

Benefits of Yoga for Cancer Patients

Cancer is a complex, aggressive illness. The treatment involved is invasive and painful. The cancerous cells attack and weaken the immune system, leaving the patient weak and susceptible – systematically negatively impacting the patient's life, both physically and emotionally. Those fighting cancer, recovering from cancer, or survivors of cancer frequently take advantage of the many benefits of YOGA.

Cancer patients who practice yoga gain muscle strength, raise red blood cell counts, experience less nausea during chemotherapy, strip toxins from the lymph system as they detoxify their body (which feels refreshing after having chemotherapy drugs pumped into your veins), strengthen the immune system, and restore the body's balance that was compromised by the illness (allowing the patient to cope and attempt recovery with a better overall sense of well-being). Cancer patients benefit by taking up yoga.

Yoga combines different aspects of exercise that all cancer patients need - gentle and non-invasive exercise and focused breathing. Postures that can be done sitting or lying on the floor, and every pose can be adapted for patients with limited leg or arm mobility. Yoga incorporates the mind, body and breath, allowing those who practice it to learn how to really listen to their body and know what it needs – a skill that will help them during and after recovery.

People who participated in a study at the M.D Anderson Cancer Center, reported being able to do physical activities such as walking, climbing stairs and lifting groceries a lot better than they had before practicing yoga. Yoga gives us more energy and allows us to do the simple daily activities that going through cancer treatments can take away. You feel the benefits in your body and feel more relaxed, enabling your body to calm down and rest when it is time to sleep.

Yoga is a holistic healing tradition that aims at creating balance between the body, mind and spirit. While this is not an alternative cure for cancer, it IS an alternative therapy for cancer. Yoga incorporates a series of gentle exercises and breathing techniques that increase energy throughout the body. It allows patients to experience a sense of well-being and inner strength. Internally, it also rehabilitates the body's systems by boosting circulation, respiration, digestion and soothing the nervous system, helping the patient find the emotional strength to battle the illness.

Yoga promotes deep breathing. The yoga poses help bring oxygen to different organs of the body. Human emotions are affected by breathing patterns. Anxiety and stress result in shallow and erratic breathing, which interferes with the body's flow of oxygen. By controlling breathing, you can boost energy levels and induce a sense of calm. By following yoga's deep breathing techniques, you can consciously calm the nervous system and ward off depression and anxiety.

A gentle workout gives your body the exercise it needs. It enhances body functions by flushing out harmful toxins, strengthening joints, muscle groups, and ligaments. It improves the body's flexibility, stamina and strength. Yoga postures crank up the body's energy levels and induce a sense of well-being in the student.

In addition, yoga practice can be modified depending on the type of cancer and the part of the body most affected. For example, a patient afflicted with breast cancer will benefit from the practice of Eagle Pose and Cow Face Pose as they are poses that target and rehabilitate the very areas affected by breast cancer cells.

Bring this flyer for FREE yoga as we lock arms with you to help you regain your strength and vitality!

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