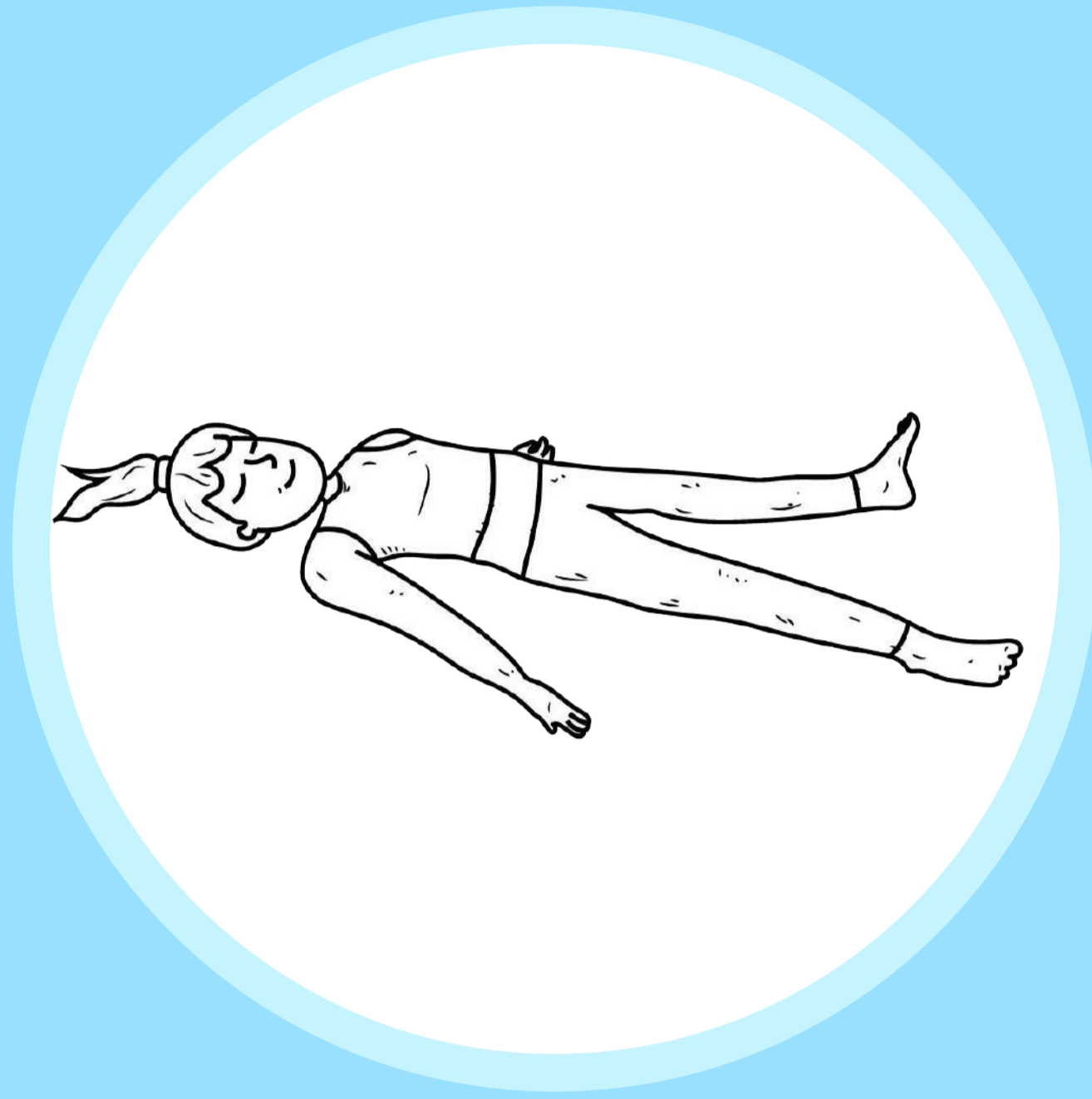


Coronary Thrombosis, Dilation of Heart and Heart Trouble (p. 1 of 4)



