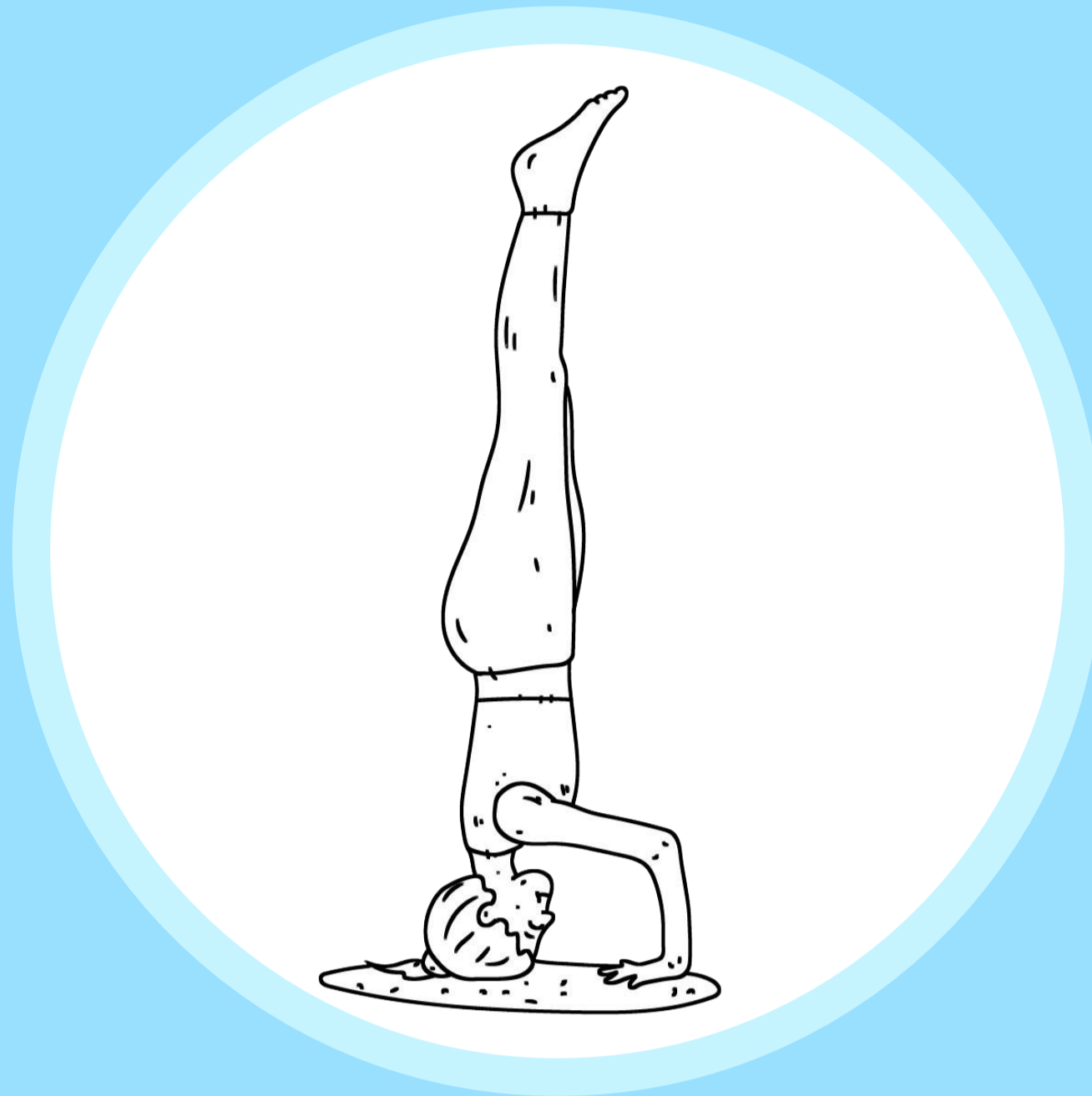
