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# Doctors Talk To Patients About Yoga

Yoga is rapidly becoming more and more popular. It builds strength and suppleness, but just as significantly it can impact your general health and outlook on life.

The body typically runs itself instantly with the autonomic nerve system ( ANS ). We do not have to direct our heart to beat or tell the kidneys what to do. These things all occur without conscious control. The ANS has two subsystems - the sympathetic nerve system ( SNS ) and the parasympathetic nervous system ( PNS ). Most organs are managed by both systems in opposite ways. Generally, the SNS prepares the body for emergency or quick action. Strong hormones including adrenaline and cortisol are released giving the body a burst of strength and energy. The heart beats quicker, blood pressure increases, more blood is directed to the muscles, and digestion slows. This is the so-called "fight or flight " reply. The parasympathetic system is more restorative and has the opposite effects on the organs, calming things down.

Prehistoric humankind lived in an environment full of danger and had to reply quickly to survive. Modern Americans sometimes do not face these dangers, but the considerate nerve system still kicks in and often times it over-responds to understood perils. Being physically wounded or thinking we might be hurt produces the same physical reply. During our day to day life we all become stressed by events that excite the sympathetic nervous system. You feel your heart beating quicker ; we begin to sweat ; our breath becomes quicker.

Over time , these physical reactions can cause illness. Most likely, up to 80% of all emotional and physical sicknesses are partially stress related. Heart disease, raised blood pressure, headaches, foreboding, depression, resentment and hostility can all be stress-related. Even the facility to concentrate and remember can be impaired by stress. Stress can end up in threatening coping behaviors that actually make the strain worse. We may find ourselves overworked, overeating and sleep deprived. A few of the people cope by employing drugs, alcohol, or caffeine.

Respiring is one of the few bodily functions that are controlled both by the autonomic nerve system and conscious control. Respiring happens on its own, but we are able to slow or speed our breath anytime we choose. When stressed, sit down, shut your peepers, and slow your breath. As your breath slows and deepens, the strain decreases. You'll be more able to obviously see the genuine situation and will respond appropriately. This is yoga.

cardio disease ( CVD ) is the number 1 reason for death and incapacity in the US. Chronic mental stress makes a contribution to insulin resistance, glucose prejudice, raised blood pressure, and high cholesterol. All of them increase the chance for CVD death. There is mounting proof that yoga may indeed reduce CVD risk. An increasing number of broadcast studies indicate that yoga may be effective in reducing psychosocial risk factors for CVD. For example, yoga has been shown to decrease stress, enhance stress-related coping, reduce signs of depression and anxiety, and decrease hate, tension, and fatigue.

Hatha yoga consists of one or two hundred physical poses ( Asana ) and one or two breathing methodologies ( Pranayama ). The poses challenge the body making you breathe quicker. With some practice you learn to control the breath. As the breath gets slower the mind becomes calmer. The final goal in yoga is not to turn you into a pretzel but to calm the mind. Yoga is a tested and inexpensive method of easing stress, boosting health, and improving fitness. Try a class!

If you want to see diverse doctors that advocate yoga, there are several available to you. I have faced many good [Seattle doctors](#). There are also many [Washington Doctors](#) and [Milwaukee doctors](#).

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