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Research Article

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Holistic Treatment of Inflammatory Disease for the Mobility Impaired

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Background: Previous studies have demonstrated the positive impact of yoga and deep breathing exercises on overall physical wellness. The effects of deep breathing alone on metabolic rate, weight, and cholesterol management have not been studied well. Objective: This study assessed changes in C-Reactive Protein (CRP) following a 60-day intervention of a 12-minute de ...

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