Ujjayi Pranayama in Lying Position with Retention



Cardamom



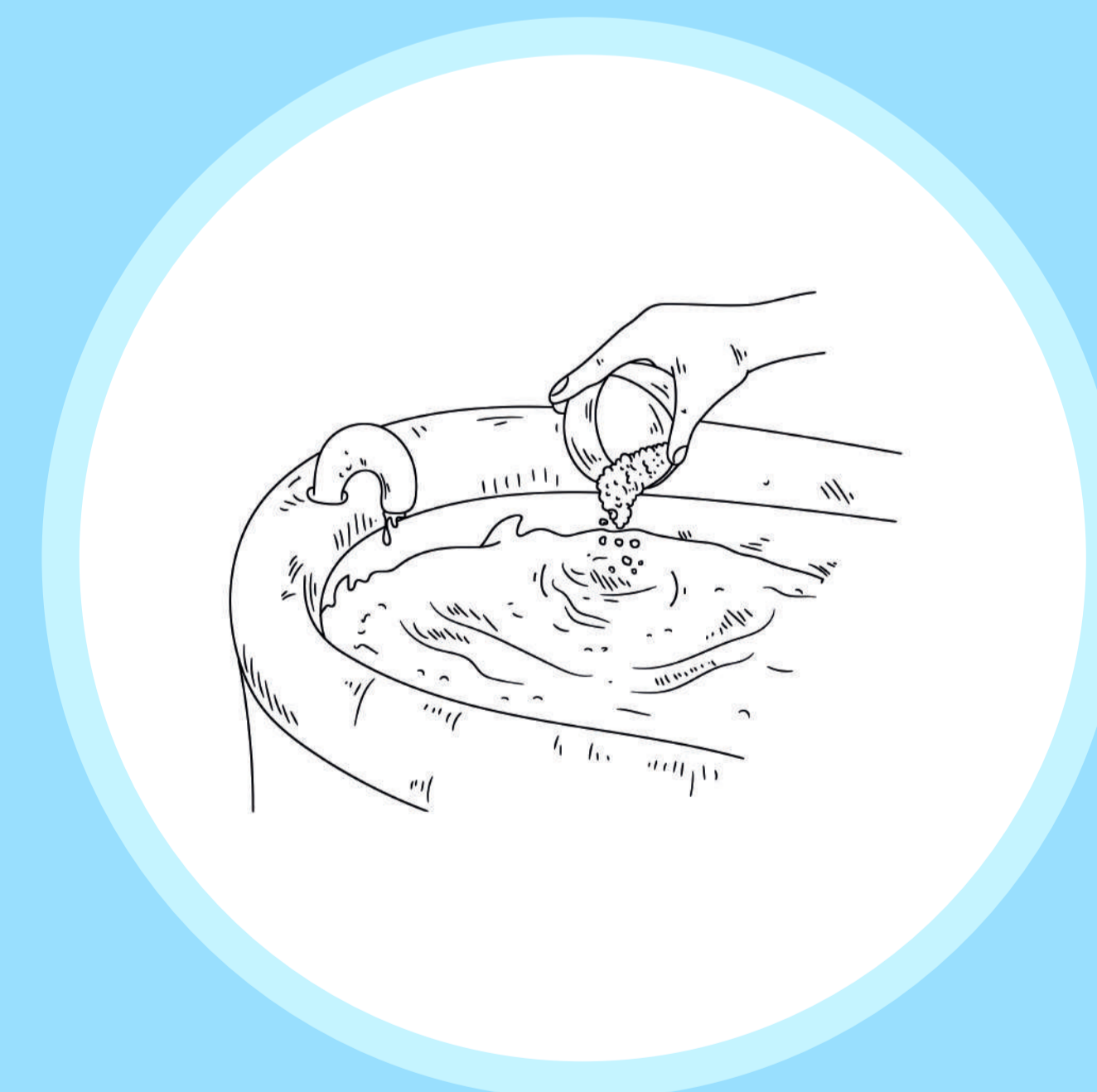
Nādi Śodhana without Retention



Follow the Asana under Acidity



