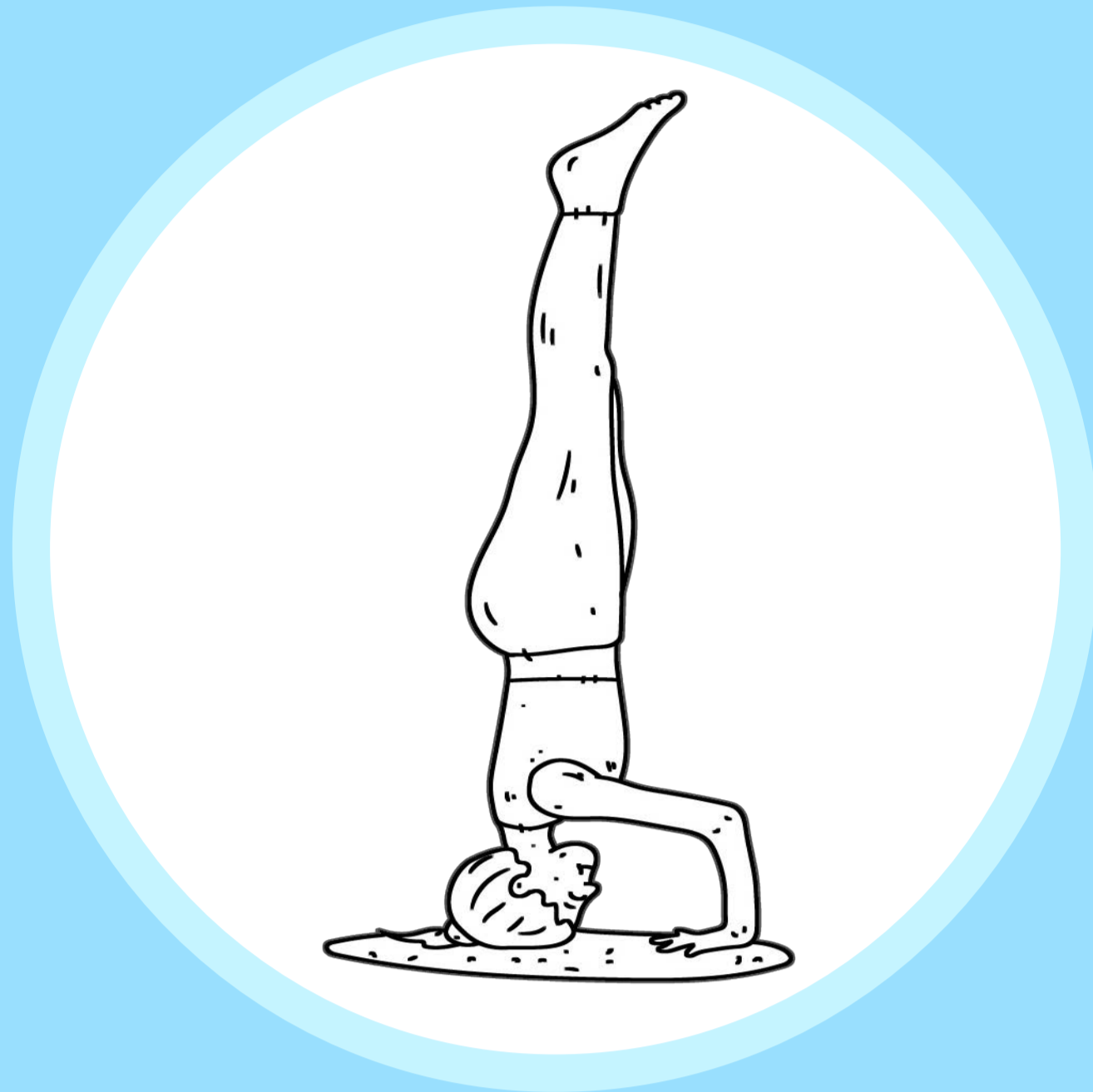
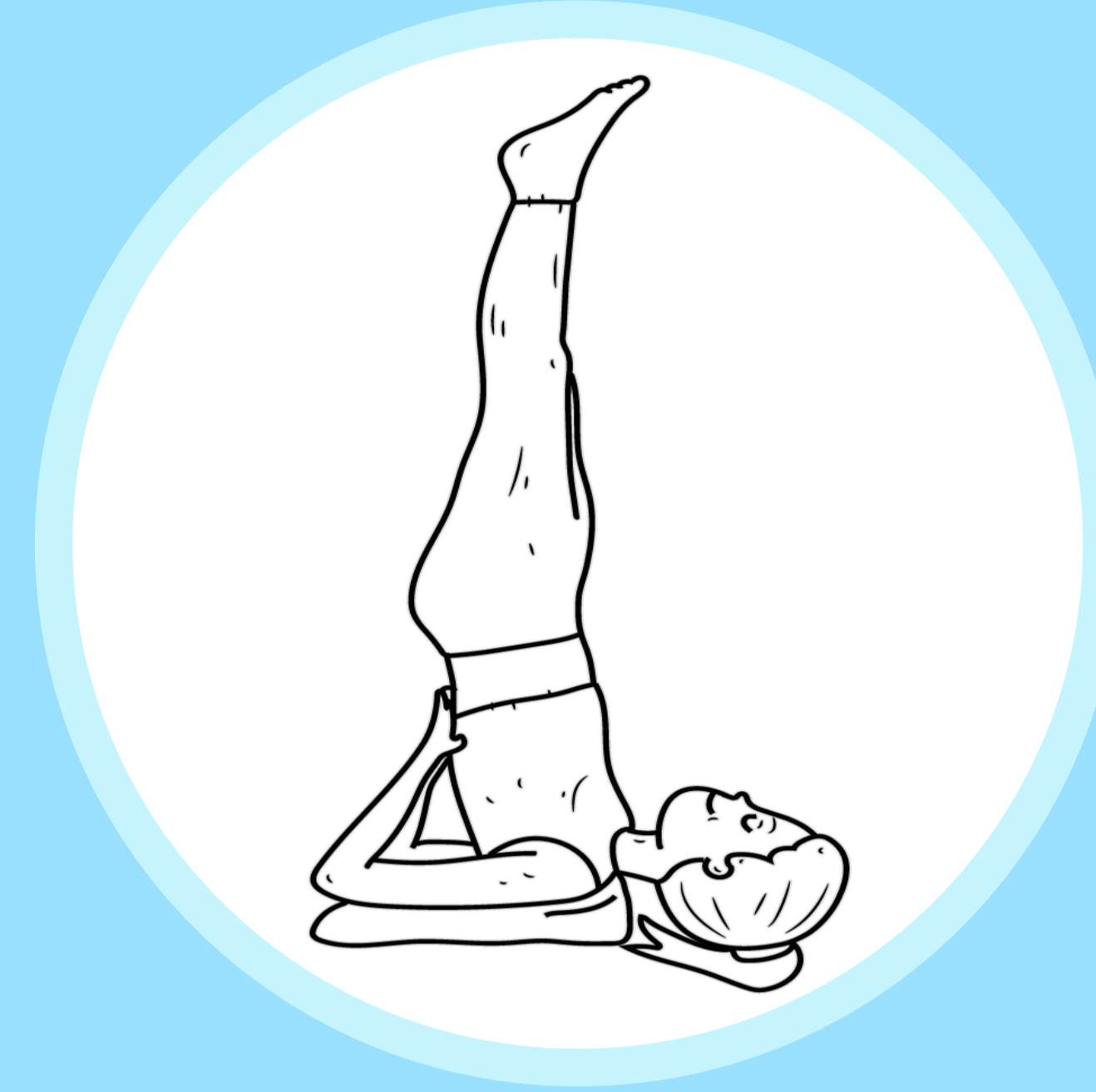


