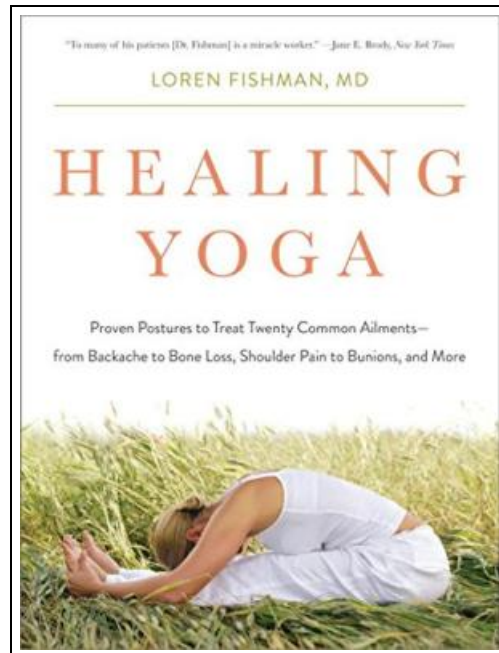


## Healing Yoga: Proven Postures to Treat Twenty Common Ailments-from Backache to Bone Loss, Shoulder Pain to Bunions, and More



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