

Cure Back Pain

The

YOGIC

Way



ADVAIT

Cure Back Pain

~The Yogic Way~

Using ancient Indian healing systems of Yoga, Mudras and Ayurveda to eliminate your backache and get rid of your pain medications within days.

by
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Introduction

Back Pain – The Global Epidemic

Tell me how this is for an intro;

'People in the Unites States collectively spend upwards of 150 Billion Dollars every year on back pain treatments'!!!

Here is a NBC news report on Lower back pain disorders, how it is a top cause of disability globally, and complications arising out of it.

LINK:-

<https://www.nbcnews.com/health/health-news/low-back-pain-top-cause-disability-gets-wrong-treatments-n858781>

Below are some of the snippets from the report that will realllly surprise you.

"Despite guidelines from top medical groups, doctors still tend to prescribe pain pills to people with back pain instead of physical therapy and exercise."

"In the U.S., for instance, more than 60 percent of people with low back pain get opioids. Incorrect use of opioids is helping to drive the ever-worsening opioid overdose epidemic in the U.S."

The Center for Disease Control reports that Opioid overdoses kill around 35,000 people a year.

"Lower back pain costs 3 million years of productive life every year in the U.S. — a calculation that takes into account both people affected and how long their pain keeps them out of work."

Do I have your attention now??

Well, what if I tell you that all these physical and emotional hazards can be prevented and also be cured by using simple Yogic techniques which cost nothing...

That is what this book is all about.

If you are familiar with my other works, this book too is absolutely fluff free and concise.

Read on...

Three Pillars of Yogic Healing **Yoga Asanas, Mudras & Ayurveda**

The True Meaning of Yoga

There is a common and popular belief that 'Yoga' is an Indian ritual which is all about performing difficult physical exercises for maintaining health and curing diseases.

This is a MYTH!!

Actually, sound health is a side-effect of Yoga.

Surprising!!! But true.

The word 'Yoga' literally means *to unite ourselves with our higher self* - an entirely meta-physical objective which can be achieved through a

Discipline of Physical exercises (Asana's) coupled with Meditation exercises (*Dhyana*) and Breathing exercises (Pranayam). When we perform those exercises we get in shape and achieve good health.

Yoga is not something which is only to be performed or practiced; it is also to be achieved.

Yoga is the destination and the path to it is through a disciplined practice of physical exercises, meditation and breathing exercises.

Maharshi Patanjali , in his revolutionary work '*Paatanjal YogaSutra*' prescribes an eight-fold path to achieve *Yoga*, known as *Ashtang Yoga*.

['*Paatanjal YogaSutra*' is considered to be the most comprehensive book on *Yoga* and it forms the basis and reference of all the *Yoga* methodologies practiced throughout the world today.]

The *Ashtang Yoga* [eight-fold path to *yoga*], given by *Maharshi Patanjali* is as follows:

Yama

The moral virtues that one should possess as they are considered to be essential for one's initiation on the path to yoga.

Niyama

It involves being knowledgeable and aware about your surroundings and then studying your-self to form an essential discipline which you would adhere to.

Asana

'Understanding and Performing' the required physical exercises, this is the core of your yoga practice.

Pranayam

It is all about breath control, which enhances the life energy which governs the existence of a being and balances the mental energy.

Pratyahar

Sensory inhibitions which internalize the consciousness and prepare your mind to take action.

Dharana

It involves inculcating an extended mental focus to concentrate on only those things that are essential.

Dhyana

It involves meditation, paying attention to your breathing and thus focusing only on yourself.

Samadhi

Becoming one with the object of your contemplation and experiencing spiritual liberation.

Yama and Niyama are essential for inculcating the needed discipline and to establish a strict routine.

Asana is the crucial physical part, which subjects your body to essential physical movements through different exercises.

Pranayam and Pratyahar are needed to guide us through the various breathing exercises and for making us aware of the internal spiritual changes as we ascend along the path to Yoga.

Dharana and Dhyana stages prepare us mentally and spiritually to concentrate inwards by using various meditation exercises.

Samadhi is the culmination stage where one achieves Yoga.

What are Mudras?

According to the Vedic culture of ancient India, our entire world is made of 'the five elements' called as *The Panch-Maha-Bhuta's*. The five elements being **Earth** , **Water** , **Fire** , **Wind** and **Space/Vacuum** . They are also called the earth element, water element, fire element, wind element and space element.

