

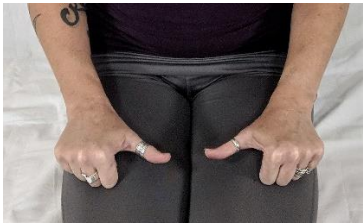
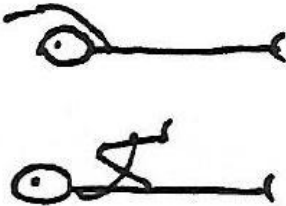


Treatment and Digestion

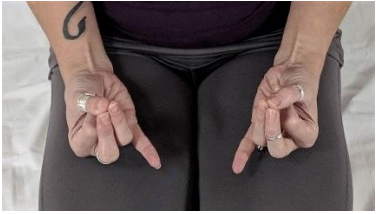
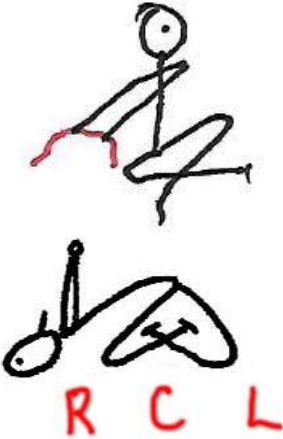


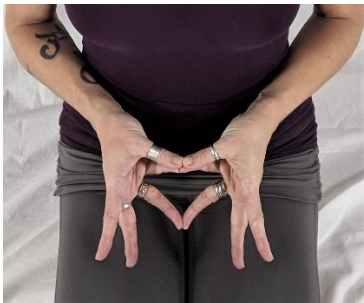
Nearly all traditional cancer treatments (radiation, surgery, chemotherapy) heat the tissues of the body which can cause inflammation, especially to the delicate digestive tract. Stress also creates unconscious holding in the abdomen as we try to literally hold ourselves together. Different approaches are needed for different complaints as you will see from the suggestions below.

Constipation & Flatulence



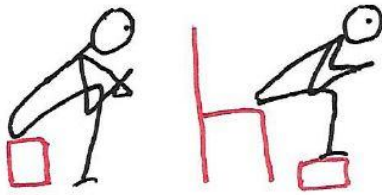



Sluggish digestion can cause constipation when the digestive fire is not burning hot enough. Practices that mechanically move the abdomen can be helpful as can focusing on activating Apana vayu, the downward flowing energetic current that eases the urge to eliminate. Gas is often a lingering side effect of treatment and yoga can help in body physical and energetic ways. Only move within your comfortable range of motion and be sure to give your body time to process the practices.

	<p>Mushti Mudra</p> <p>Make a fist and press thumb to middle joint of ring finger on outside of fist. Rest hands palms down on lap.</p> <ul style="list-style-type: none"> • Promotes digestion • Eases constipation
	<p>Constructive Rest</p> <p>Rest on back with knees bent and feet on floor</p> <ul style="list-style-type: none"> • Practice with Adho Merudanda Mudra below
	<p>Adho Merudanda Mudra</p> <p>Make a fist and extend thumb up, keeping gentle pressure of fingernails against palm. Rest hands on thighs palms down.</p> <ul style="list-style-type: none"> • Balances over/under assimilation (diarrhea/constipation)
	<p>Wind Relieving Pose</p> <p>Lay on back with legs extended</p> <p><u>Inhale:</u> Reach arms overhead</p> <p><u>Exhale:</u> Draw knee into chest and hold shin</p> <p>Repeat with other side, moving one leg at a time alternately</p> <p>Repeat 10-20 times</p>

Yoga for Digestive Complaints


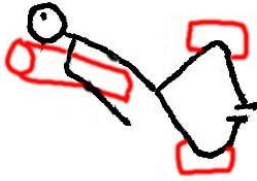


	<p>Apana Vayu Mudra</p> <p>Bend index finger down to touch ball of thumb, touch tip of thumb to middle and ring fingers, extend pinkie. Rest backs of hands on knees.</p> <ul style="list-style-type: none"> • Kindles digestive fire and metabolism • Reduces intestinal gas and constipation
	<p>Seated Abdominal Massage</p> <p>Sit on edge of folded blanket or chair. Reach arms behind torso and either clasp hands or hold a strap or scarf to keep arms comfortably parallel.</p> <p><u>Inhale:</u> Sit up in center <u>Exhale:</u> Turn toward right leg and lean over thigh</p> <p><u>Inhale:</u> Sit up in center <u>Exhale:</u> Lean over calves in center</p> <p><u>Inhale:</u> Sit up in center <u>Exhale:</u> Turn toward left leg and lean over thigh</p> <p>Repeat 5 times</p>
	<p>Prithvi Mudra</p> <p>Touch the tips of the thumb and ring finger together, extend the index, middle, and little fingers; rest back of hands on thighs.</p> <ul style="list-style-type: none"> • Promotes elimination
	<p>Seated Half Spinal Twist</p> <p>Sit with one leg in a cross-legged position and the other knee up and foot down. Wrap opposite arm around front of shin and rest back hand on floor to help support spine. Turn and look shoulder. Hold for 10 breaths then release.</p> <p>- Do Bound Angle between sides.</p>
	<p>Maha Sacral Mudra</p> <p>Touch the tips of the little fingers to the tips of the thumbs, then bring the hands together with the palms facing inward and place the sides of the ring fingers together and the joined little fingers and thumbs together crating a diamond shape. Hold the hands below the navel.</p> <ul style="list-style-type: none"> • Eases constipation