Atmanjali Mudra

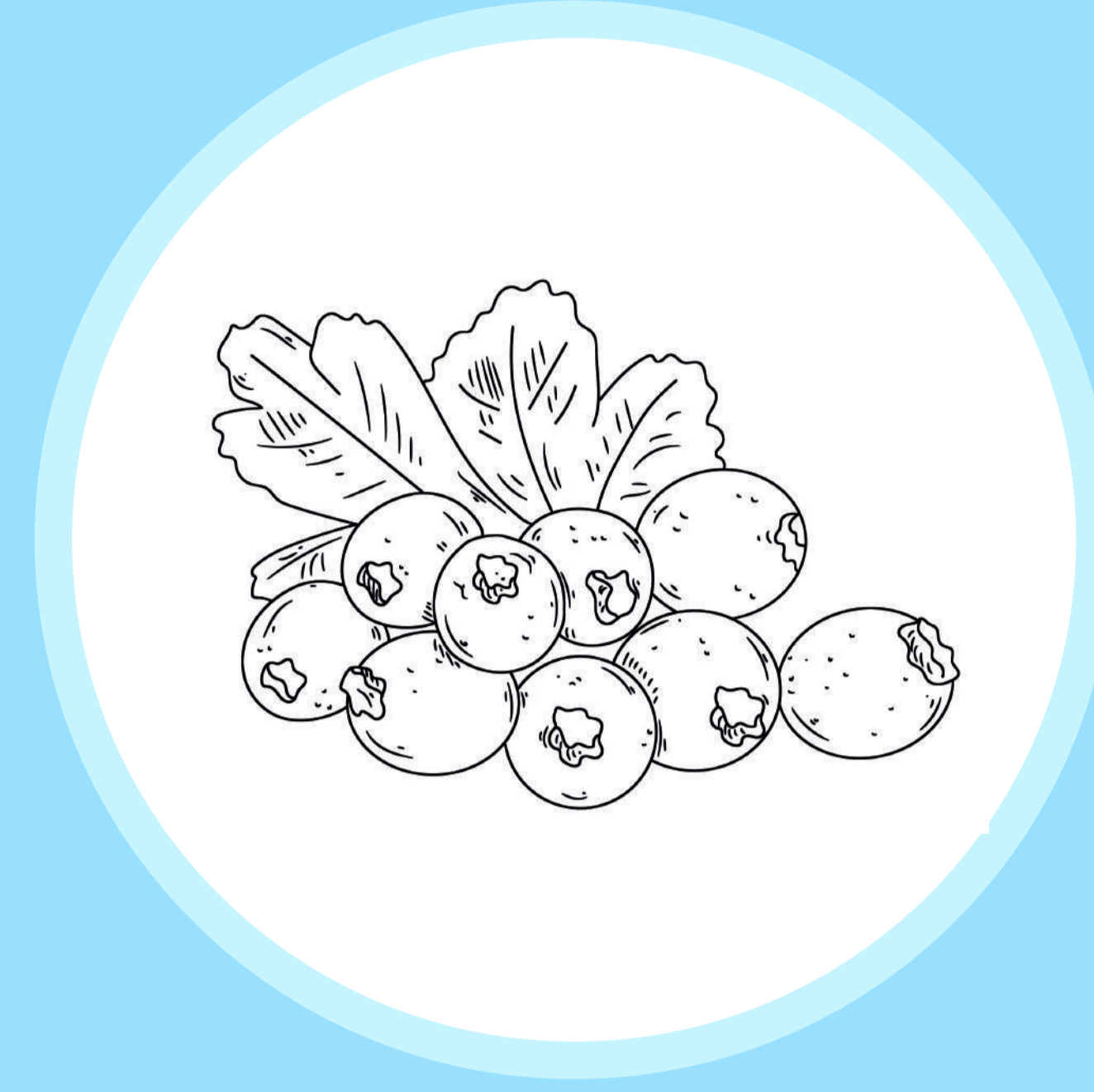


Epsom Salt Bath

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

