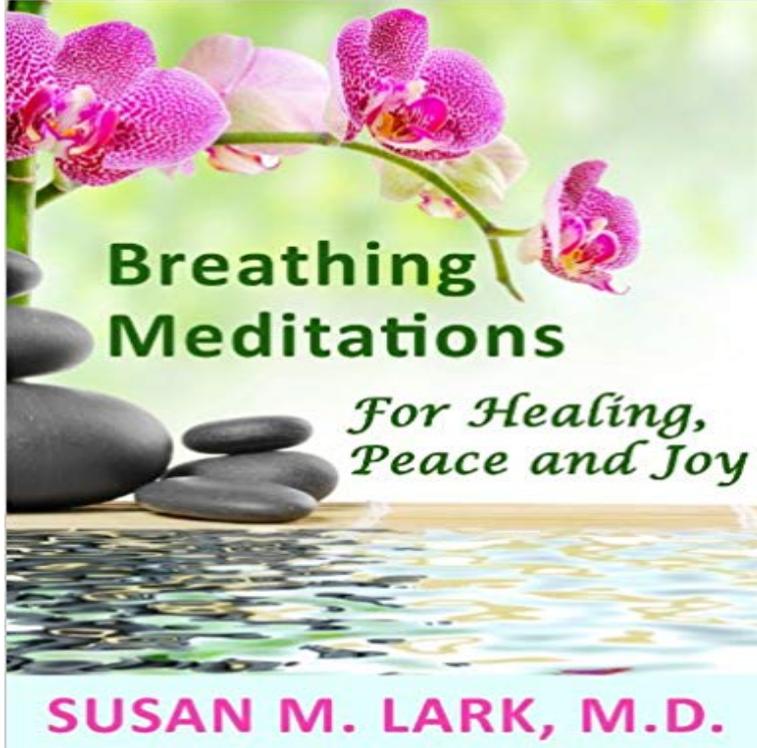


Breathing Meditations for Healing, Peace and Joy



In *Breathing Meditations for Healing, Peace and Joy*, Susan M. Lark M.D., one of the top women's alternative medicine experts, shares her wonderful program to reduce stress and promote optimal health and well-being through a series of 21 breathing meditations and exercises that she has developed. These exercises were created to optimize breathing and oxygenation in the body. They will help you to become healthier, more peaceful and relaxed. Oxygen is an essential nutrient and, along with food, is the primary substance that cells use to generate energy for all their functions. Healthy oxygen levels greatly benefit your mood, reduce anxiety and depression and boost your energy and vitality. It supports the ability to recover from virtually any illness, injury and exertion and supports increased resistance to disease. It also prevents infection and protects us from many illnesses including heart disease and even cancer. Many of us have diminished oxygen levels because stress, emotional upset and over focus due to work cause our breathing to become more rapid and shallow. Take a breath break during the day and use the wonderful breathing exercises and meditations in this book to relax and recharge. You will feel great after doing these exercises and will have renewed energy and a deep sense of peace, calm and joy as you return to the demands of your busy day! These exercises will increase your level of oxygenation, improve your breathing and create tremendous health benefits. As an added bonus, Dr. Lark has also included in this book: - Essential information about the chemistry of oxygenation and how oxygen is utilized in our bodies. - How lifestyle, health and aging affect oxygenation. - A helpful guide on aerobic exercise and its benefits for oxygenation. - How to create a high oxygen content diet.

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