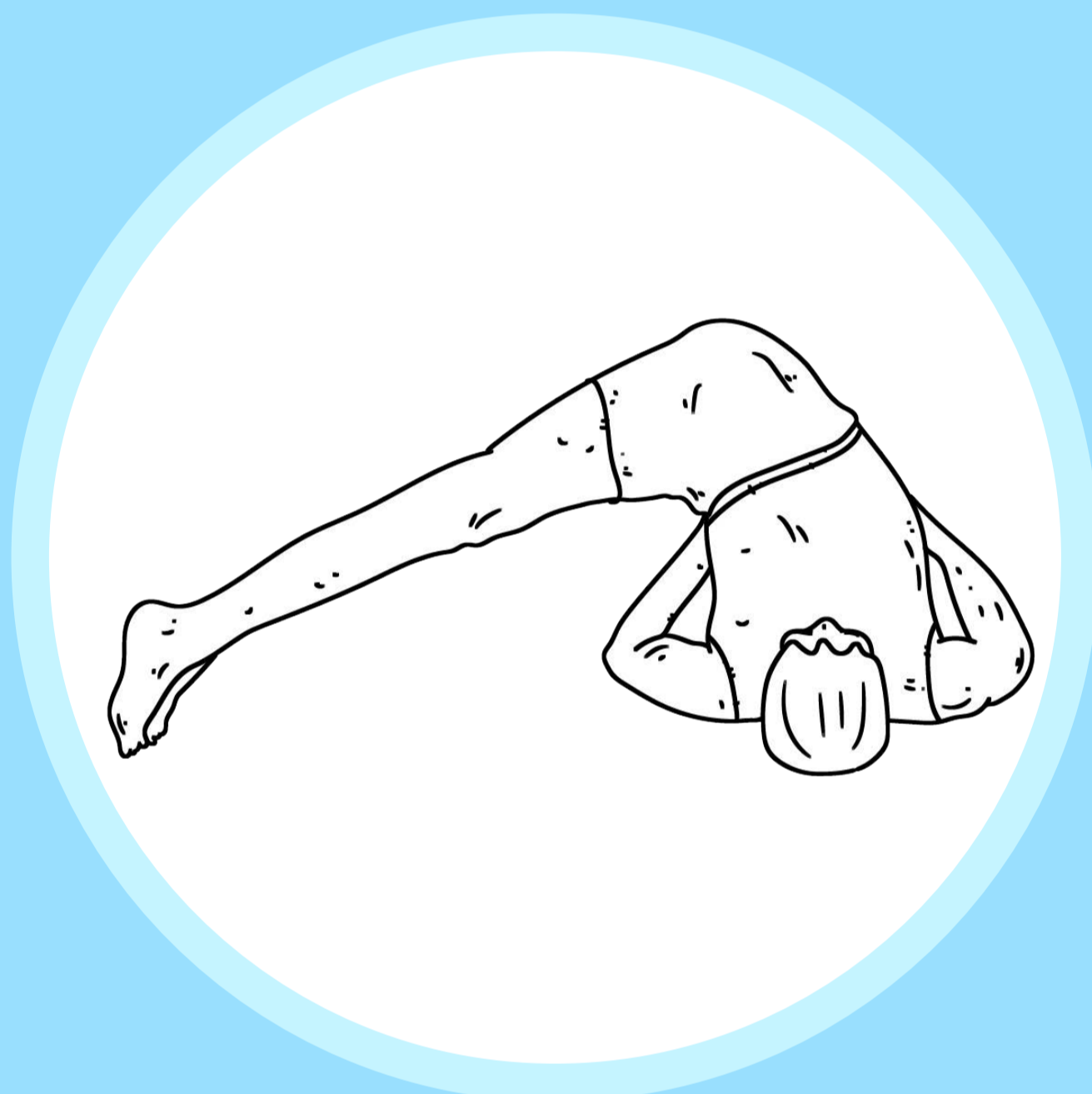
Diabetes (p. 1 of 6)



Sirsasana
(head stand)



Sarvāngāsana
(shoulder stand)



Pārśva Halāsana
(side plow)



Jānu-Śīrṣāsana
(head to knee)



Paschimottānāsana
(staff)

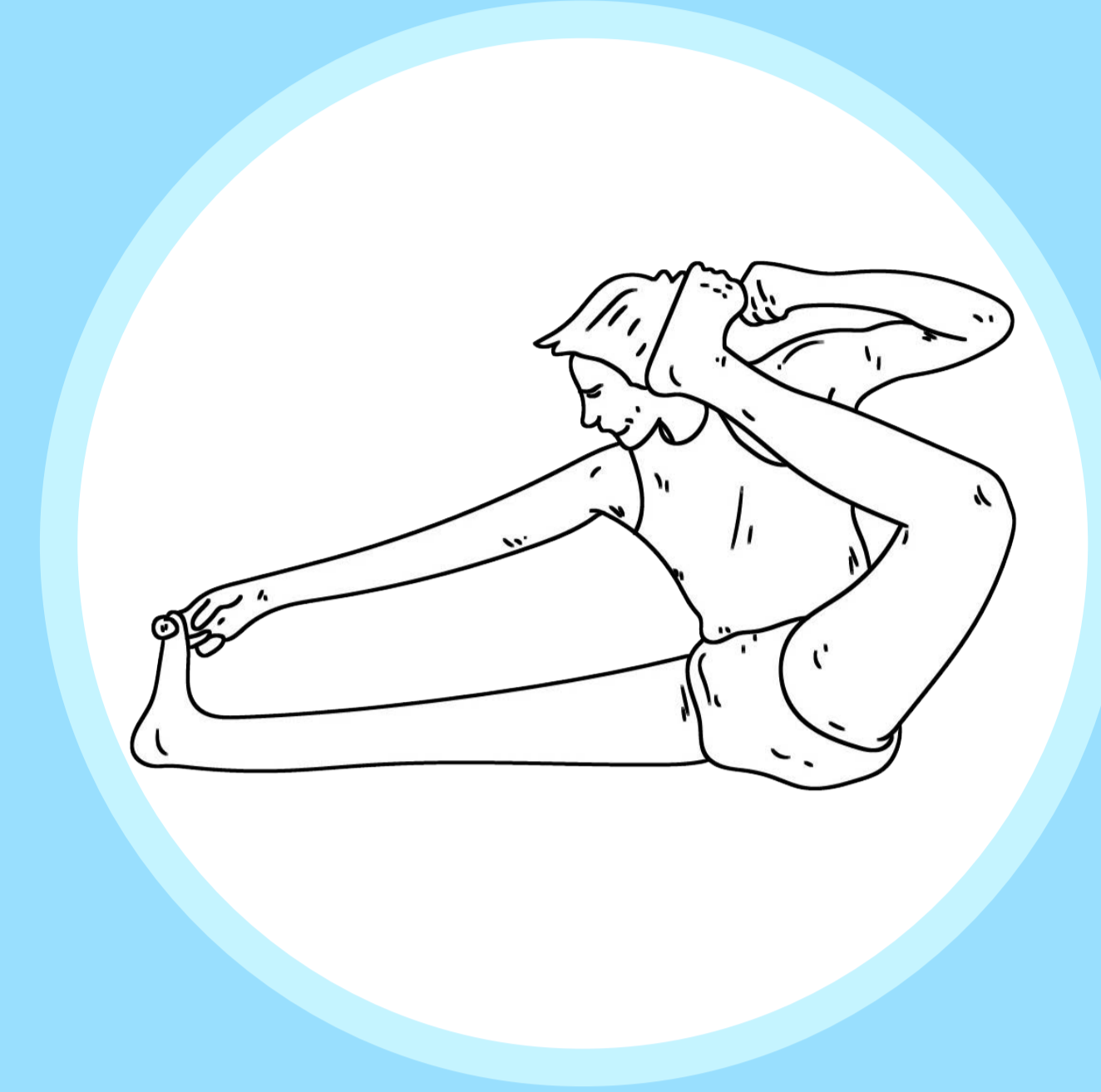


Vīrāsana
(hero)

