

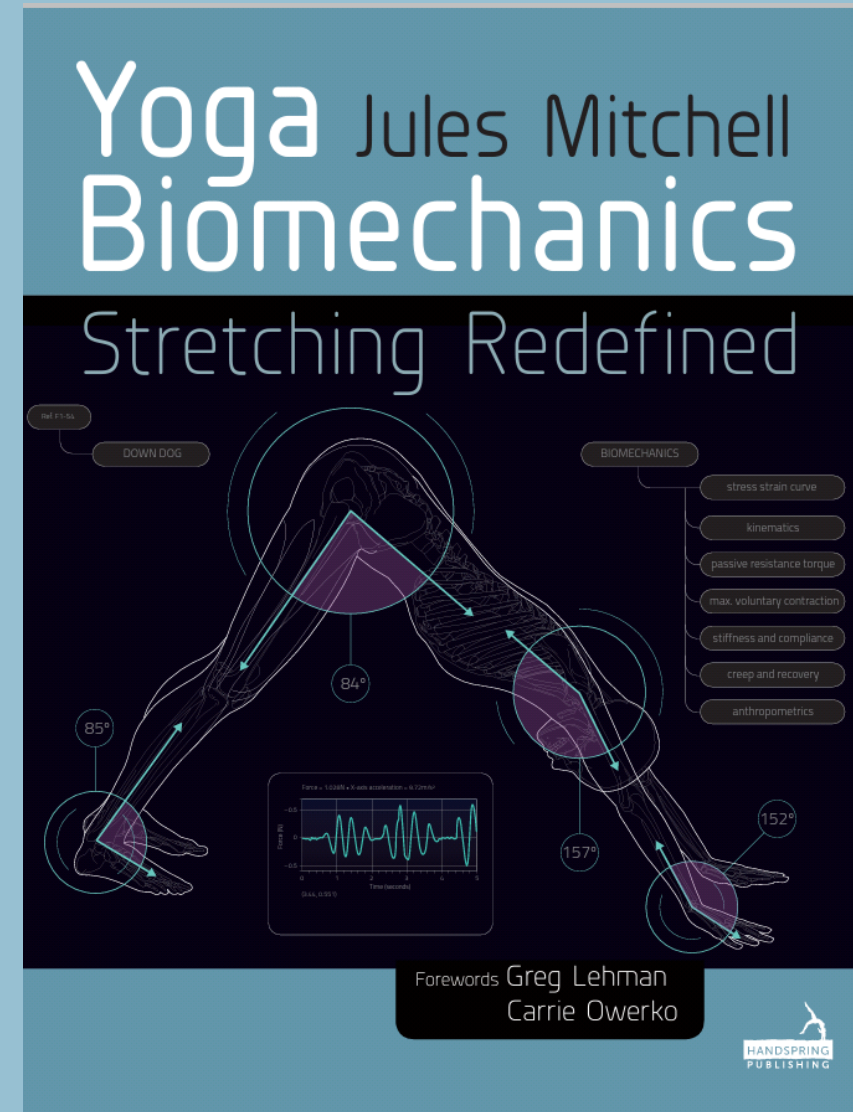


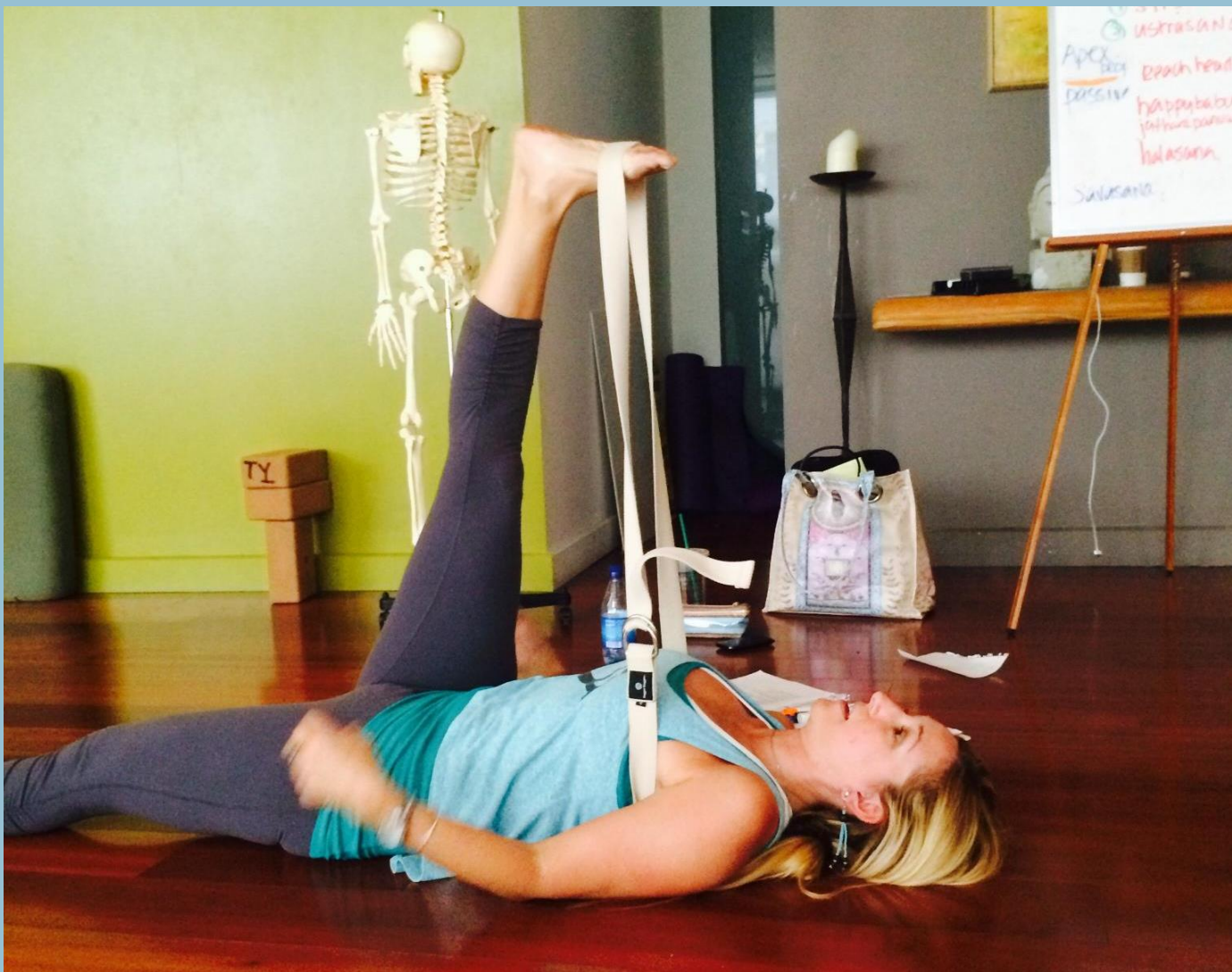
Tissue Mechanics: Yoga and Bone Density

with Jules Mitchell, MS, LMT, RYT

About Me

- CSULB graduate
- Yoga teacher trainer
- Yoga continuing education provider
- Author
- Content creator









SECTIONS

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The New York Times

The Best Birthday Present in 2021? A Covid Vaccine.

Hospitalizations for Children Soar


THE NEW OLD AGE
More Than 80 Percent of Seniors Are Vaccinated. That's 'Not Safe Enough.'



