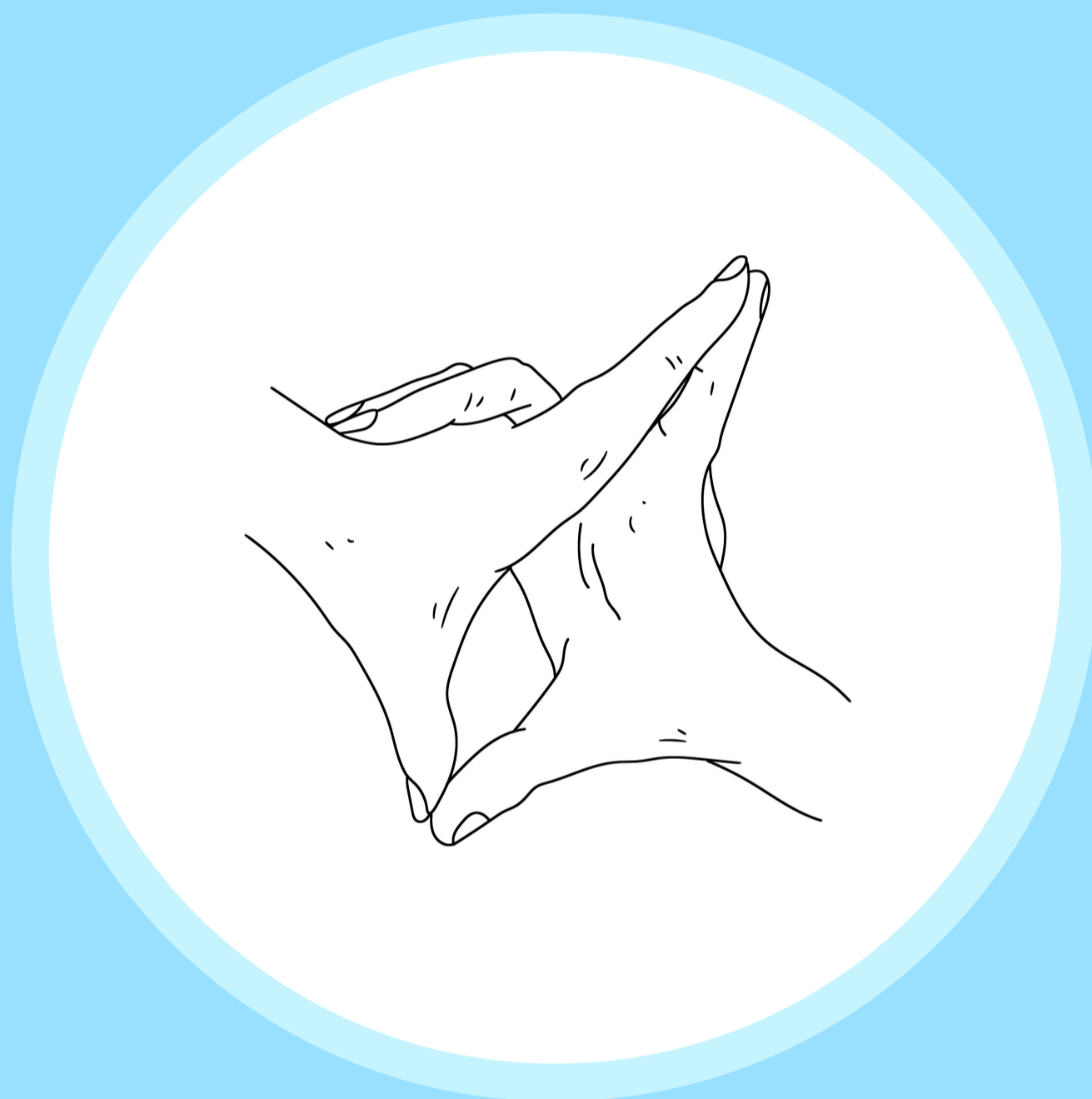
Coronary Thrombosis, Dilation of Heart and Heart Trouble (p. 3 of 4)