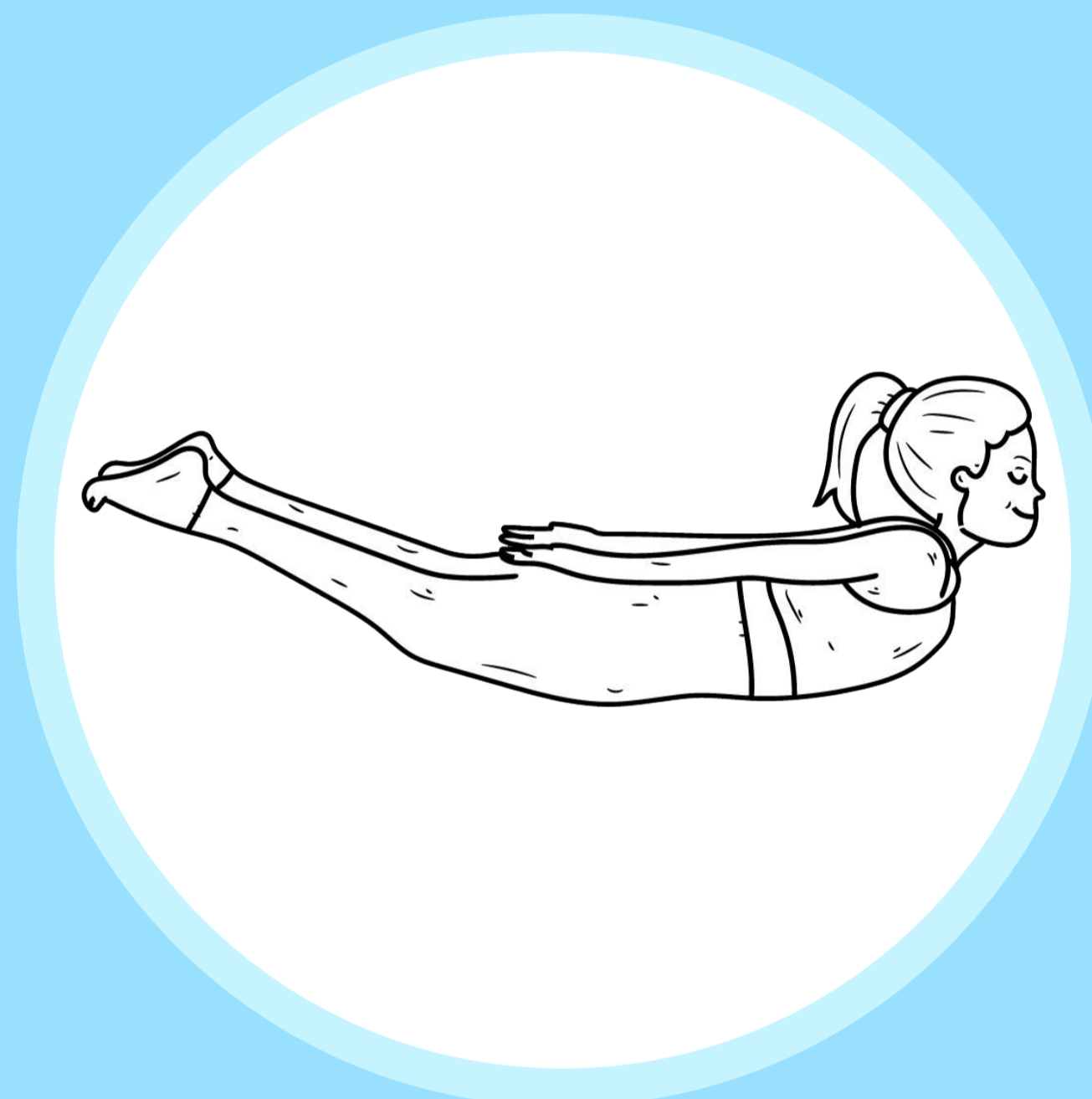
Diabetes (p. 2 of 6)



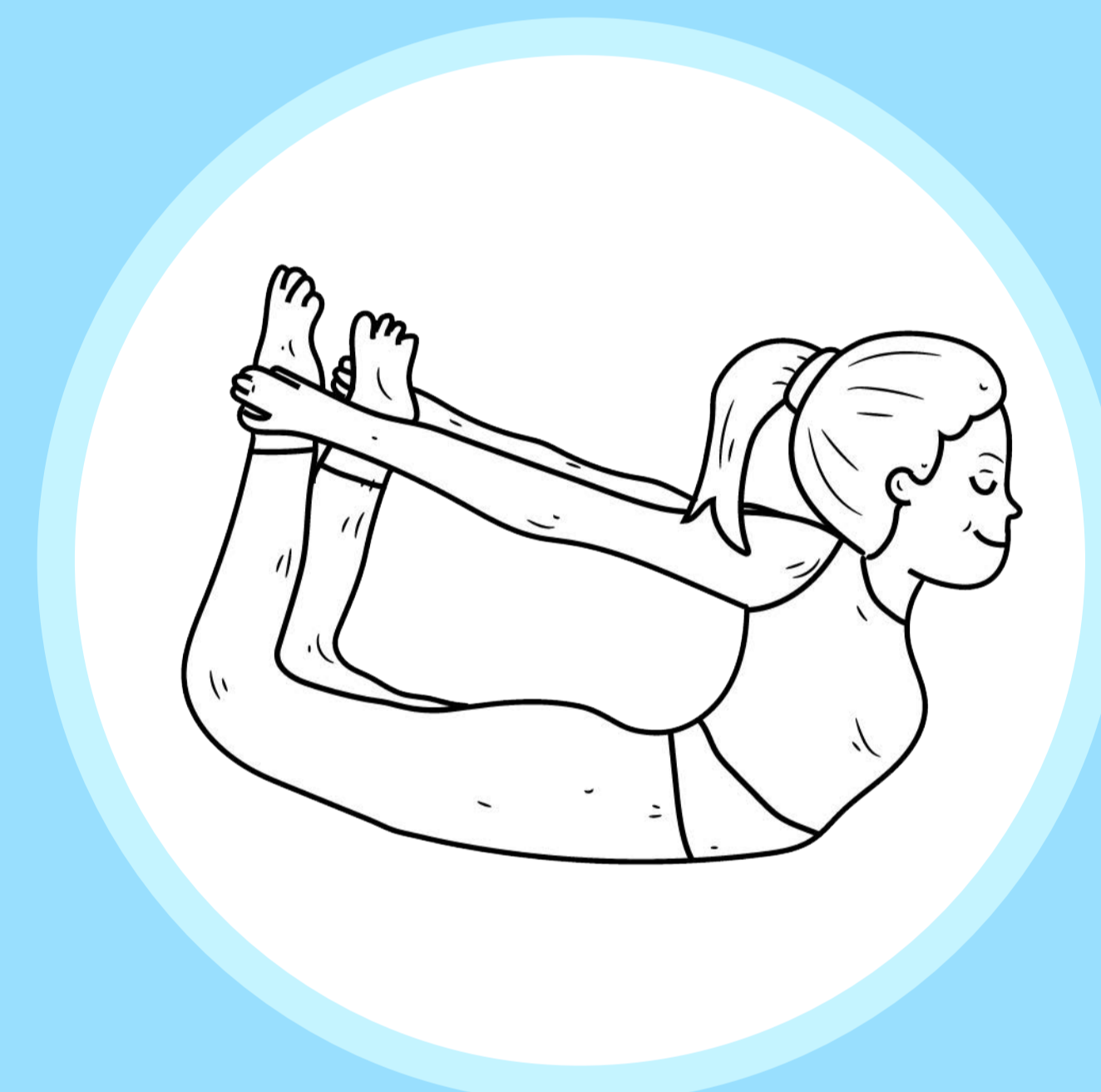
Supta Virasana
(reclining horse)



Ākarṇa Dhanurāsana
(archer's pose)