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

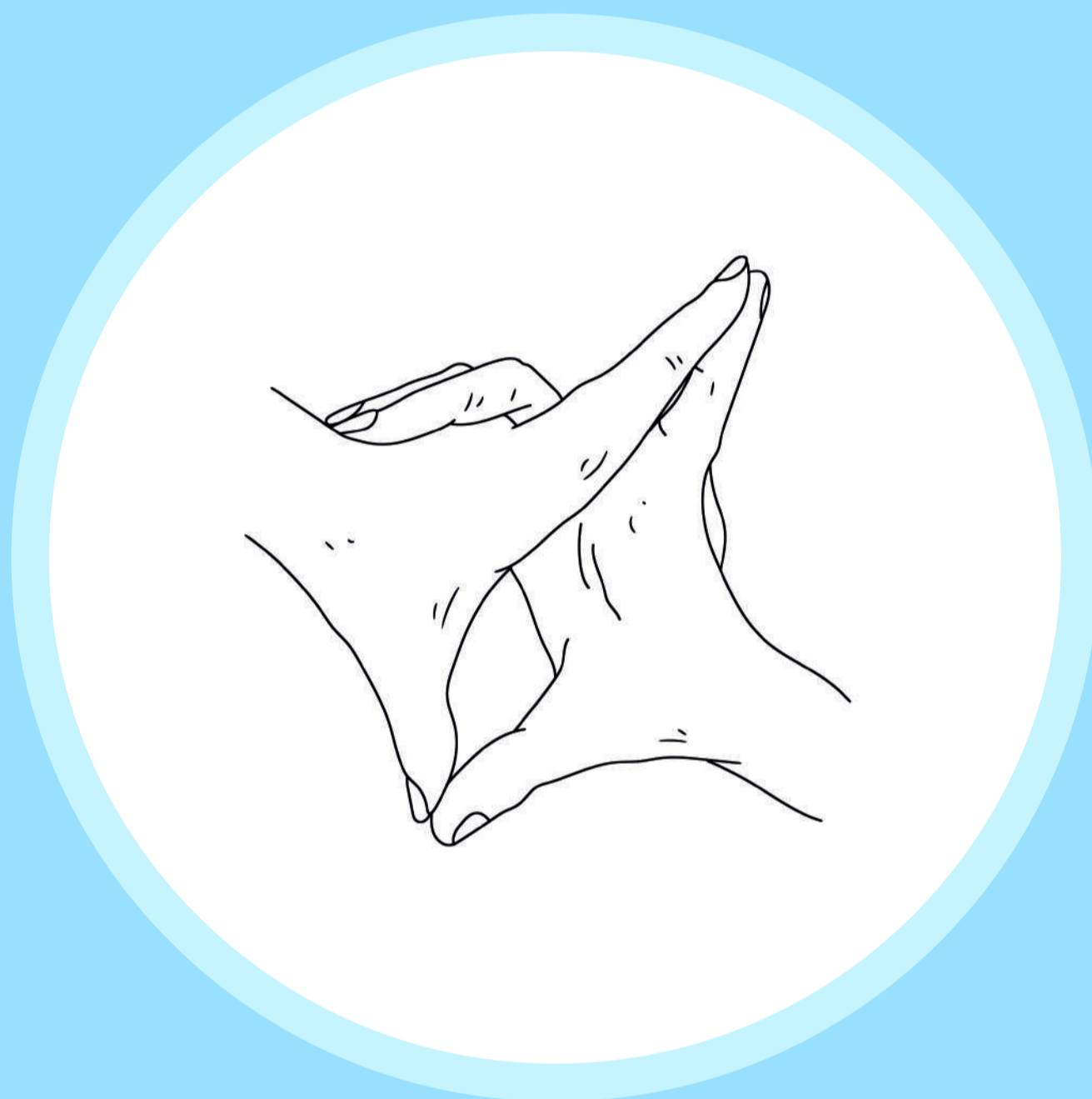
Coronary Thrombosis, Dilation of Heart and Heart Trouble (p. 3 of 4)