These five elements constitute the human body – the nutrients from the soil (earth) are absorbed by the plants which we consume (thus we survive on the earth element), the blood flowing through own veins represents the water element, the body heat represents the fire element, the oxygen we inhale and the carbon dioxide we exhale represents the wind element and the sinuses we have in our nose and skull represent the space element.

As long as these five elements in our body are balanced and maintain appropriate levels we remain healthy. An imbalance of these elements in the human body leads to a deteriorated health and diseases.

Now understand this, the command and control center of all these five elements lies in our fingers. So literally, our health lies at our fingertips.

The Mudra healing method that I am going to teach you depends on our fingers.

To understand this, we should first know the finger-element relationship:

Thumb – Fire element.

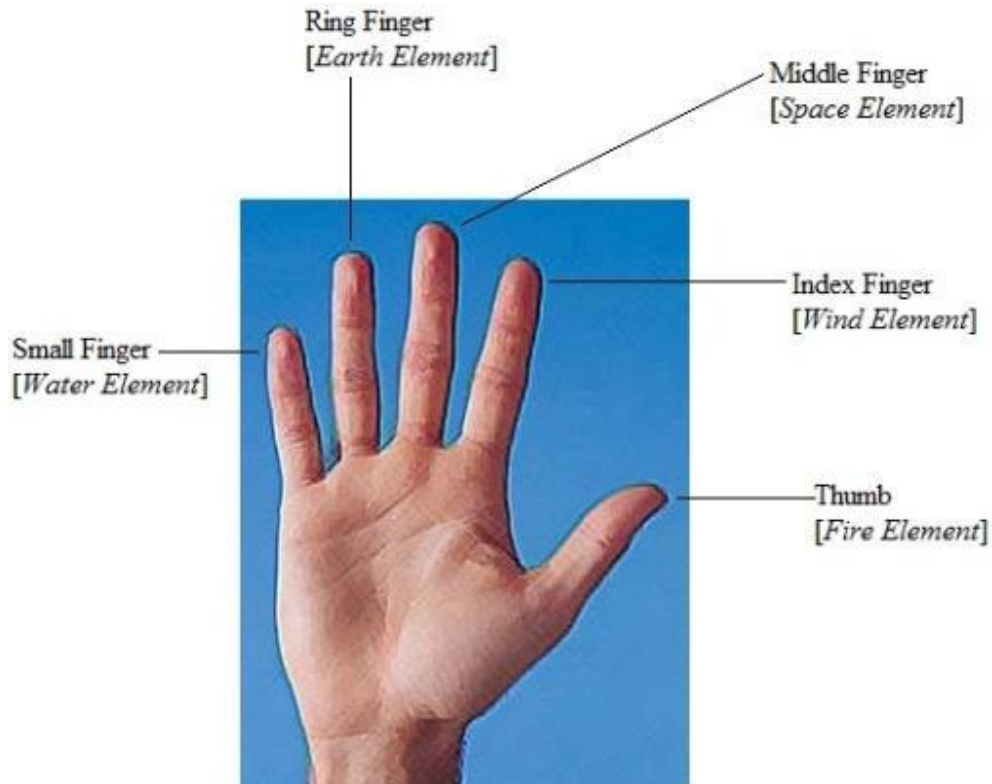
Index finger – Wind element.

Middle finger – Space/Vacuum element.

Third finger – Earth element.

Small finger – Water element.

This image will give you a better understanding of the concept:



When the fingers are brought together in a specific pattern and are touched to each other, or slightly pressed against each other, the formation is called as a '*Mudra*'.

When the five fingers are touched and pressed in a peculiar way to form a Mudra, it affects the levels of the five elements in our body, thus balancing those elements and inducing good health .

P.S. The Mudra Healing and Weight Loss methods aren't just theory or wordplay; these are healing methods from the ancient Indian Vedic culture, proven and tested over ages.

Important

For the better understanding of the reader, detail images have been provided for every mudra along with the method to perform it.

The Mudras whose images show only one hand performing the Mudra, are to be performed simultaneously on both your hands for the Mudras to have the maximum effect.

What is Ayurveda?

Ayurveda (आयुर्वेद) is an ancient system of health care that is native to the Indian subcontinent. It is presently in daily use by millions of people in India and it is been hugely appreciated and followed by millions of people across the globe as a holistic approach to health and well being.

The word 'Ayurveda' is a compound Sanskrit word,

Ayurveda (आयुर्वेद (= Ayushya (आयुष्य (+ Veda (वेद) ,

Where, 'Ayushya' means 'Life' and Veda means 'Wisdom / Knowledge'.