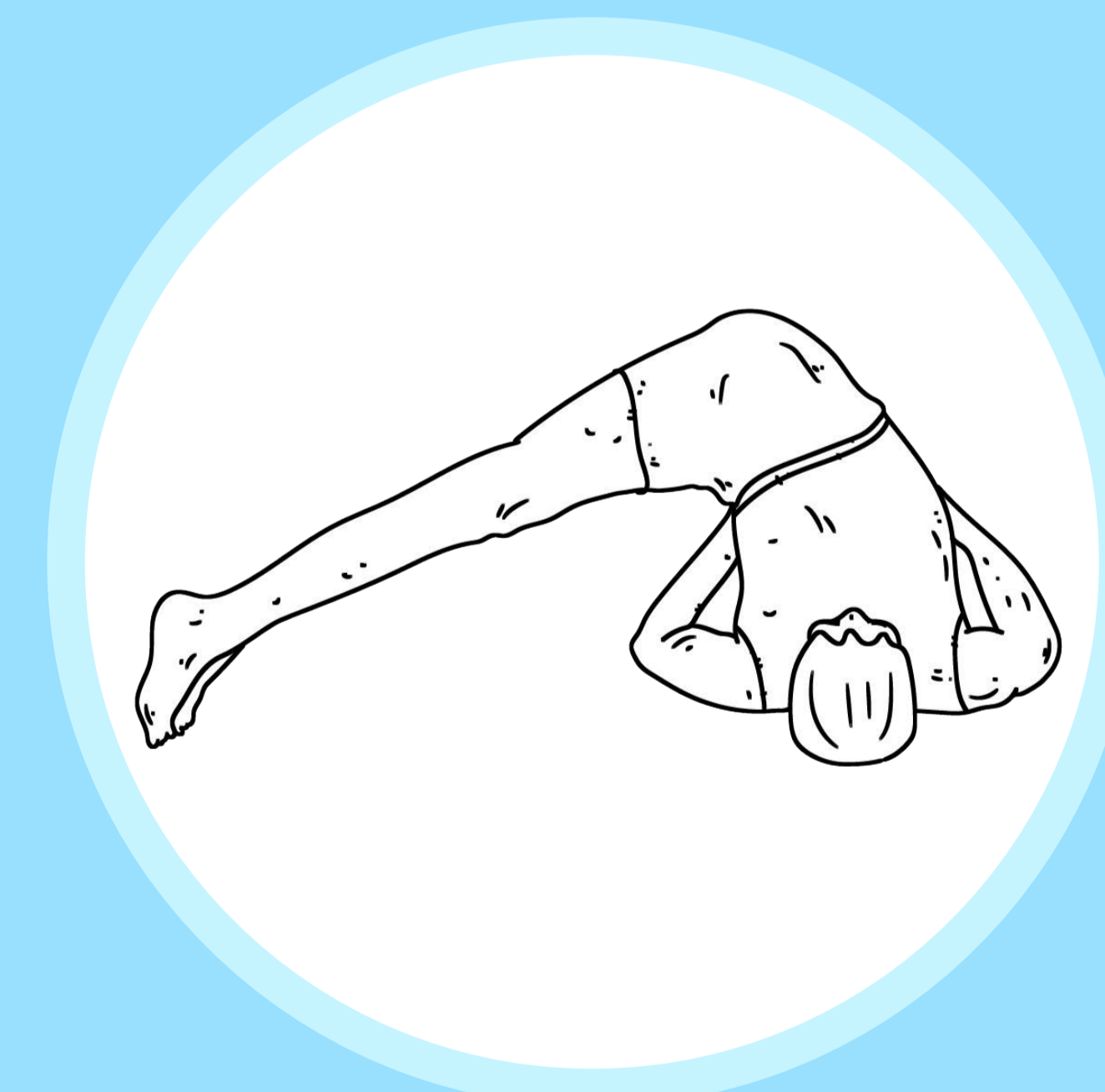
Śālabhāsana
(locust)



Dhanurāsana
(bow)



Nāvāsana
(boat)



Pārśva Halāsana
(side plow)

Diabetes (p. 3 of 6)



Uttānāsana
(forward fold)



Ardha Marīchyāsana I
(bound forward fold)



Ardha Marīchyāsana II
(half lotus bound forward fold)



Ardha Marīchyāsana III
(bound twist)

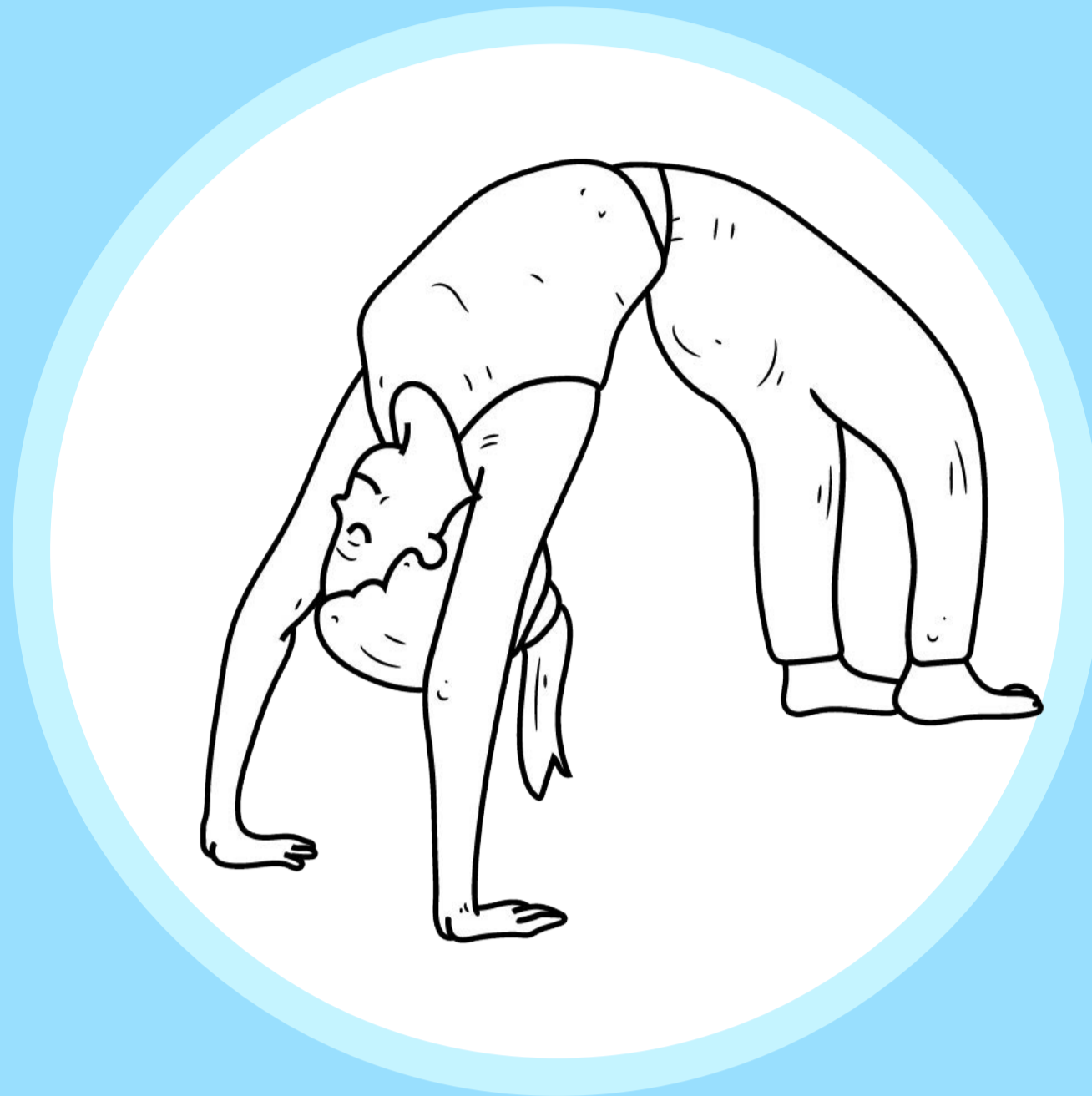


Pāśāsana
(cord)



Ardha Marīchyāsana IV
(half lotus bound twist)