Sage Tea



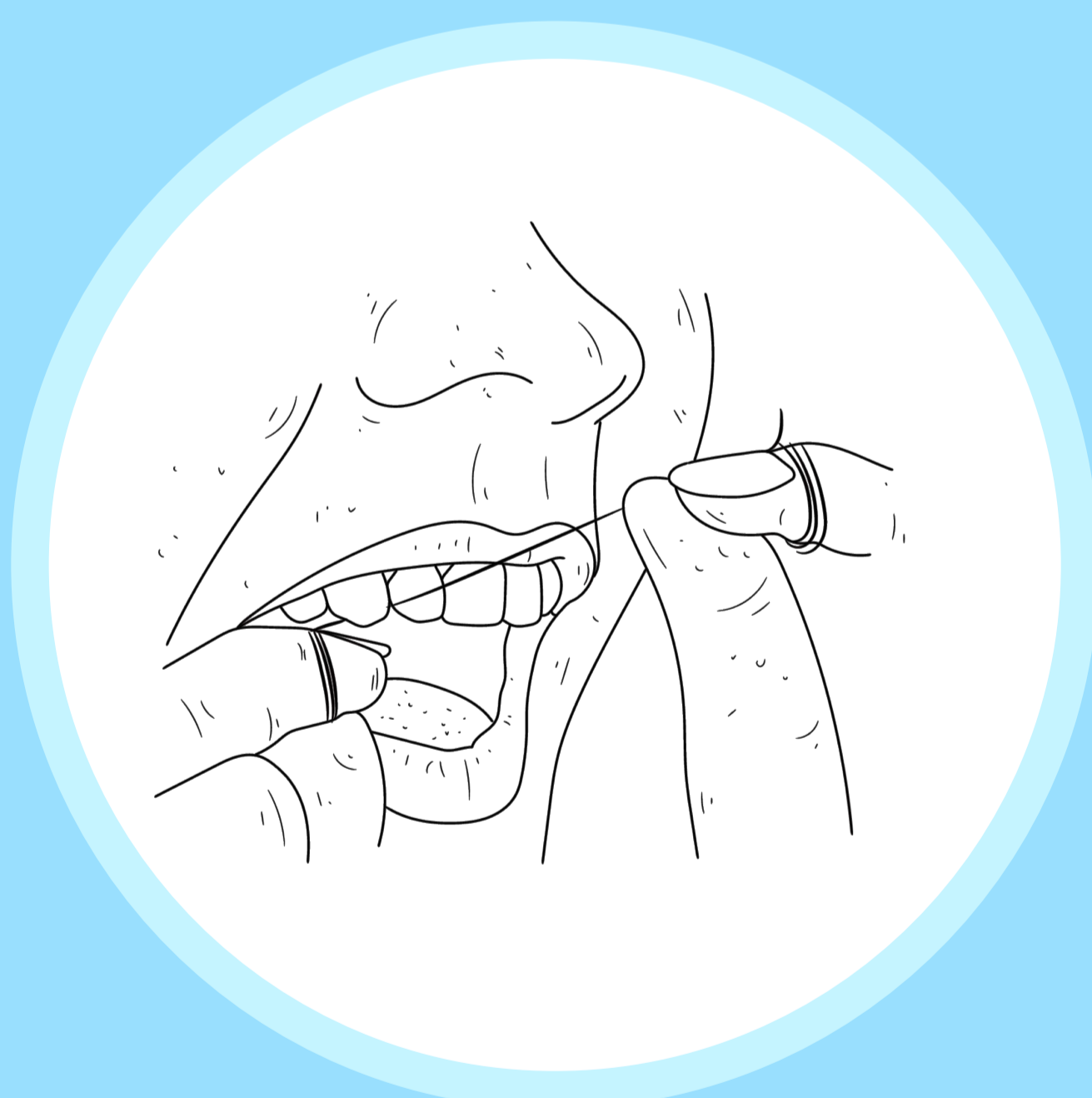
Shankh Mudra