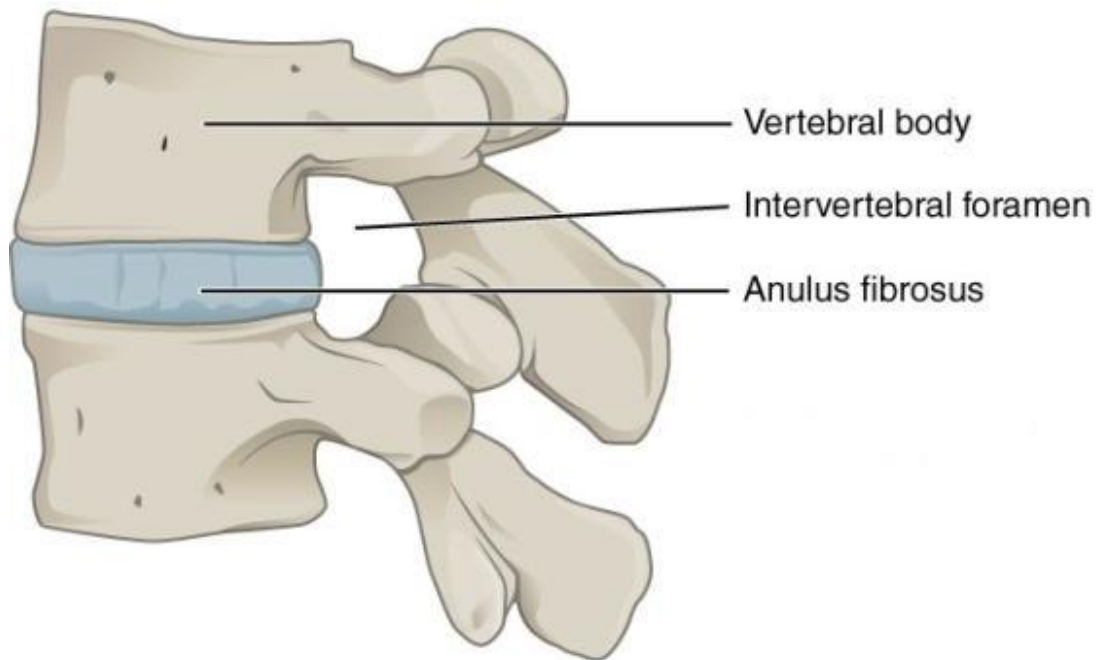
Thus, Ayurveda Literally means, the knowledge of life.

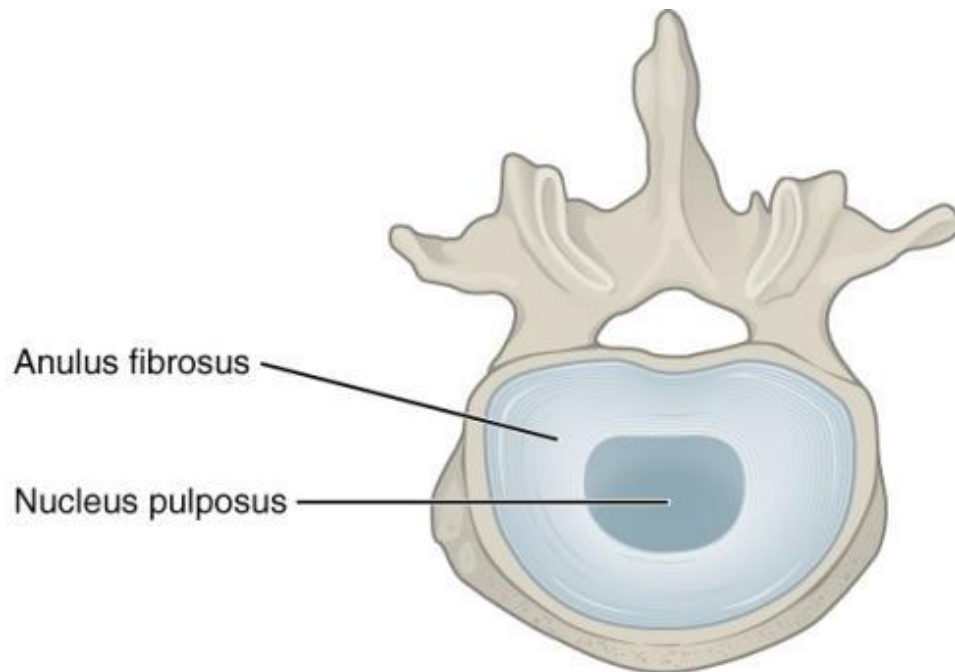
Ayurveda is concerned with measures to protect "Ayushya" (Life), which is achieved through a healthy living along with therapeutic measures that relate to physical, mental, social and spiritual harmony.