Sage Tea



Shankh Mudra



Uttarabodhi Mudra



Apana Vayu Mudra



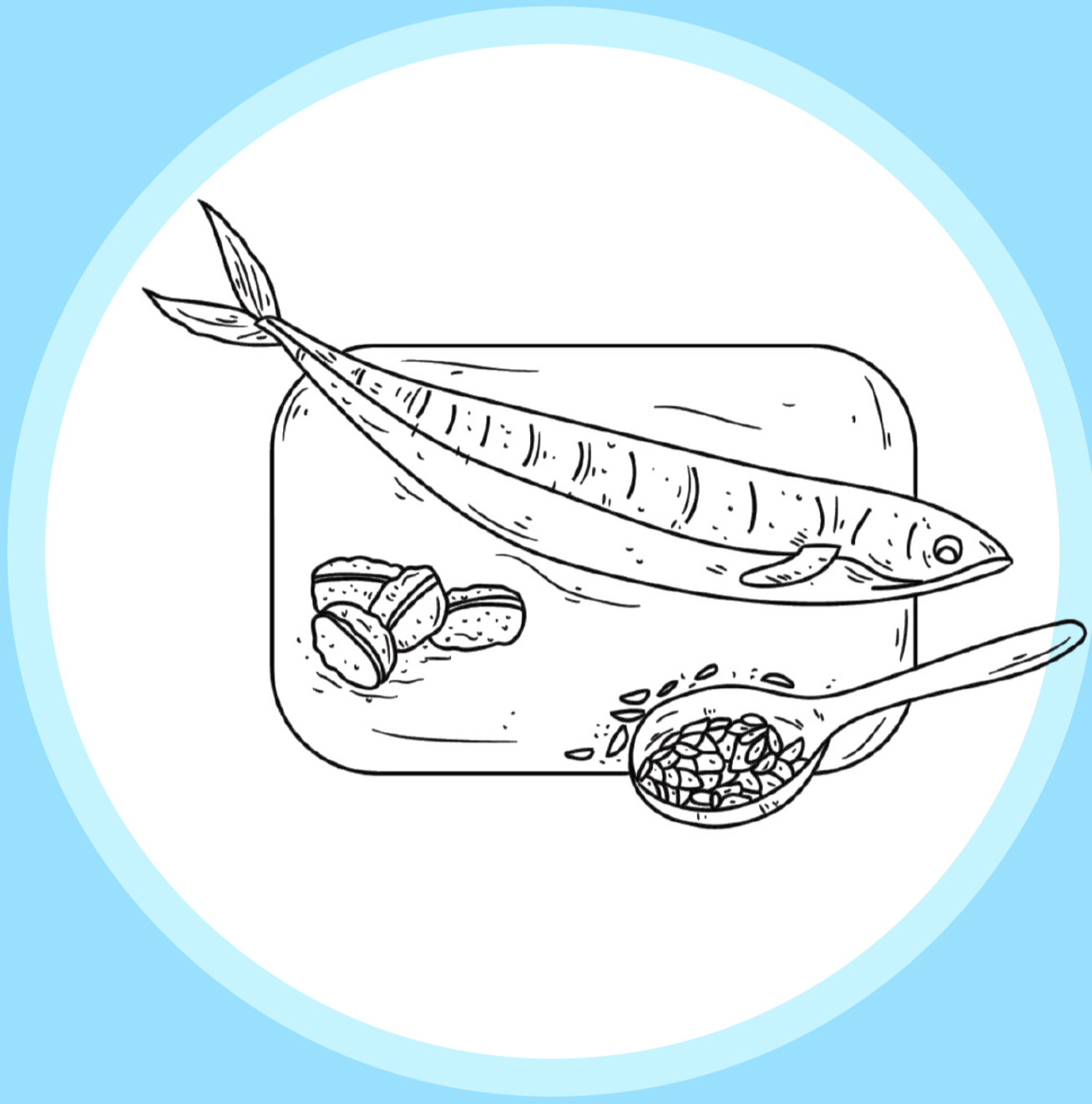
Floss Regularly to Reduce
Bacteria that Irritate the Heart