Yoga for Digestive Complaints

	<p>Bound Angle</p> <p>Sit on edge of folded blanket with soles of feet together. Support knees on blocks for comfort. Press heels gently together.</p>
	<p>Trushula Mudra</p> <p>Curl the pinkie finger down into the center of the palm. Use the thumb to hold the pinkie finger in place and extend the other fingers straight. Rest the backs of hands on the lap</p> <ul style="list-style-type: none"> • Eases constipation
	<p>Supported Squat</p> <p>Sit on blocks, bottom step or low stool. You can also sit on edge of chair with feet on blocks. Widen toes and knees and release lower back. Rest elbows on knees and place palms together to help you lengthen spine.</p>
	<p>Happy Baby</p> <p>Lay on your back and draw knees into chest and wide towards armpits. Wrap forearms around backs of knees, flex feet and reach heels upwards. Relax lower back and hips.</p>
	<p>Vayu Mudra</p> <p>Fold index finger down to base of thumb and hold it in place with the thumb. Rest backs of hands on knees.</p> <ul style="list-style-type: none"> • Eases flatulence
	<p>Reclining Twist</p> <p>Lay on the back with a folded blanket or pillow to the right of your hips. From Constructive Rest, press feet into floor and shift hips slightly to the left. Draw knees to chest and rest legs on the pillow. Place a blanket between knees if needed. Reach left arm out from shoulder. Rest here 1-3 minutes, then release and change sides.</p>

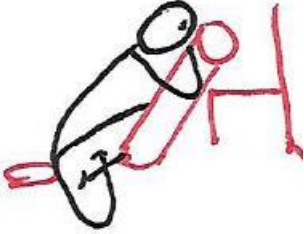



Diarrhea & Over Digestion

Some treatment can cause an overheating of the digestive fire which may result in symptoms of acidity, diarrhea, indigestion, and GERD. When experiencing these symptoms, it is important to not do anything to further activate the digestive fire.

	<p>Adho Merudanda Mudra</p> <p>Make a fist and extend thumb up, keeping gentle pressure of fingernails against palm. Rest hands on thighs palms down.</p> <ul style="list-style-type: none"> • Balances over/under assimilation (diarrhea/constipation)
	<p>Reclining Bound Angle</p> <p>Sit in front of a large pillow with soles of feet together and knees resting on blocks. Relax back onto the pillow, rest hands on belly or arms on floor. Rest 5-10 min.</p> <ul style="list-style-type: none"> • Practice with Adho Merudanda Mudra
	<p>Extended Bridge Pose</p> <p>Tie strap around middle of thighs tight enough to keep legs comfortably parallel. Lay on back with folded blanket under pelvis. Extend legs and relax legs into hold of strap. Breathe into relaxed belly. Rest 3-5 min.</p> <ul style="list-style-type: none"> • Practice with Adho Merudanda Mudra
	<p>Instant Maui</p> <p>Lay in front of seat of chair or sofa and place calves on seat. Lift hips and place folded blanket or block under pelvis. Rest 30-15 min.</p> <ul style="list-style-type: none"> • Practice with Adho Merudanda Mudra

Acid Reflux and Nausea

Another symptom of an over-active digestion system is acid-reflux or GERD. There are several cooling breath practices that can be helpful for outting out the fire in the esophagus. When experiencing these symptoms, it is important to not do anything to further activate the digestive fire so avoid imbibing acidic or spicy things.

	<p>Seated Cross-Legged Forward Bend</p> <p>Sit cross-legged on folded blanket in front of the seat of a chair. Place large pillow or bolster in lap vertically and lean forward until it touches edge of chair. Rest head to side or on backs of hands. Hold 3-5 minutes.</p> <ul style="list-style-type: none"> • Practice with Apana Mudra
	<p>Apana Mudra</p> <p>Touch tips of thumb, middle and ring fingers together, extend index and little fingers. rest back of hands on thighs.</p> <ul style="list-style-type: none"> • Eases nausea and promotes downward flowing energy
	<p>Seated One-Legged Forward Bend</p> <p>Sit with one leg cross-legged and the other leg extended on folded blanket in front of the seat of a chair. Place large pillow or bolster in lap vertically and lean forward until it touches edge of chair. Rest head to side or on backs of hands. . Hold 3-5 minutes per side.</p> <ul style="list-style-type: none"> • Practice with Pushan Mudra
	<p>Pushan Mudra</p> <p><u>Right Hand:</u> Touch tips of thumb, index & middle fingers together, extend all others.</p> <p><u>Left Hand:</u> Touch tips of thumb, middle & ring fingers together, extend all others. Rest hands with palms up.</p> <ul style="list-style-type: none"> • Eases acidity and nausea