PERSONAL HEALTH

12 Minutes of Yoga for Bone Health

BY JANE E. BRODY DECEMBER 21, 2015 5:45 AM 252



**Can yoga reverse
osteoporosis?**

YES

NO

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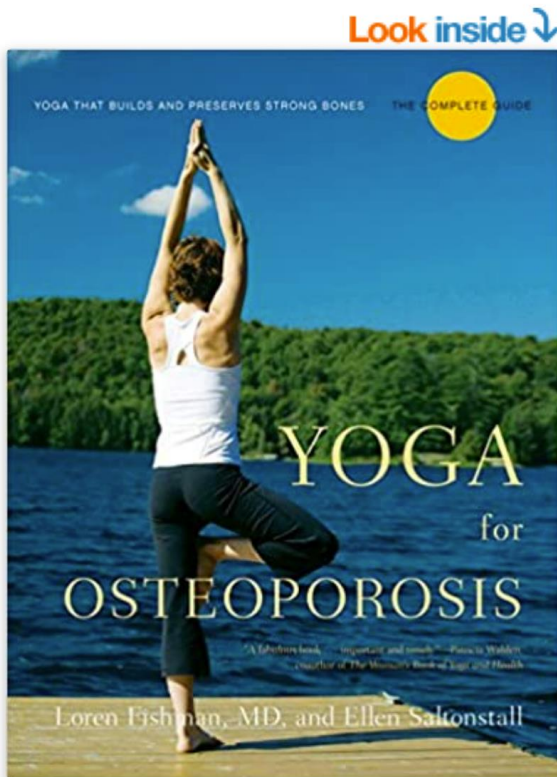
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Twelve-Minute Daily Yoga Regimen Reverses Osteoporotic Bone Loss

Yi-Hsueh Lu, PhD; Bernard Rosner, PhD; Gregory Chang, MD, PhD;
Loren M. Fishman, MD, B Phil (oxon.)







Yoga for Osteoporosis: The Complete Guide

Paperback – Illustrated, March 29, 2010

by Loren Fishman MD (Author), Ellen Saltonstall MD (Author)

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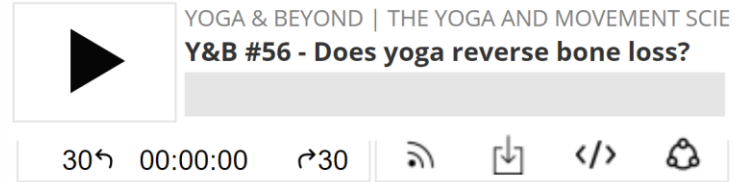
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A comprehensive, user-friendly medical yoga program designed for the management and prevention of osteoporosis, with more than four hundred illustrations.

Episode 56

Osteoporosis and Yoga

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Can 12 minutes of yoga a day reverse osteoporotic bone loss? The title of this study "Twelve-Minute Daily Yoga Regimen Reverses Osteoporotic Bone Loss" might lead you to believe so, but the results and data are incomplete and inconclusive. [Jules Mitchell](#) and I talk about this complicated, underwhelming study published in the Geriatric Rehabilitation Journal in 2015.

Research article

Effects of an 8-Month Ashtanga-Based Yoga Intervention on Bone Metabolism in Middle-Aged Premenopausal Women: A Randomized Controlled Study

SoJung Kim ¹, Michael G. Bemben ¹, Allen W. Knehans ² and Debra A. Bemben ¹✉

¹ Bone Density Research Laboratory, Department of Health and Exercise Science, University of Oklahoma, Norman, OK; ² Department of Nutritional Sciences, University of Oklahoma Health Sciences Center, Oklahoma City, OK, USA

CLINICAL REPORT

Yoga Spinal Flexion Positions and Vertebral Compression Fracture in Osteopenia or Osteoporosis of Spine: Case Series

Mehrsheed Sinaki, MD, MS

Department of Physical Medicine and Rehabilitation, Mayo Clinic, Rochester, Minnesota, U.S.A.

High-Intensity Resistance and Impact Training Improves Bone Mineral Density and Physical Function in Postmenopausal Women With Osteopenia and Osteoporosis: The LIFTMOR Randomized Controlled Trial

Steven L Watson,^{1,2} Benjamin K Weeks,^{1,2} Lisa J Weis,³ Amy T Harding,^{1,2} Sean A Horan,^{1,2} and Belinda R Beck^{1,2,3}

¹School of Allied Health Sciences, Griffith University, Gold Coast, Queensland, Australia

²Menzies Health Institute Queensland, Gold Coast, Queensland, Australia

³The Bone Clinic, Brisbane, Queensland, Australia



**Can yoga reverse
osteoporosis?**

YES

NO

Thank
You!