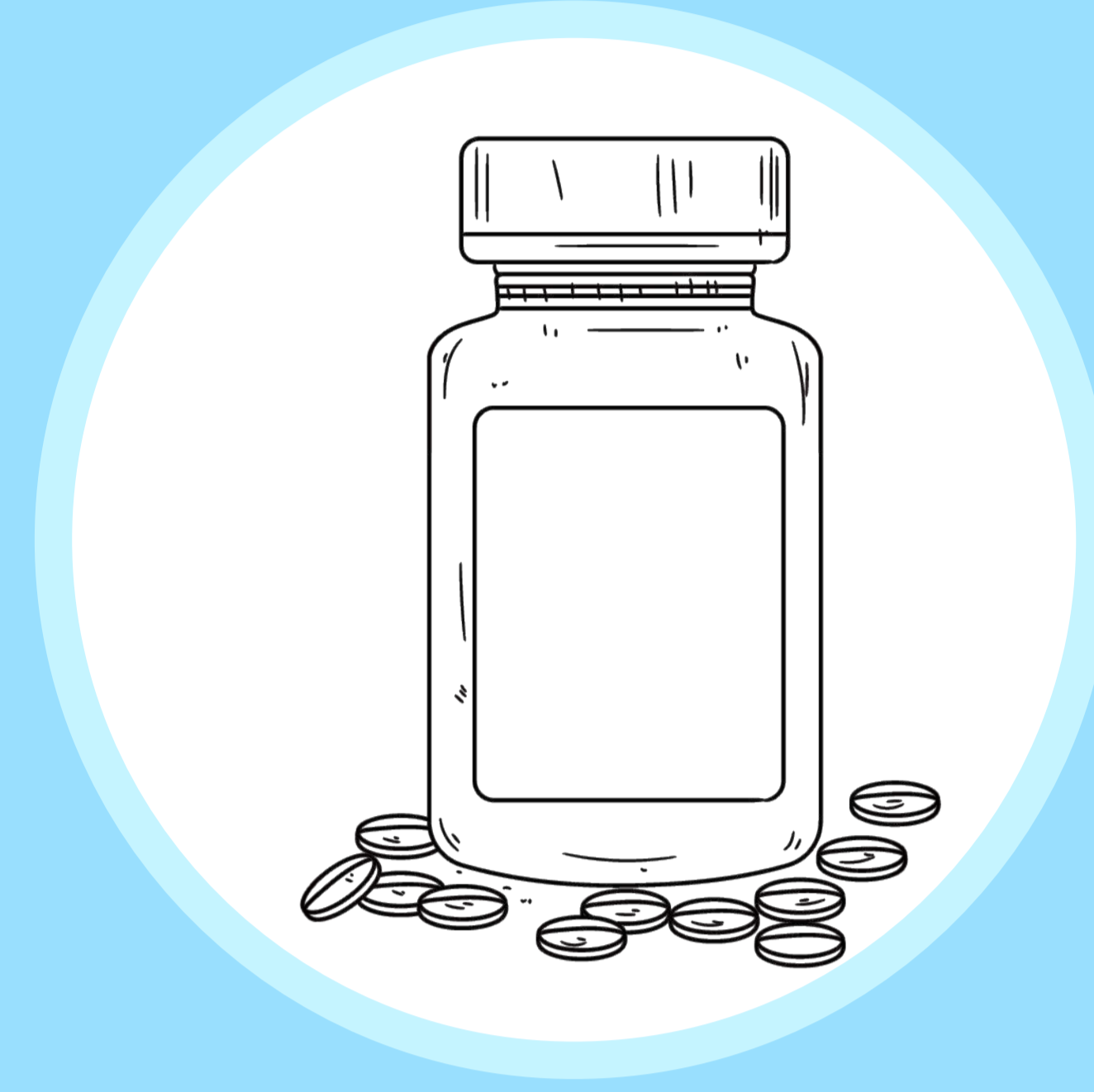
Dark Chocolate

This content has not been reviewed by a doctor. This is not medical advice. Please discuss any yoga program and supplements with your doctor to see if it's right for you, your body, and your condition. Learning yoga postures online without a live, qualified teacher is risky. Please find a good teacher and work with them live. Most poses shown are very advanced and modification will be required for each body type. Investinprana.com