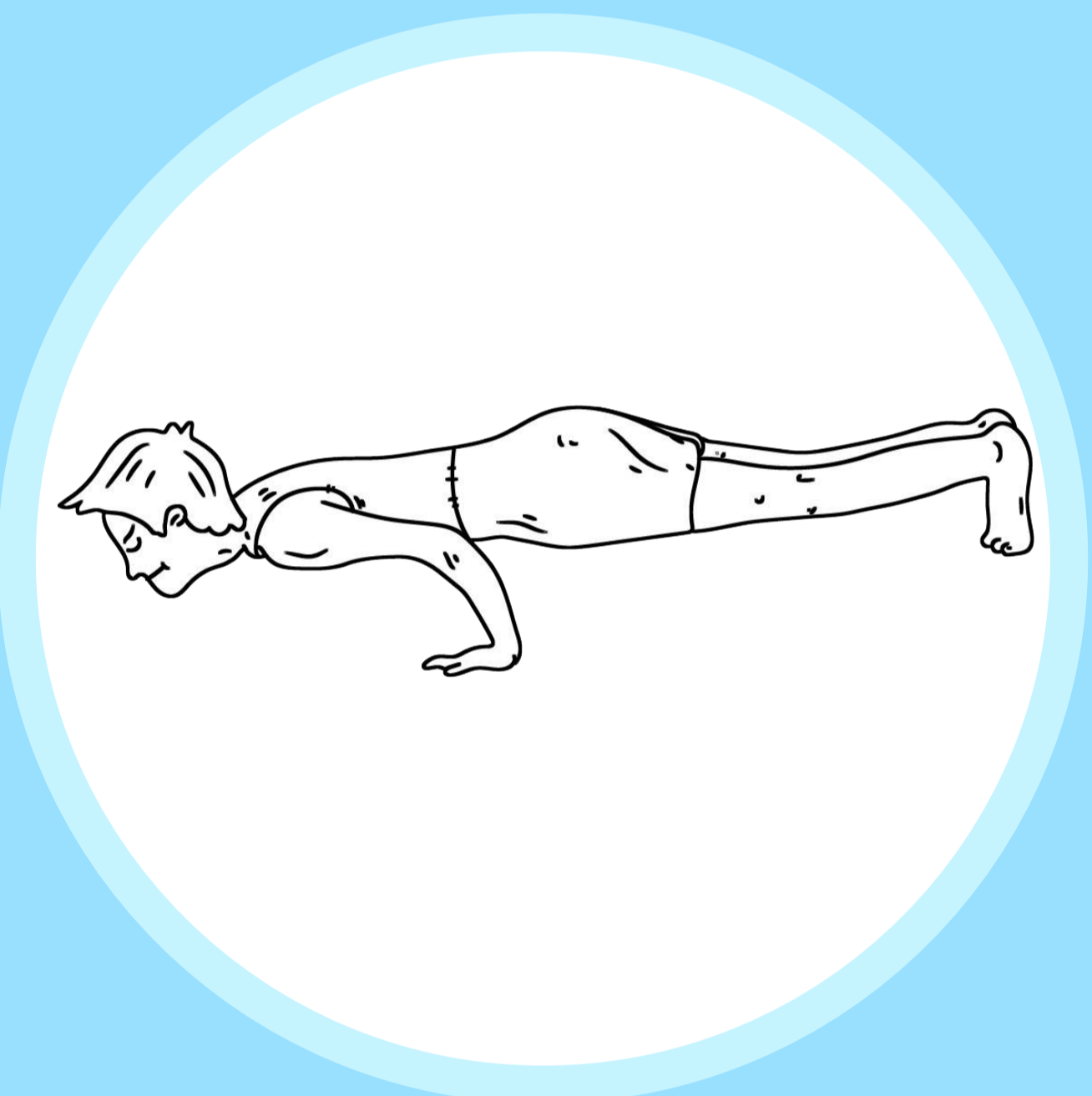
Diabetes (p. 4 of 6)



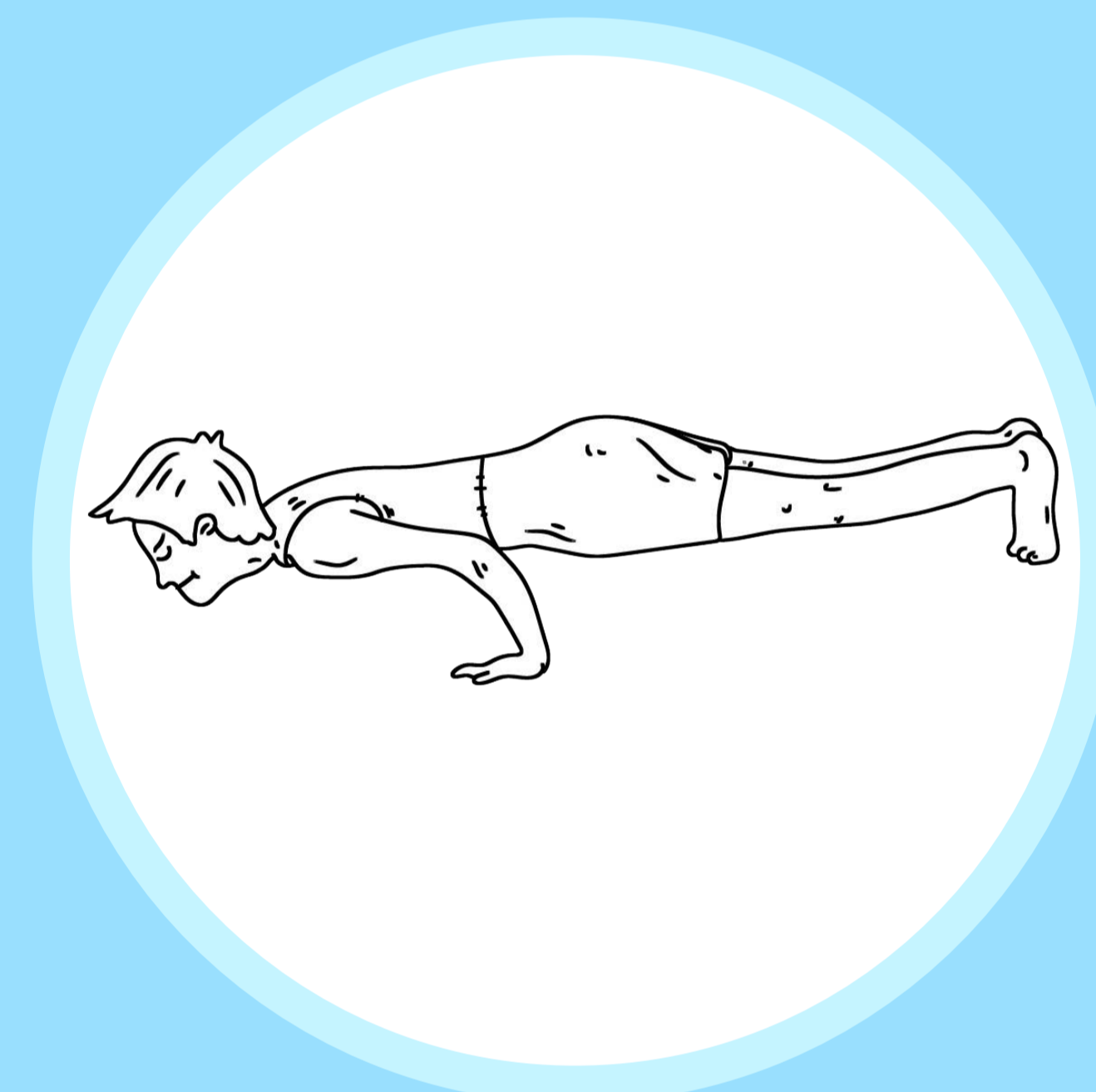
Chakrāsana
(wheel)



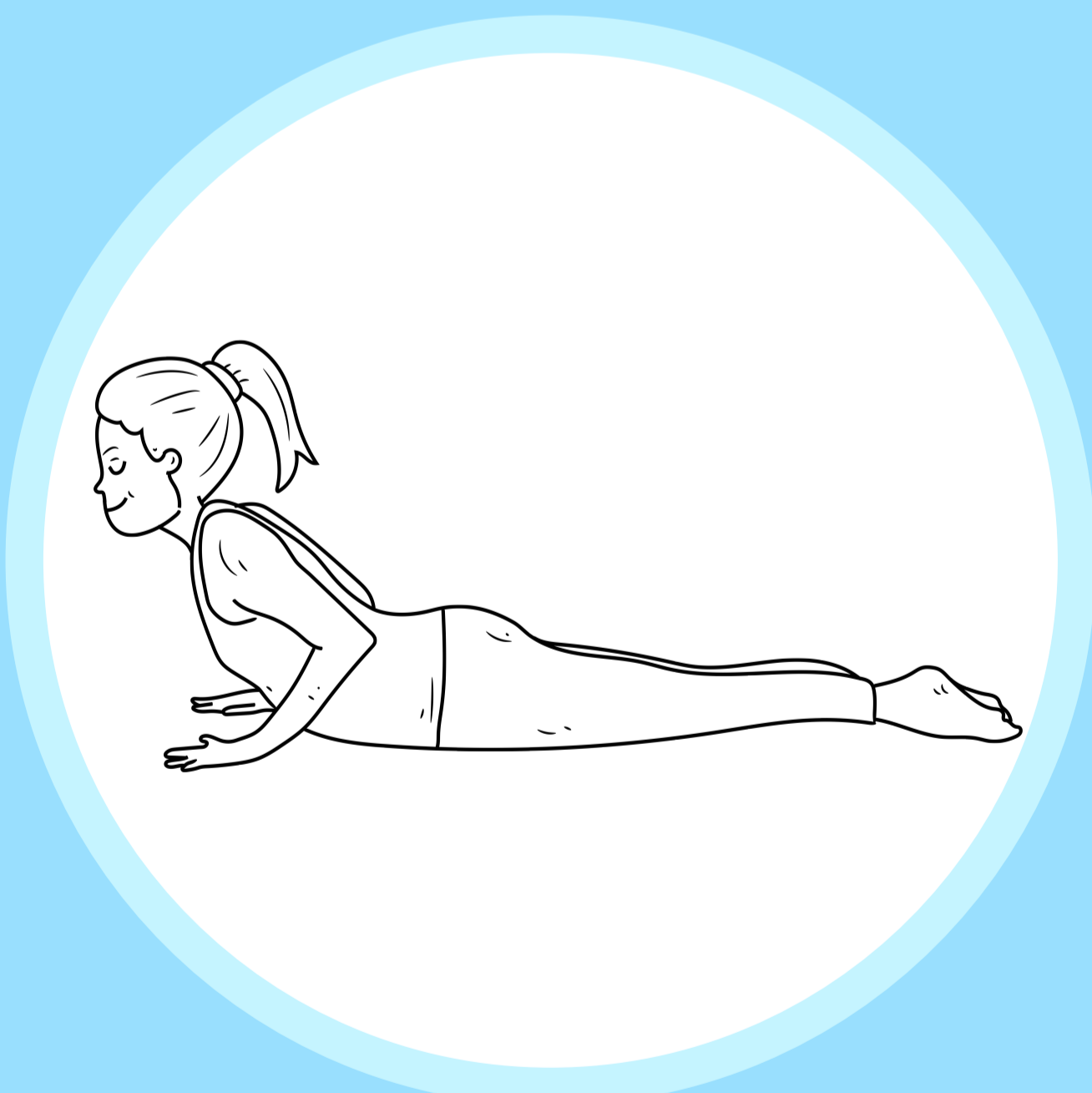
Dwipāda Viparīta Daṇḍāsana
(two-legged inverted staff)



