#### Items to discuss with your doctor and consider learning from a qualified yoga instructor for

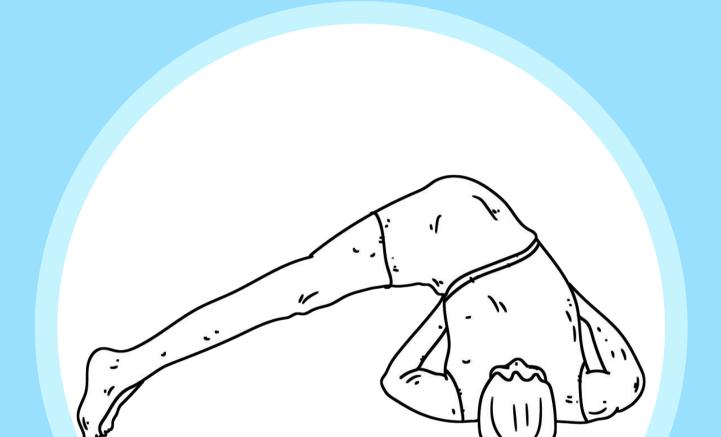
# Diarrhea (p. 1 of 2)





#### Sirsasana (head stand)

# Sarvāngāsana (shoulder stand)



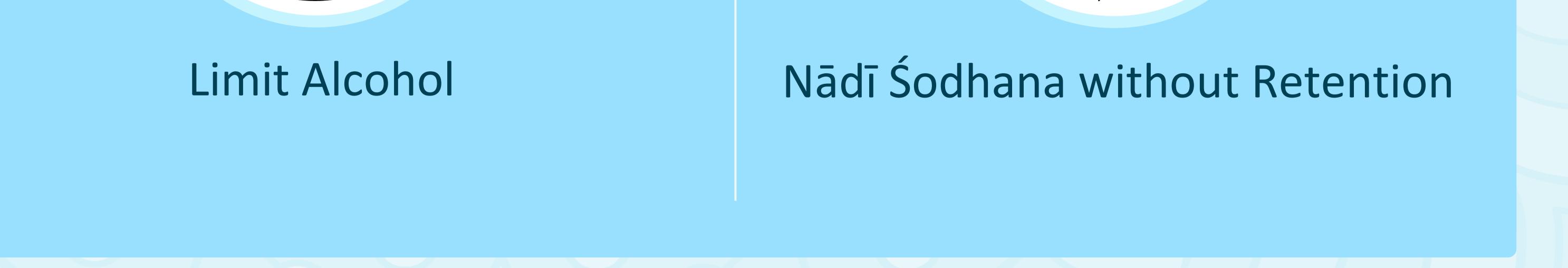


### Pārśva Halāsana (side plow)

## Jānu-Śīrṣāsanaa (head to knee)







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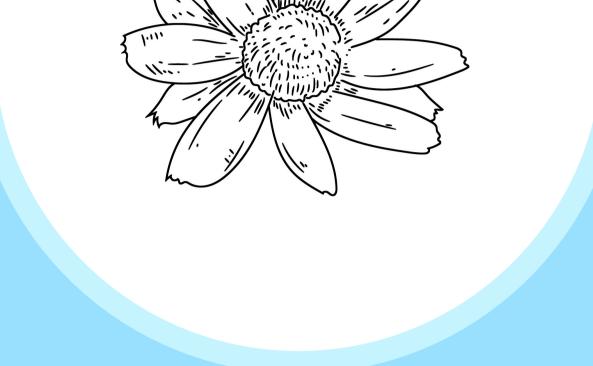


#### Items to discuss with your doctor and consider learning from a qualified yoga instructor for

# Diarrhea (p. 2 of 2)



### Sālamba Śīrṣāsana (supported headstand)







Ginger



#### Large Bottle of Water



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