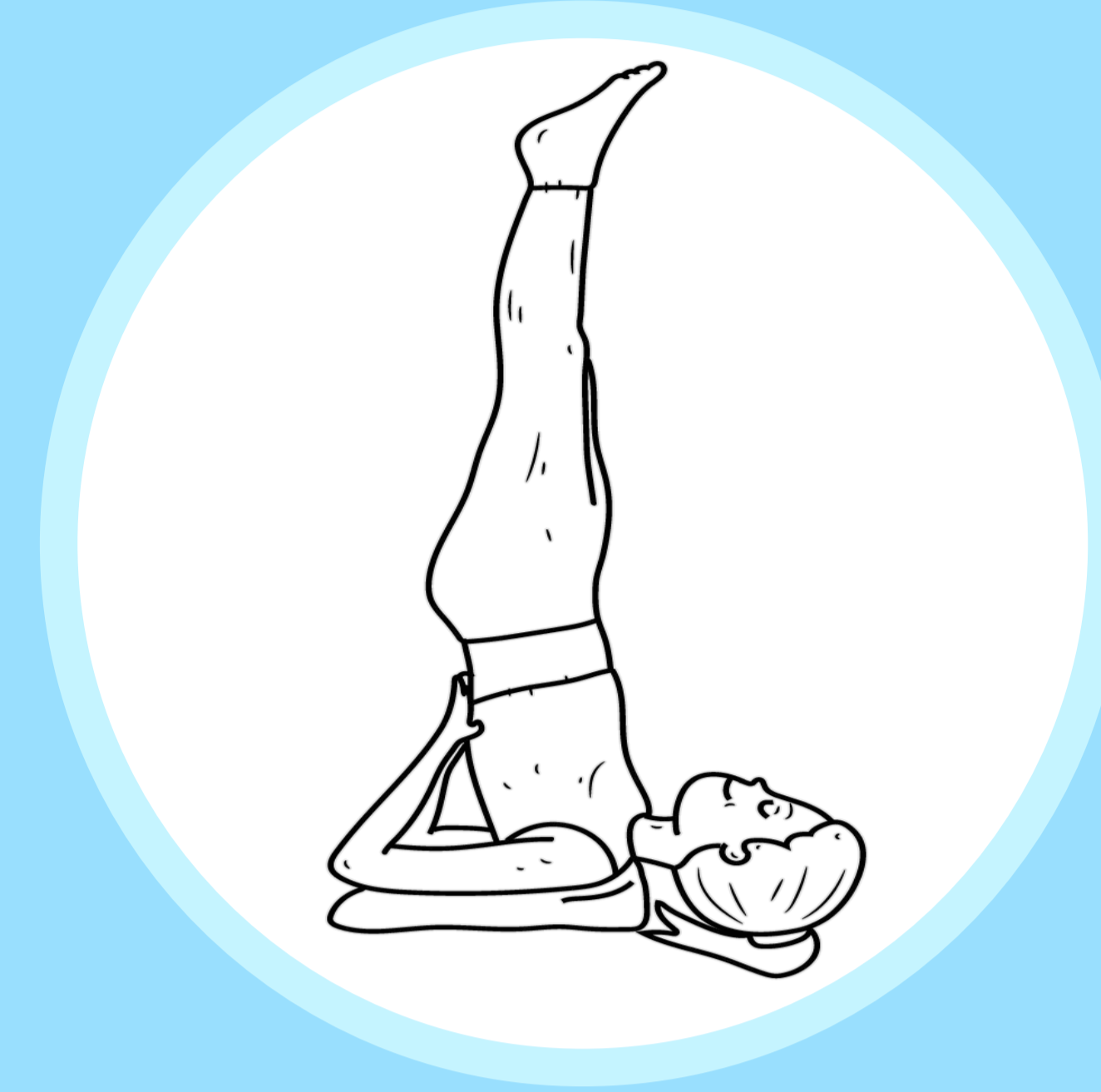