Mayūrāsana
(peacock)



Hamṣāsana
(swan)

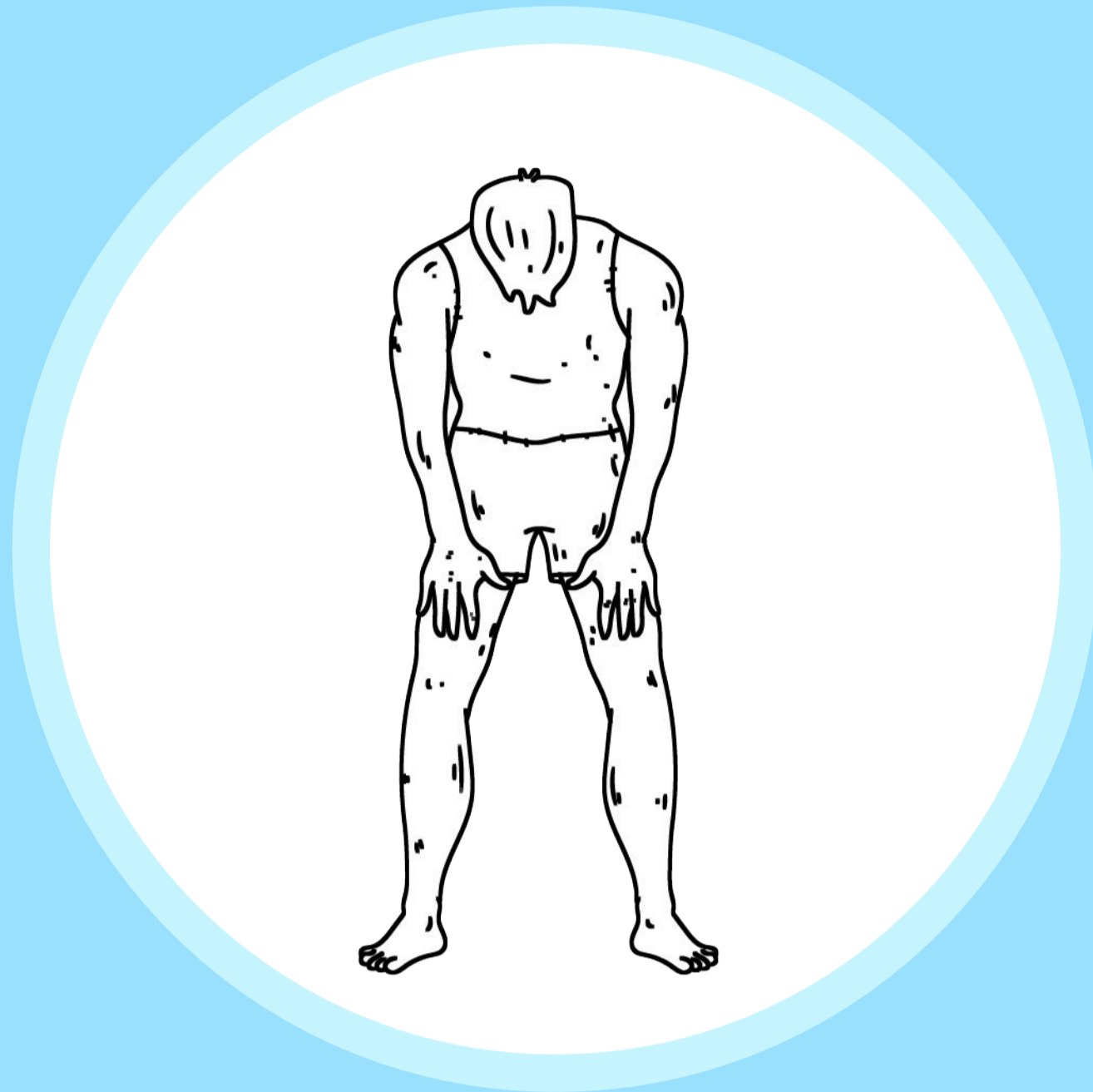


Bhujangāsana I
(cobra I)

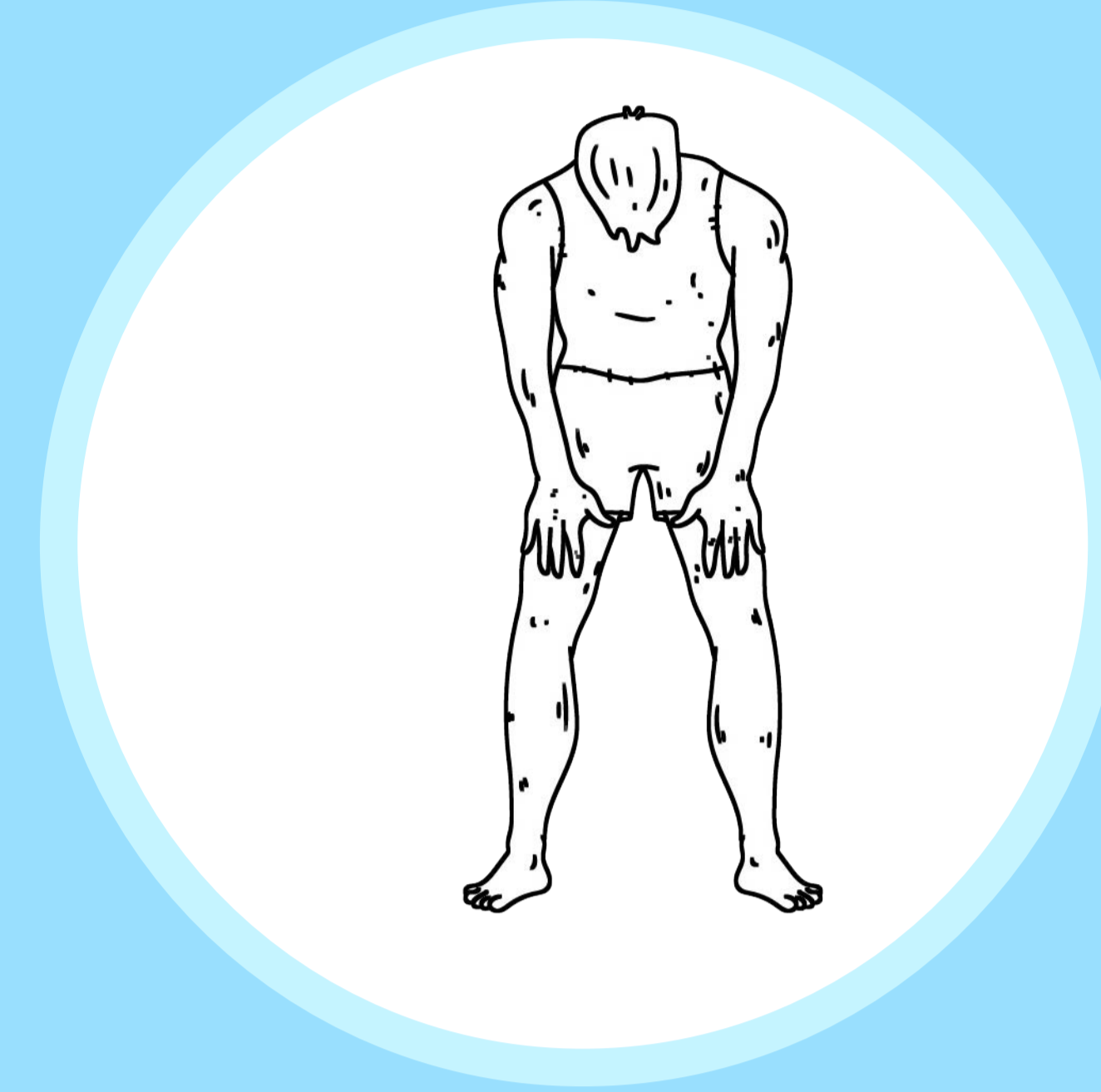


Bhujangāsana II
(cobra II)