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



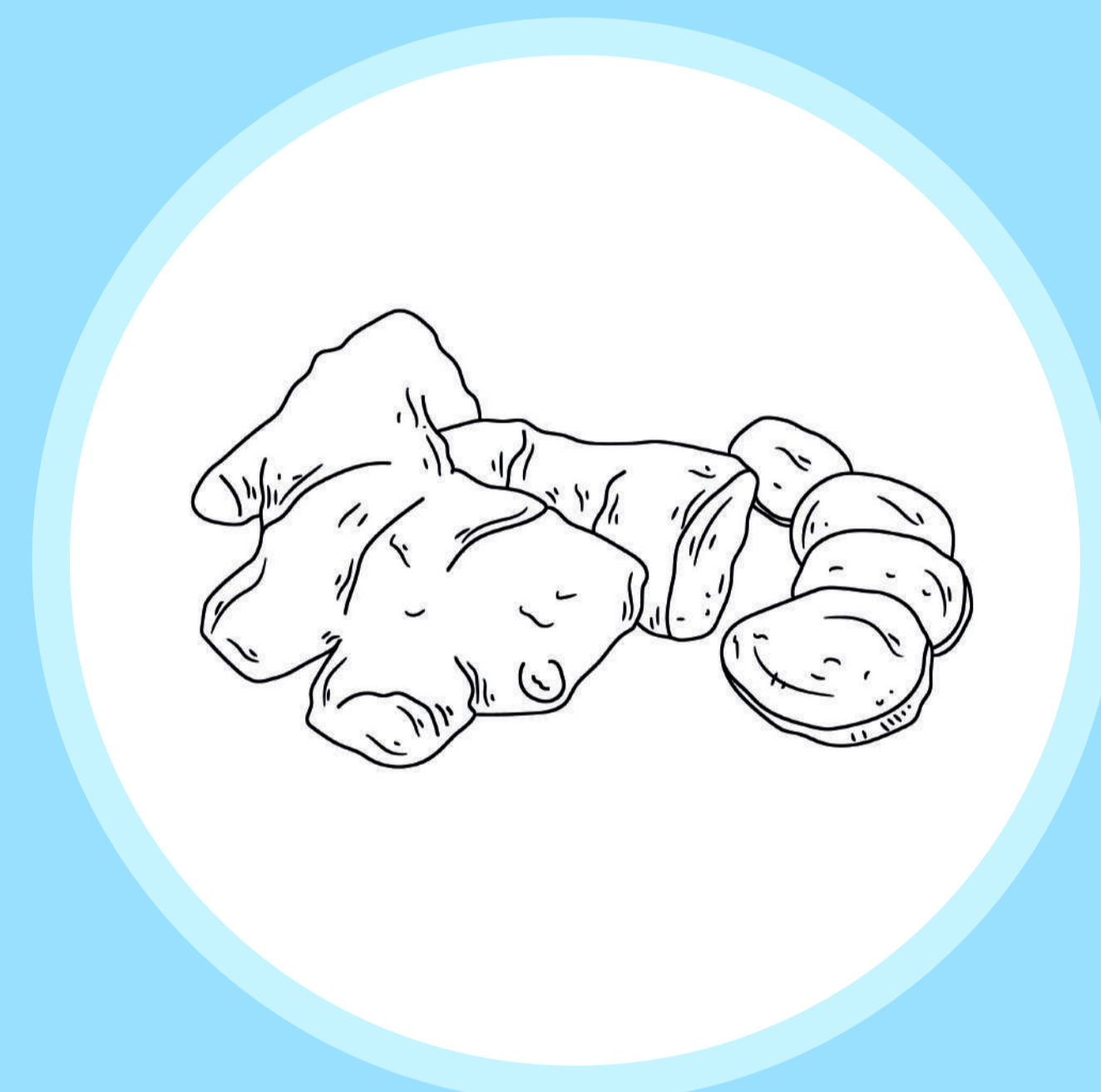
Omega 3s