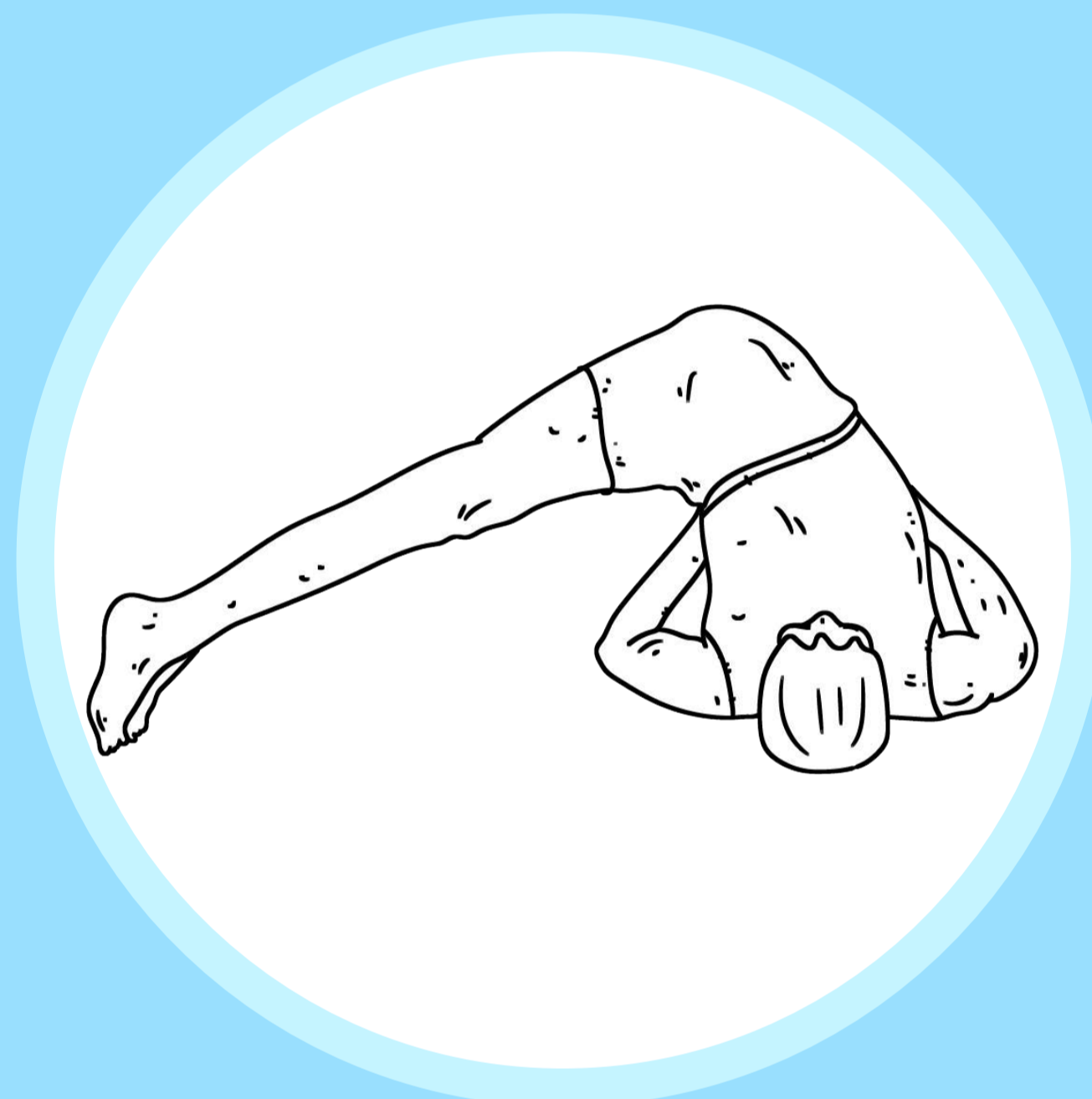
Diarrhea (p. 1 of 2)



