

Strengthen Bones with Yoga & Diet

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[Good to the Bone](#) is an article about using yoga and diet to help with the prevention and treatment of bone loss (osteopenia – osteoporosis). The article in Yoga Journal describes the yoga postures listed in the table below that increased bone strength in 85% of the study participants with a 10-minute sequence that was practiced for a 2-year period. Each posture was held for only 20-30 seconds each. Here is the [pilot study](#) detailed in the article.



[The Twelve-Minute Daily Yoga Regimen Reverses Bone Loss](#) is the full study that was published in Topics of Geriatric Rehabilitation, a peer-reviewed journal. It followed 741 patients over a 10-year period. It showed that yoga improved bone mineral density (BMD) in every-two-year follow-up study that followed. Impressive, eh? Watch a video at the link below for instructions on what to do along with more info on Dr Fishman's book and CD.

The posture sequence below flows nicely and incorporates the recommended postures in the pilot study. It's very important to practice a combination of balancing postures and ones to strengthen bones and muscles. The sequence can also be done in *reverse order*, beginning with the standing poses, ending lying down in the supine poses and Shavasana. As always, remember to b-r-e-a-t-h-e fully and completely, slowly and deeply. [Get all the details here including a link to pictures.](#) Be sure to consult your health care provider and a qualified yoga educator for recommendations for your needs. This is not intended to be a substitute for appropriate medical care.

English Name	Sanskrit Name	Purpose
Bridge Pose	Setu Bandha Sarvangasana	Bone strength
Cobra / Locust / Boat Sequence	Bhujangasana /Salabhasana / Navasana	Bone and muscle strength
Sunbird or Plank	Surya Bakāsanāsama Kumbhākasana	Bone strength and balance
Downward Facing Dog	Adho Mukha Svanasana	Bone and muscle strength
Mountain Pose	Tadasana	Bone strength and balance
Chair Pose	Utkatasana	Bone strength
Tree Pose	Vrksasana	Bone strength and balance
Warrior Pose I	Virabhadrasana I	Muscle strength
Warrior Pose II	Virabhadrasana II	Muscle strength
Relaxation Pose	Shavasana	Strengthen body, balance & focus

- [Get more info, video and pictures.](https://wholesomeresources.com/5261/strengthen-bones-yoga-diet/) <https://wholesomeresources.com/5261/strengthen-bones-yoga-diet/>
- Get more educational resources, class schedules, books, recordings and other good things at JulieLusk.com