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Get Fit Now

Relieve Chronic Back Pain

by Michael O'Shea

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Good news for people with aching backs: A recent study funded by the National Institutes of Health suggests that yoga may help relieve chronic lower-back pain—and the depression associated with it—better than conventional medicine.

For the study, published in the journal *Spine*, researchers assigned people with chronic back pain to either traditional treatment such as pain medication or twice-weekly Iyengar-style yoga therapy for 24 weeks. Those in the yoga group had reduced pain and greater function, and demonstrated a more significant reduction in symptoms of depression. Six months after the yoga regimen had ended, they continued to benefit.

5 tips for keeping your knees healthy

Iyengar yoga emphasizes attention to detail and a precise focus on body alignment created by specific muscular movements. It is known for its use of "props"—including wall ropes, chairs, and blocks—to help support people in various *asanas*, or postures. These props make the positions easier for beginners and

also decrease the strain on joints and muscles. The goal is to align the body, mind, and spirit for health and well-being. Just say, "Om."

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