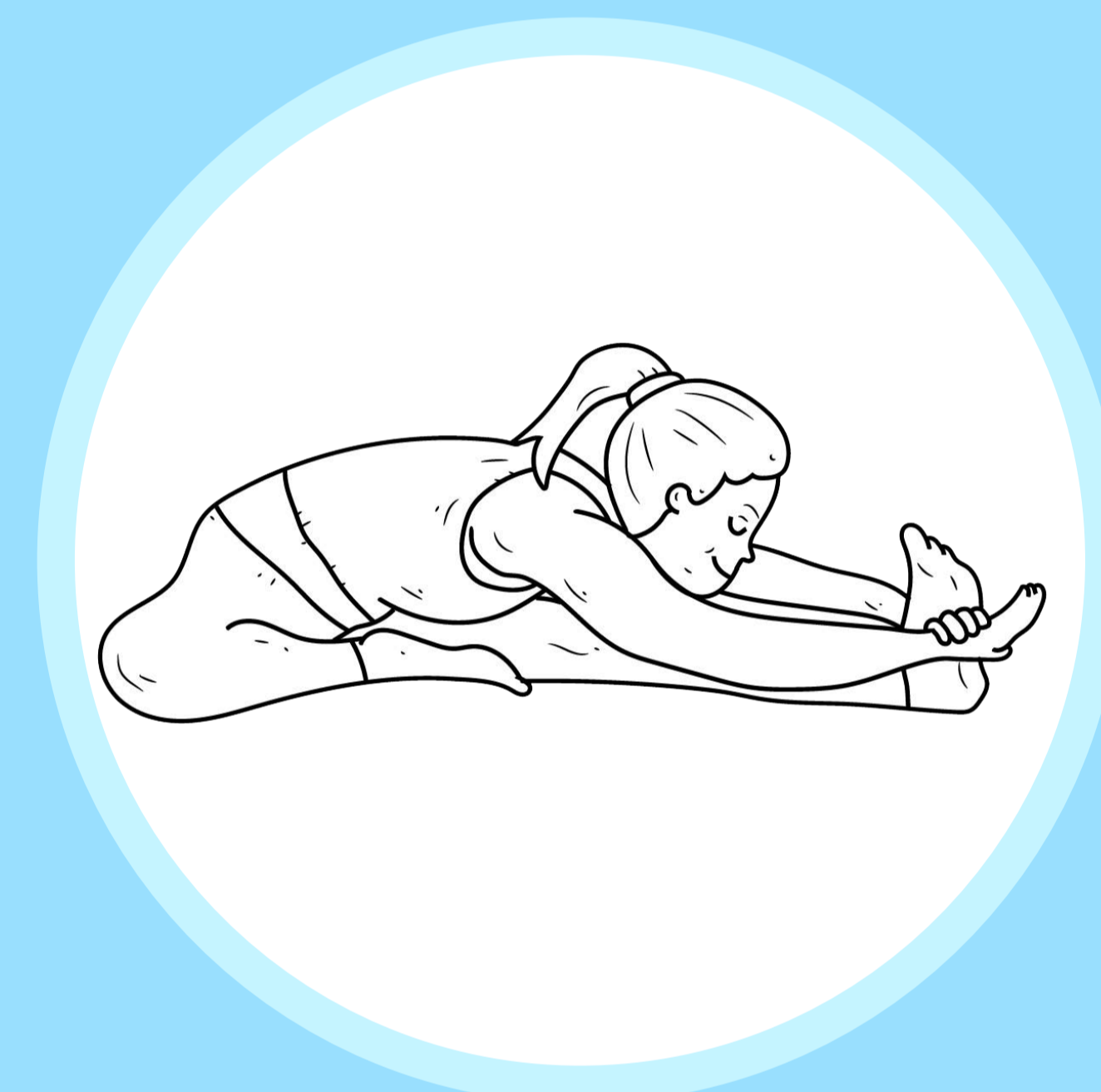
Sirsasana
(head stand)