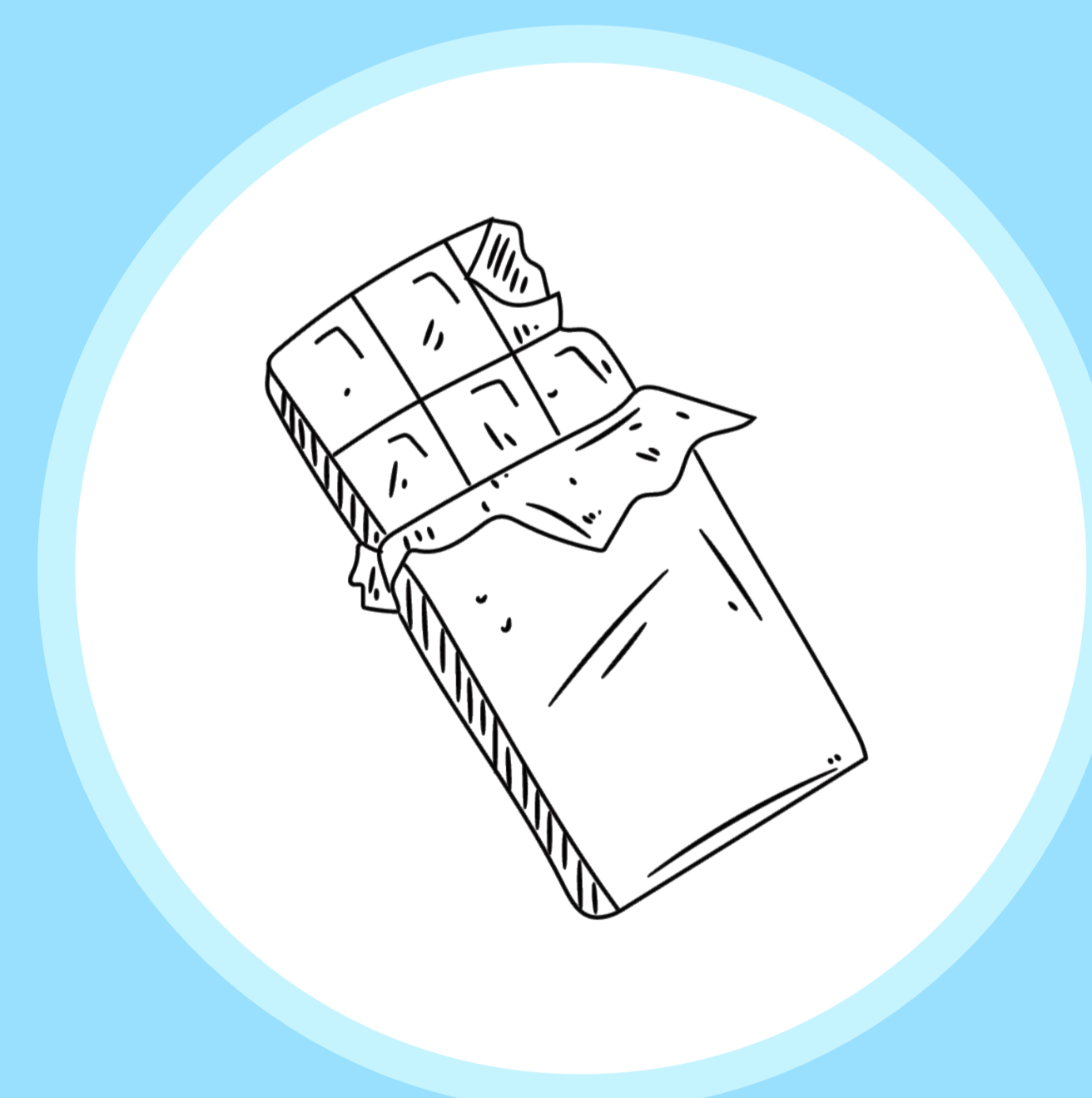
Uttarabodhi Mudra



Apana Vayu Mudra

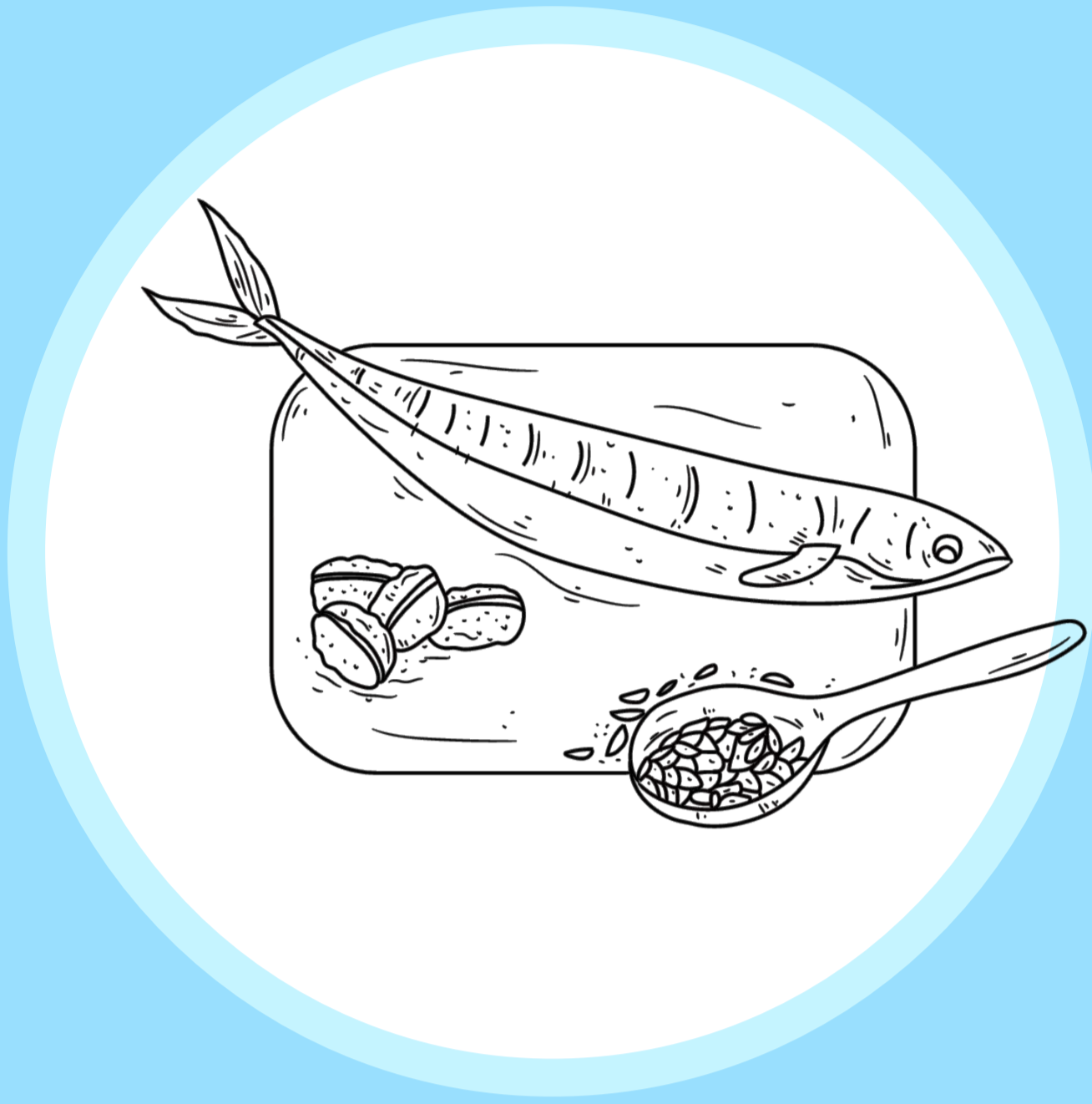


