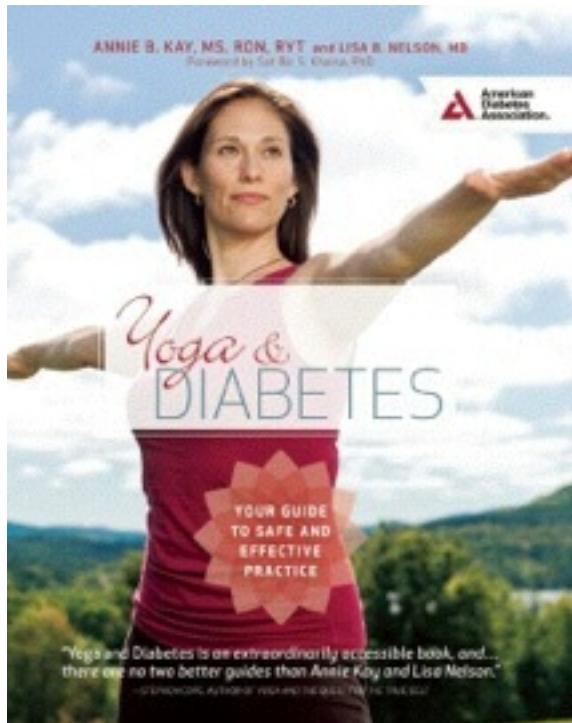


Finally...a resource to help your diabetic patients begin a yoga practice. Safely. Effectively.



Yoga & Diabetes: Your Guide to Safe and Effective Practice

by **Annie B. Kay, MS, RDN, RYT500**
and **Lisa B. Nelson, MD**

foreword by Sat Bir S. Khalsa, PhD

Yoga does more than manage stress. In addition to calming the nervous system, it improves circulation throughout the body, increases muscular tone, improves balance, allows improved breathing, and provides gentle physical activity that nearly anyone can do. Now, research has proven that yoga practice has a significant potential for addressing key lifestyle and behavioral issues with disorders such as type 2 diabetes.

YOGA & DIABETES [June 2015, \$19.95 US / \$24.99 CAN] is an accessible guide for individuals with diabetes who are interested in beginning or deepening a yoga practice. It provides tailored guidance to people with type 1, type 2, or gestational diabetes, and features 30 yoga postures and breathing exercises arranged into programs to suit every person's individual needs. **Annie B. Kay, MS, RDN, RYT**, lead nutritionist at the *Kripalu Center for Yoga & Health* teams up with **Lisa B. Nelson, MD**, director of medical education at *Kripalu*, to provide easy-to-read text and detailed photographs explaining how to practice yoga safely. The book includes options for beginning practitioners as well as sidebars with ideas on putting concepts into practice, sample weekly plans, lifestyle guidance, and tips for deepening the practice.

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"There are no prescriptions I can write with as much potential to transform quality of life for anyone with diabetes." – Mark C. Pettus, MD, Author of The Savvy Patient

Order your office copy (wholesale available) and let your patients know.

www.diabetes.org, www.anniebkay.com