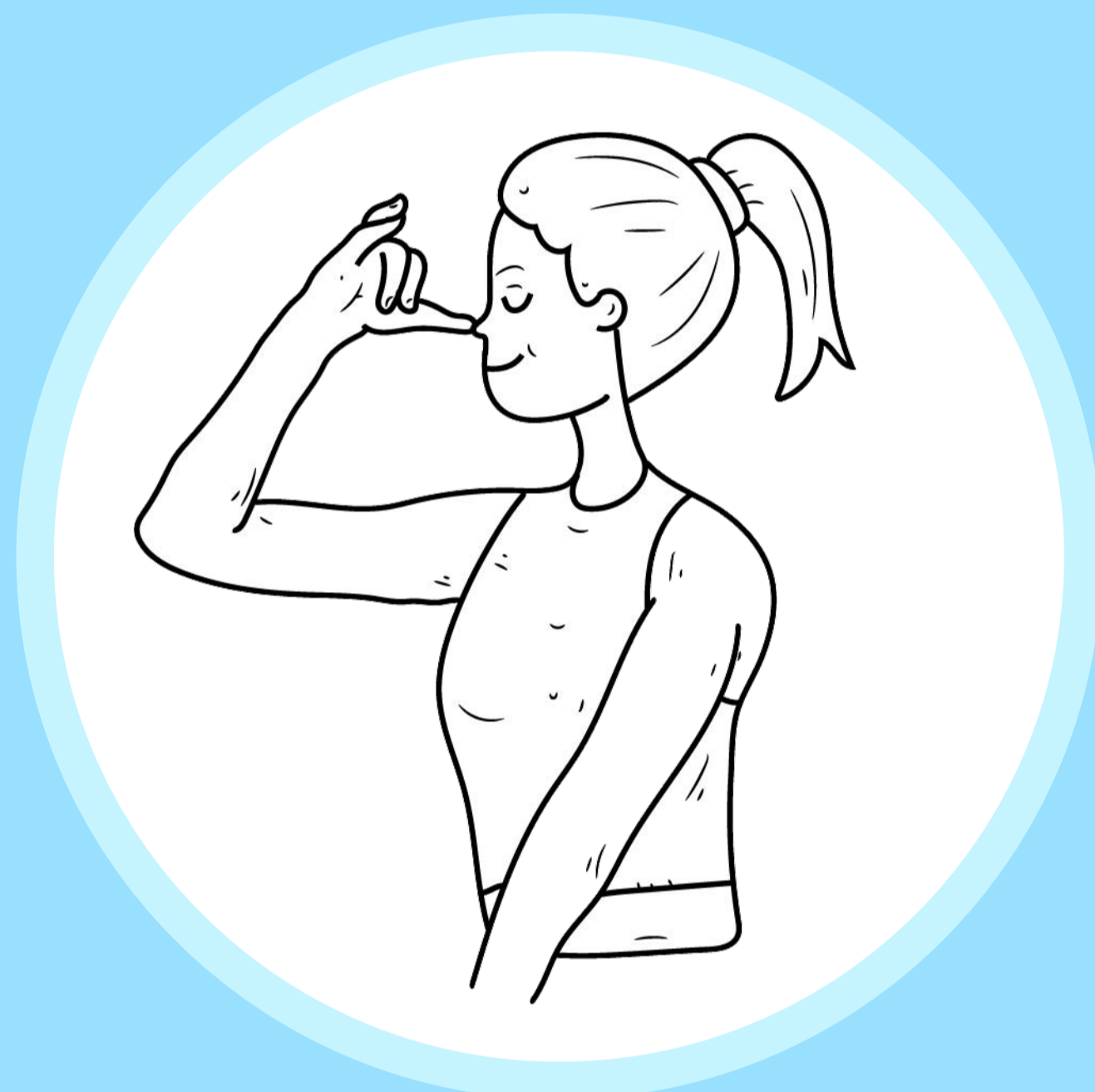
Diabetes (p. 5 of 6)



Uddiyana



Nauli
(stomach churn)



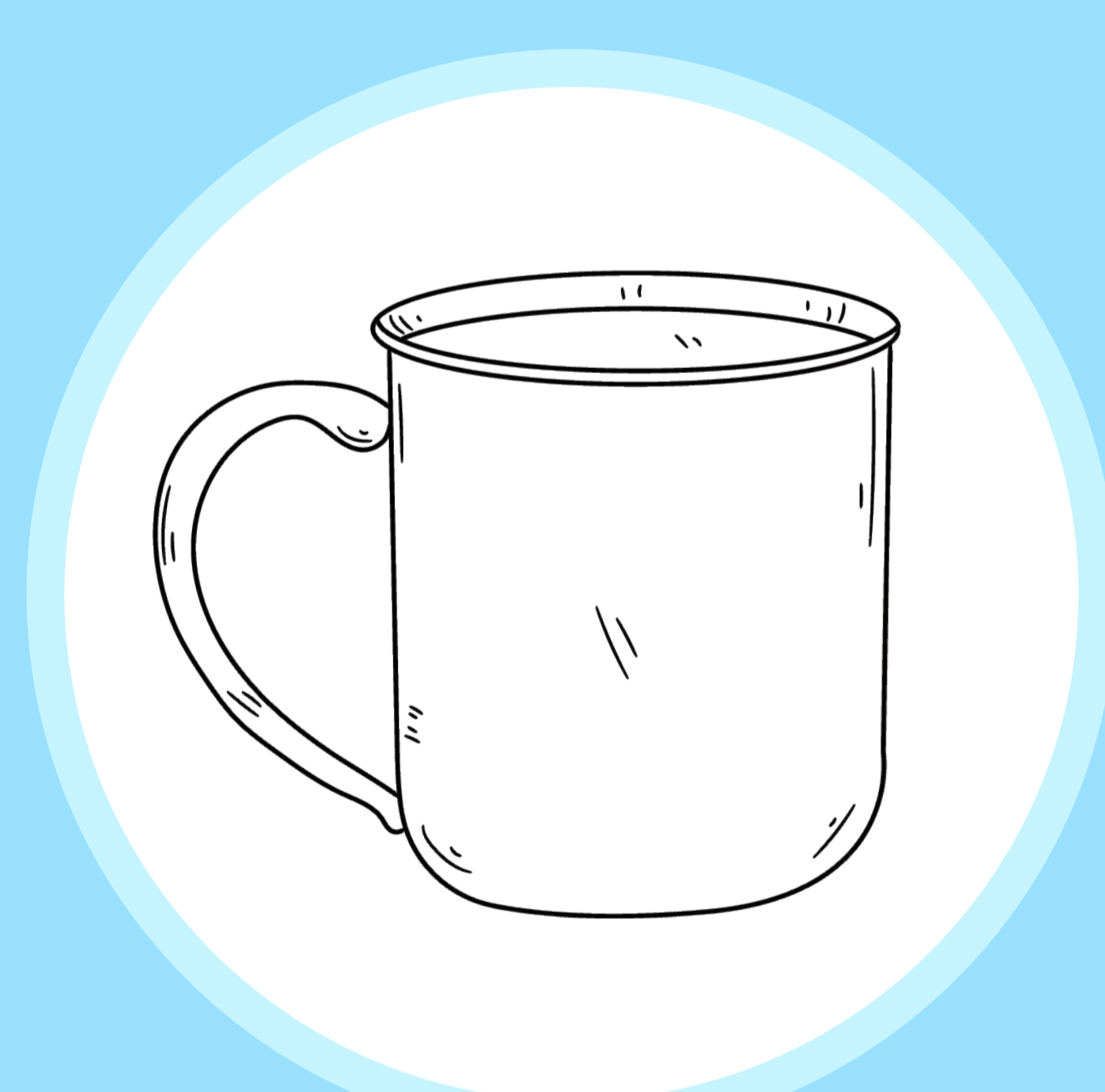
Nādi Śodhana with Retention



Śavāsana
(corpse)