Floss Regularly to Reduce
Bacteria that Irritate the Heart



Dark Chocolate

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



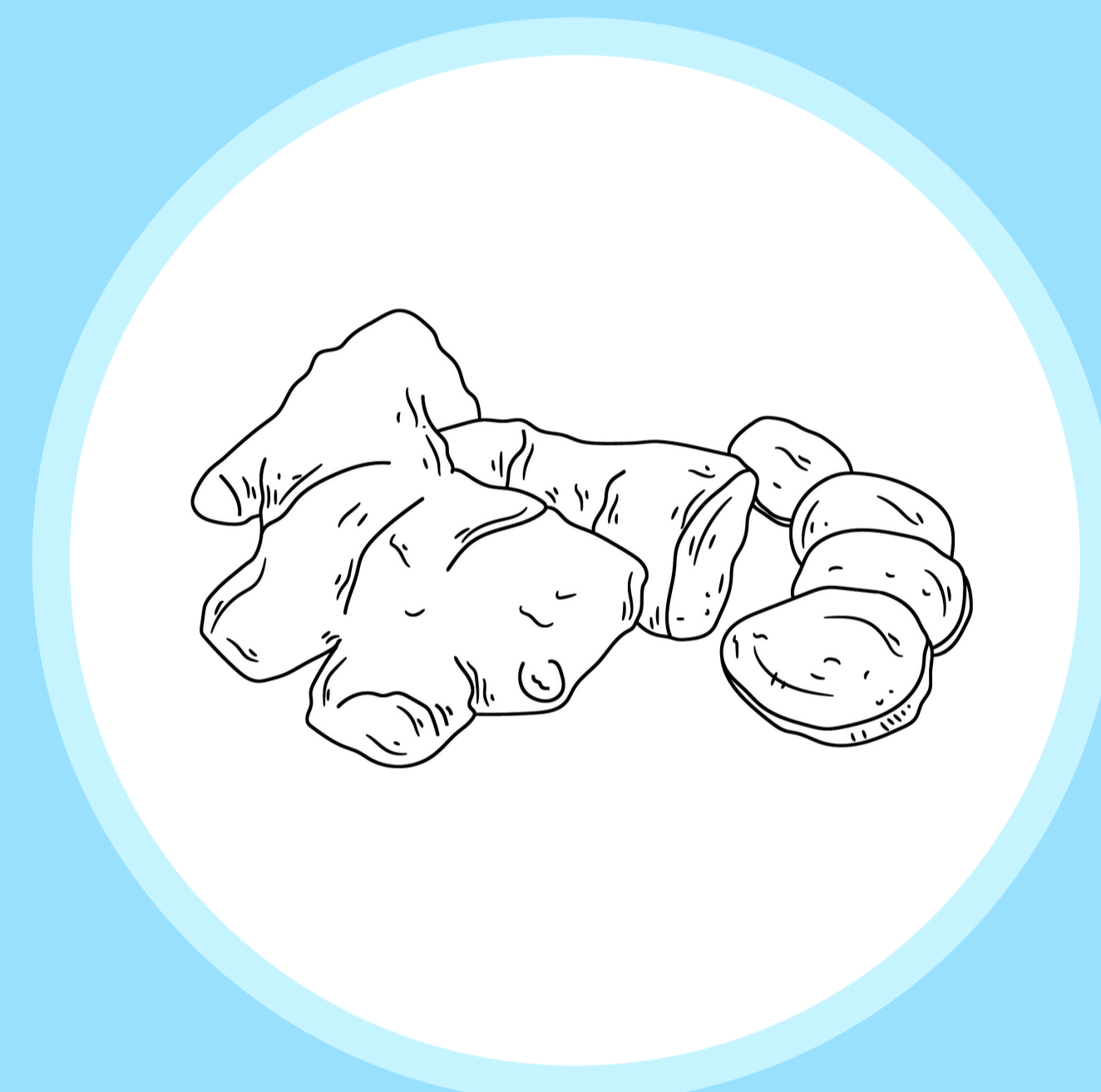