Sarvāngāsana
(shoulder stand)



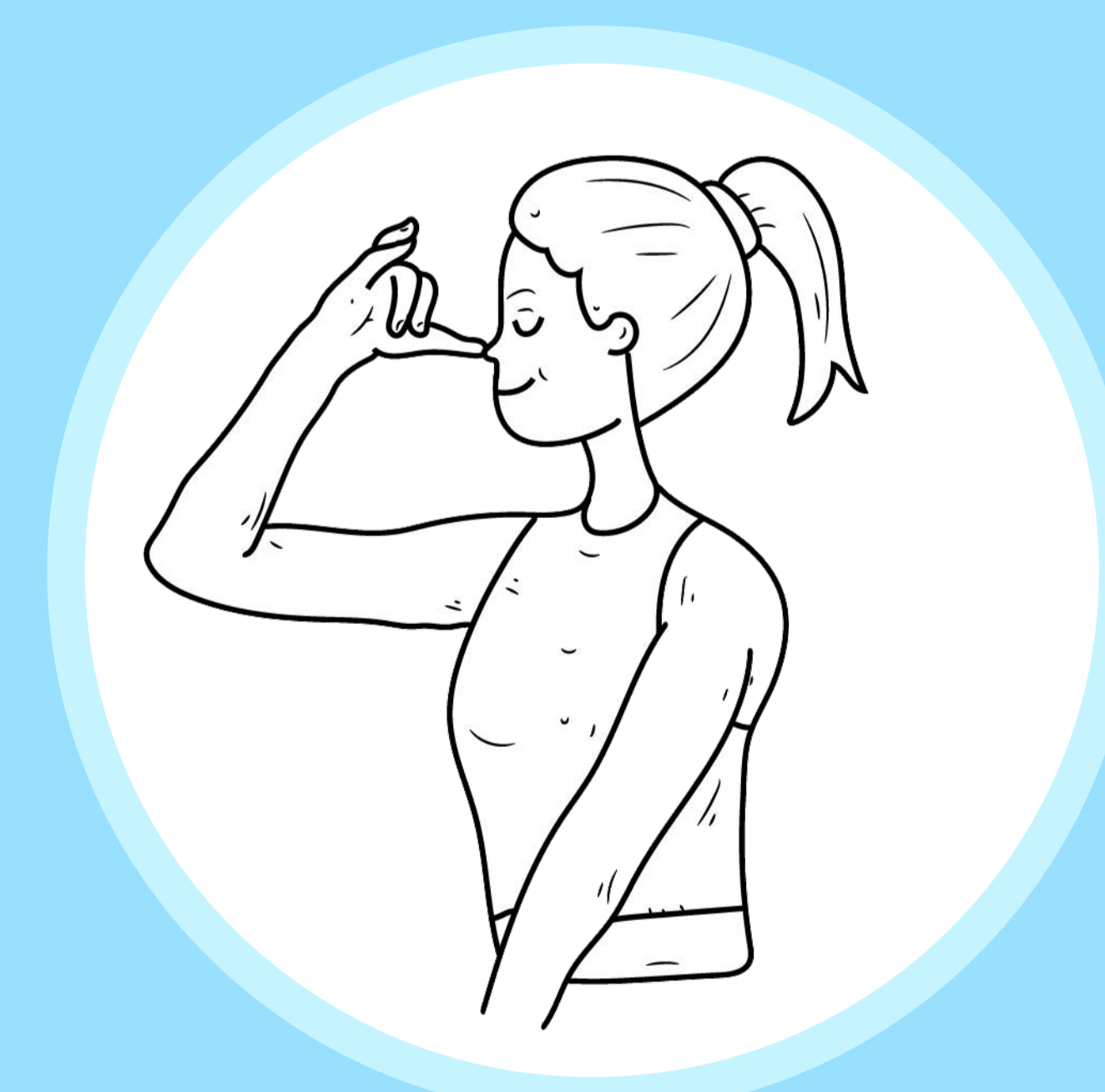
Pārśva Halāsana
(side plow)



Jānu-Śīrṣāsana
(head to knee)