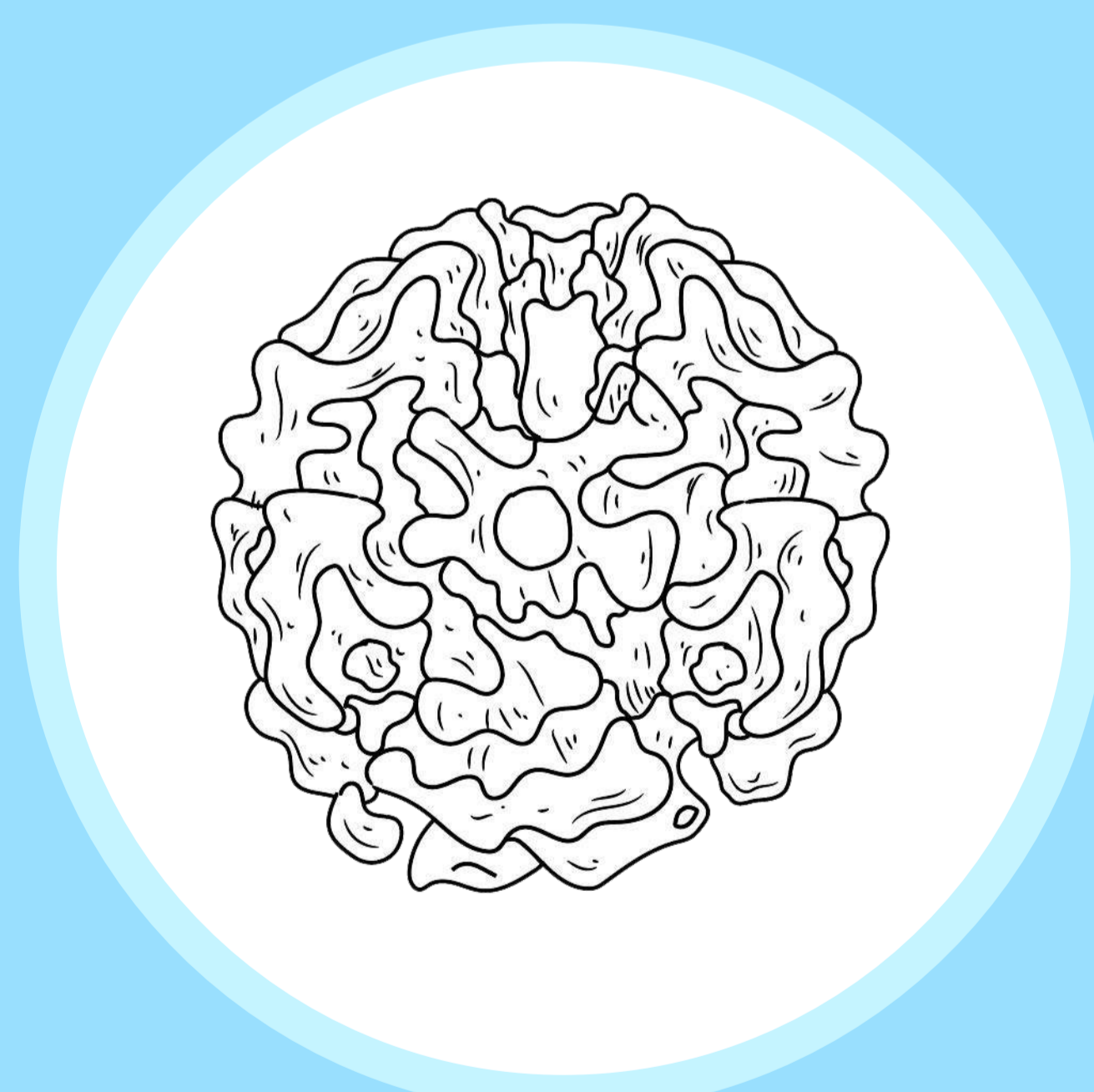
Aspirin



Arjuna



Ginger



Radraksha



Laugh or Watch Funny Movie