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By Loren Fishman;Carol Ardman

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Loren Fishman, MD - The Huffington Post -

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<http://www.huffingtonpost.com/loren-fishman-md/>

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Carol Ardman - MedicineNet - Health and Medical -

Carol Ardman Writer, WebMD, Inc. MD, of Relief is in the Stretch: End Back Pain Through Yoga, and Back Talk: How to Diagnose and Cure Low Back Pain and Sciatica.
<http://www.medicinenet.com/script/main/art.asp?articlekey=57083>

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Loren Fishman, MD, is a physiatrist and a professor at Columbia College of Physicians and Surgeons. He lives in New York City. Carol Ardman is a writer. She lives in
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Back Talk: How to Diagnose and Cure Low Back Pain and Sciatica [Loren Fishman, Carol Ardman] Fishman has written five books about yoga and medical conditions.
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Scientific studies show that yoga can help reduce muscles spasm that cause low back pain.
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Resources - Yoga Stops -

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Loren Fishman, MD, is a physiatrist and a professor at Columbia College of Physicians and Surgeons. He lives in New York City. Carol Ardman is a writer. She lives in
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Loren Fishman, MD, and an expert in curing back pain. Yoga Service; Service Week; Mindfulness; Visit. Online; Rhinebeck, NY; Omega NYC; Costa Rica;
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end back pain through yoga 1st ed. by Fishman, Loren. Contributors: Ardman, Carol. Year/Format: 2005, Book, 198 p. : Subjects:
<http://www.torontopubliclibrary.ca/detail.jsp?R=329766>

Carol Ardman Books - List of books by Carol -

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