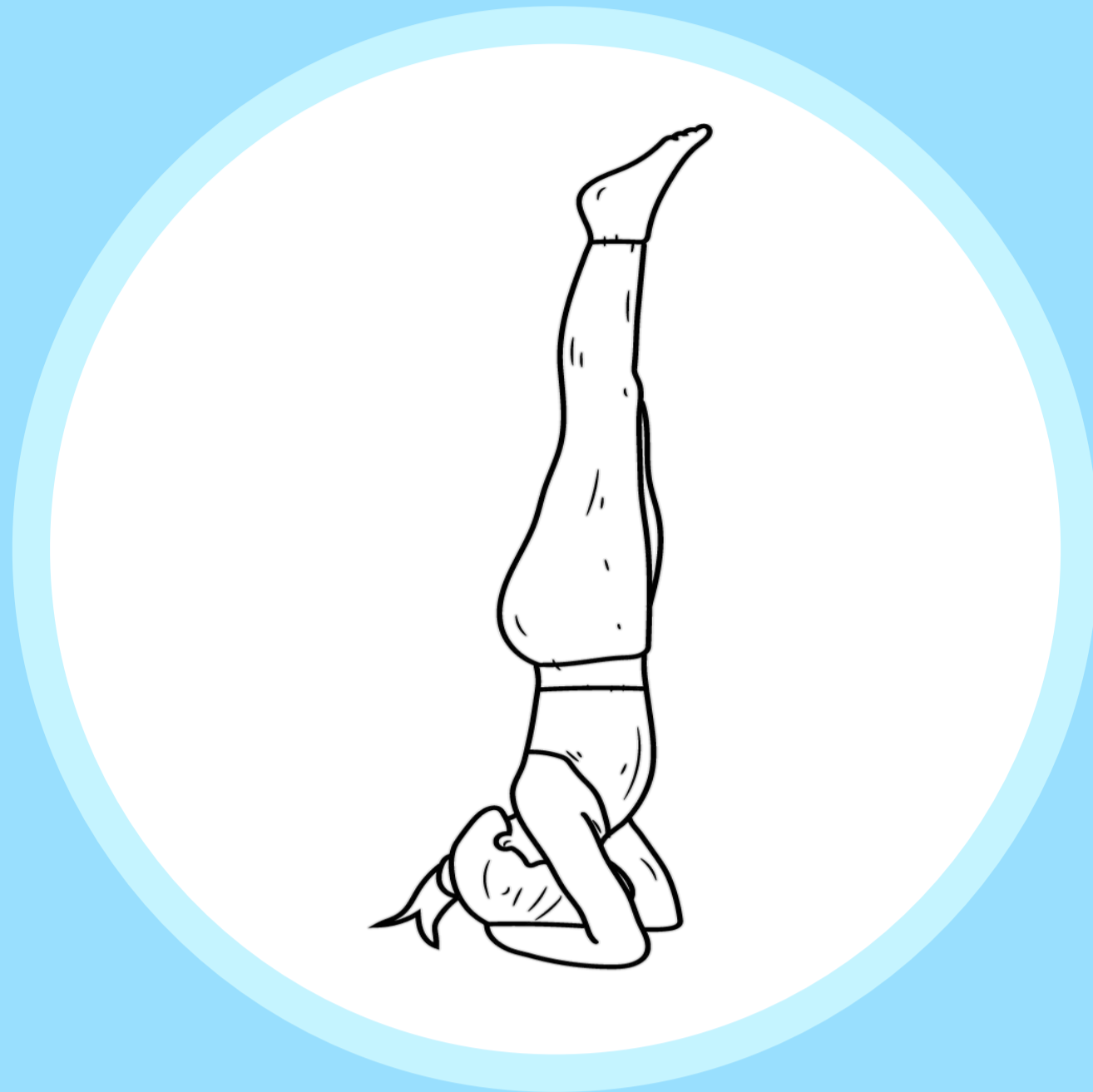


Limit Alcohol

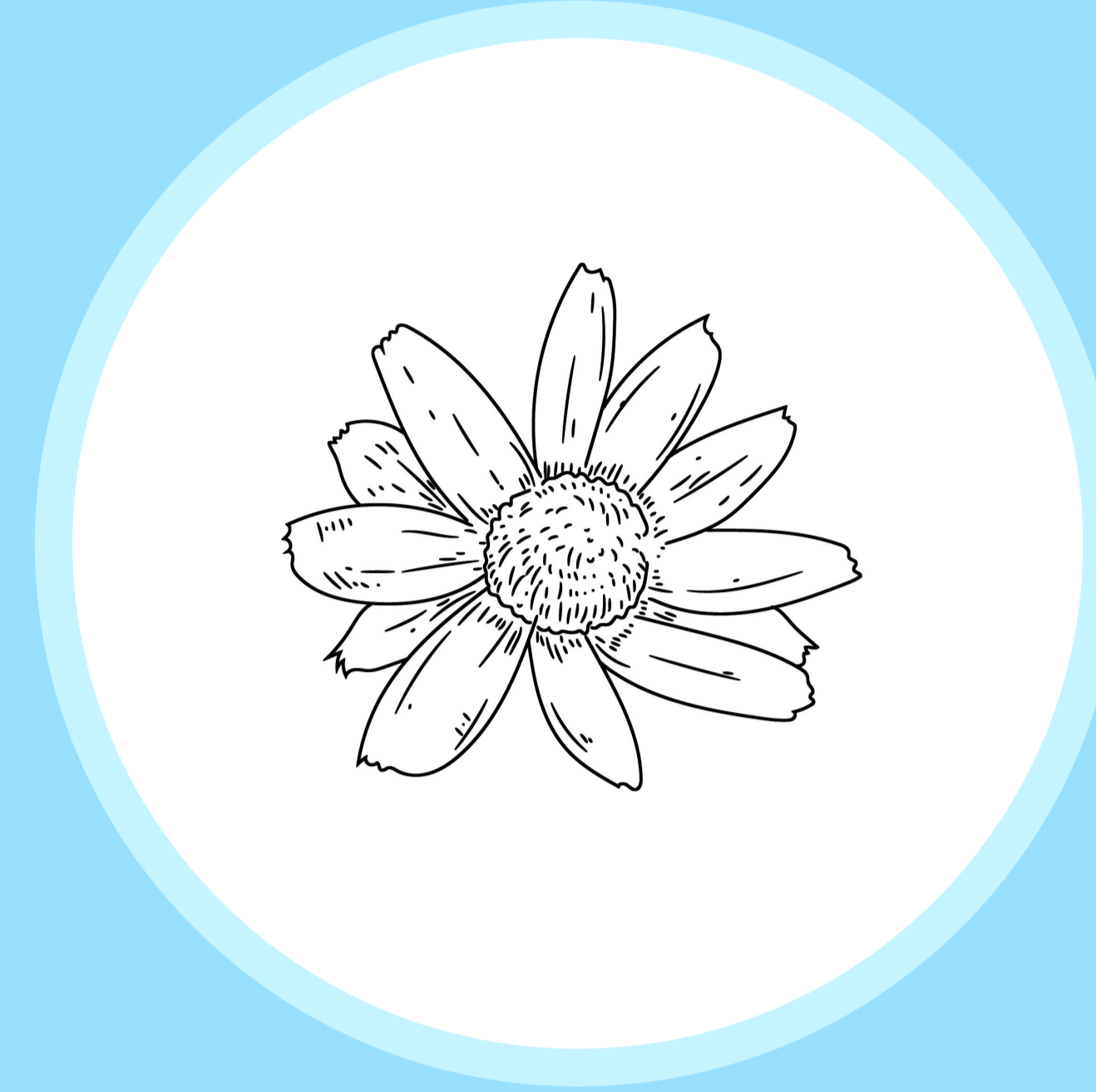


Nādī Śodhana without Retention

Diarrhea (p. 2 of 2)



Sālamba Śīrṣāsana
(supported headstand)



Arnica



Ginger



Large Bottle of Water



Limit Sugar