Omega 3s



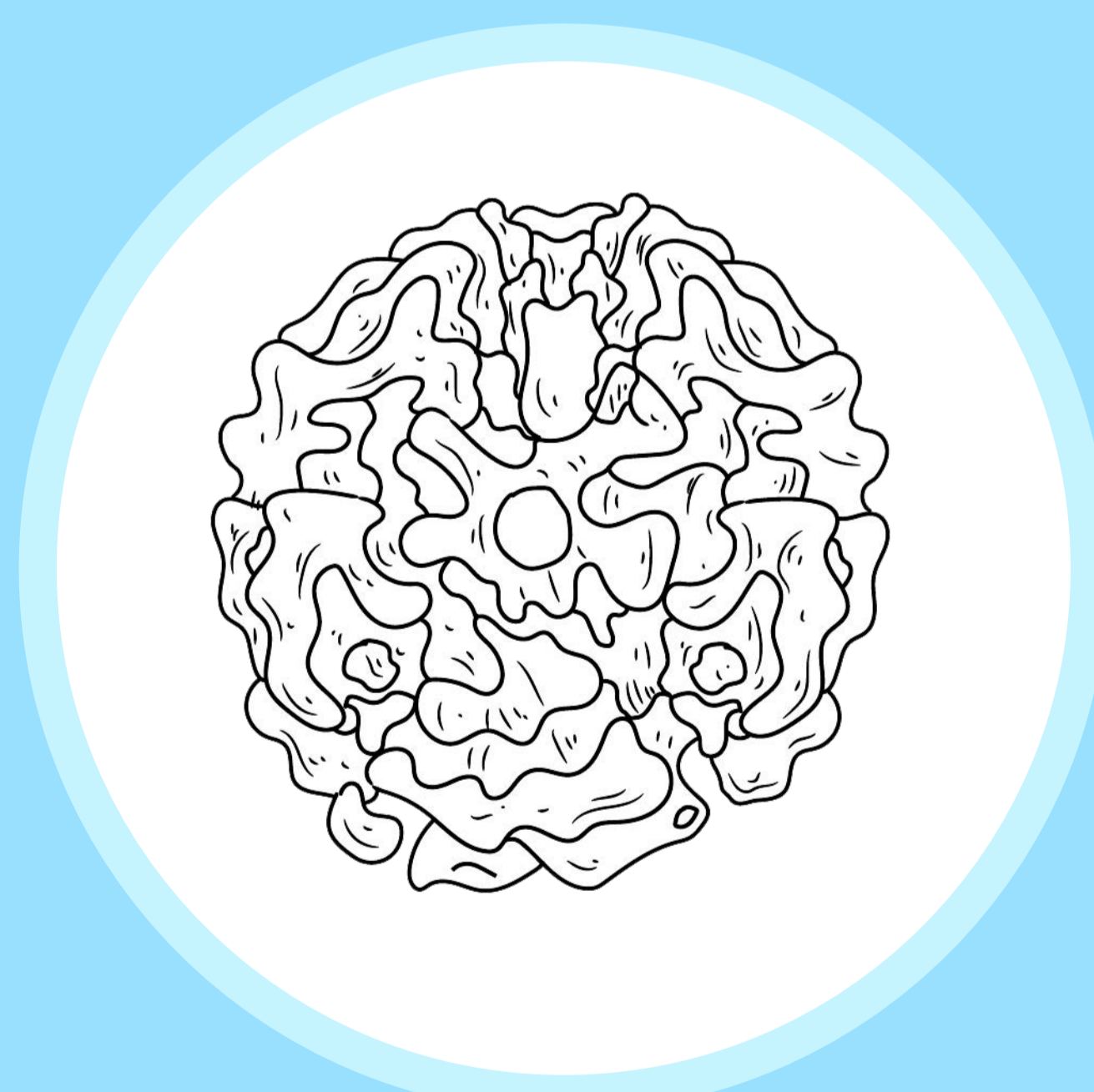
Aspirin