Halāsana
(plow)

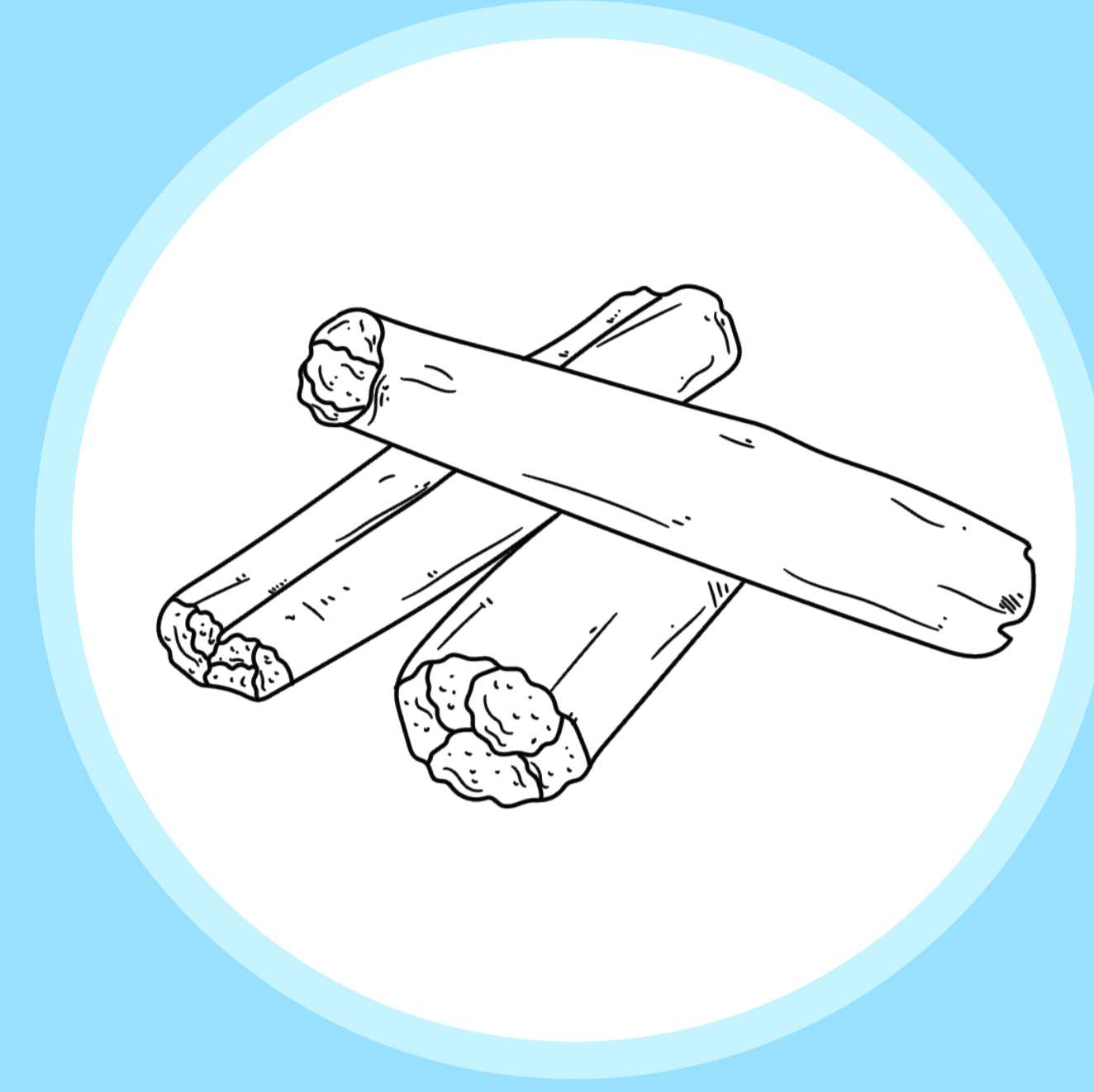


Drink Water From a Copper Cup
(ideally charged overnight)

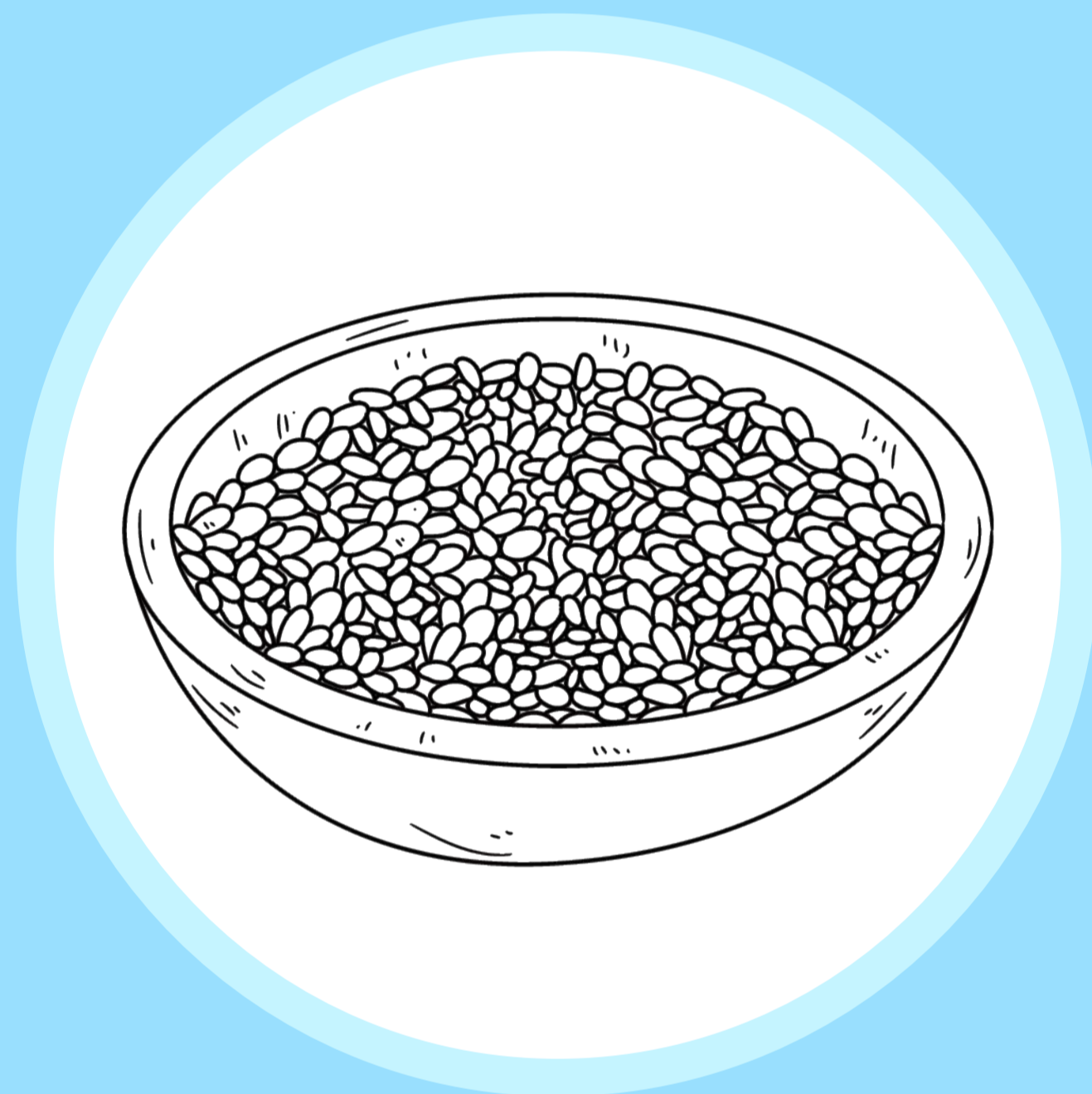
Diabetes (p. 6 of 6)



Turmeric



Cinnamon



Chia Seeds