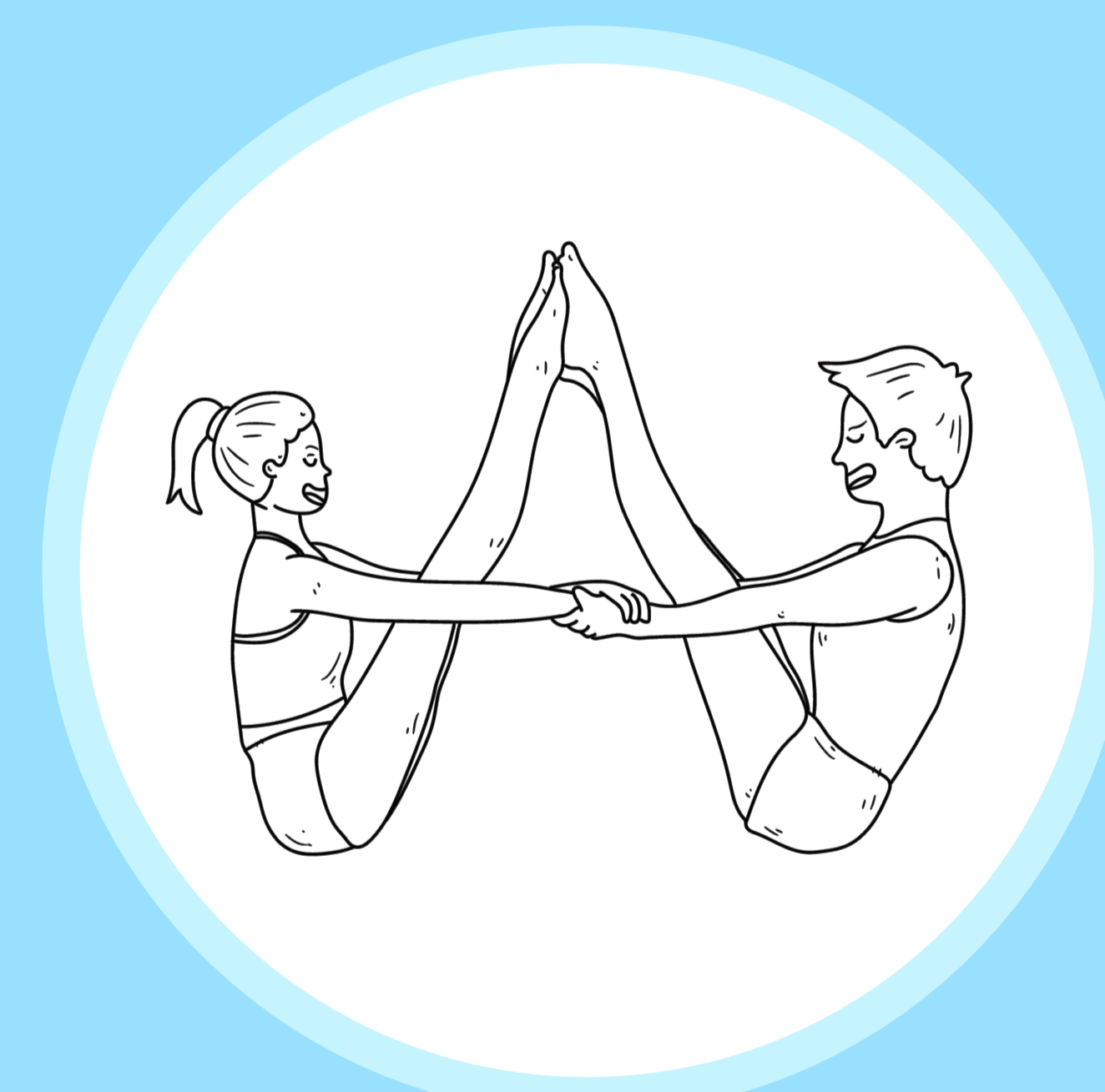
Arjuna



Ginger



Radraksha



Laugh or Watch Funny Movie