Ayurveda has documented cures, for various diseases considered as incurable by modern medical science. Also, most of the modern drugs and medicines are known to have hazardous side-effects while Ayurvedic remedies have none.

People all over the world are now realizing the effectiveness of herbal remedies and are accepting Ayurveda in to their lives.

Slipped Disc





Our spinal column is made up of a series of vertebrae (bones, as shown in the image) stacked upon each other.

If our spine was to be just bones stacked upon each other, we will have huge wear and tear due to the friction between these vertebrae caused by even insignificant movements.

To avoid this friction, each vertebra is separated from another with flexible, gelatinous discs.

These discs also protect the spine by absorbing the shocks from our daily activities like walking, jumping etc. and also provide the much needed flexibility.

Each of these discs is made up of two parts:

a soft and gelatin like inner portion (called as, *Nucleus pulposus*) and a bit harder outer ring (called as, *Anulus fibrosus*).

Any physical injury, occupational/repetitive pressure or even nutritional deficiency can cause the inner soft portion of the disc to seep out through the outer ring.

This is known as a **slipped disc** .

The seeped out gelatinous mass can then compress or displace a spinal nerve, which in turn causes pain, numbness and discomfort.

Mudra # 1

Matsyamudra / Mudra of the Fish



Method:

This Mudra has to be performed in a seated position.

Be seated comfortably in an upright posture and concentrate on your breathing to relax.

Keep your palms in front of your chest, facing downwards.

Then place your right palm on the back of your left hand, as shown in the image.

Keep both the thumbs extended outwards. (Refer the image)

Once formed hold this Mudra just above your belly button, while maintaining a normal breathing rhythm.

Duration:

This Mudra should be performed for at least 5 minutes and can be performed for 40 minutes at a stretch.

This Mudra should be performed twice a day, once in the morning and once in the evening for best results.

Other Benefits:

- This Asana is also very helpful in increasing ones concentration.
- It is very effective in strengthening your spine and making it very supple and flexible.
- Regular practice of this Mudra boosts your body's self-healing mechanism.

Mudra #2

Dwitiiya Varunmudra / Mudra of Rain God II

**Method:**

This Mudra has to be performed in a seated position.

Be seated comfortably in an upright posture and concentrate on your breathing to relax.

Keep your palms in front of your chest, facing upwards.

Touch the tip of your Thumb with the tip of your Little finger and press slightly.

Keep the other three fingers extended in the outward direction.

(Refer the image)

Form this Mudra with each of your hand and place them on your thighs.

Duration:

This Mudra should be performed for at least 5 minutes and can be performed for 40 minutes at a stretch.

This Mudra should be performed twice a day, once in the morning and once in the evening for best results.

Mudra #3

Gadamudra / Mudra of Spear





Method:

This Mudra has to be performed in a seating position.

Be seated comfortably in an upright posture and concentrate on your breathing to relax.

Form two interlacing rings by touching the tips of your index fingers with the tips of your thumbs as shown in the image.

Keep the Middle fingers straight and pointing upwards, and then touch the upright middle fingers to each other.

The final step is to interlace the ring fingers and the little fingers together, and bend them in the second knuckle such that their tips point downwards.

This Mudra should be held in front of your lower abdomen and not at chest height.

Duration:

This Mudra should be performed for at least 5 minutes and can be performed for 40 minutes at a stretch.

This Mudra should be performed twice a day, once in the morning and once in the evening for best results.

Yoga Asana # 1

Tadasan/Asana of Palm Tree







Method:

Stand straight on the mat with your feet together.

Make the 'Namaste' gesture with your hands.

Holding the gesture as is, raise both your hands up, so that your fingers are pointing upwards and palms are touching each other.

Take a deep breath and don't exhale. (*Kumbhak*)

Now raise your heels up from the ground by putting all your weight on your toes. (refer image)

Hold this position for 3-4 seconds, then return to the normal position and exhale out slowly.

Duration:

This Asana takes 10-12 seconds to perform and you can repeat it 3 times.

Other Benefits:

- This Asana strengthens your heart and lungs.
- It is very effective in strengthening your spine.
- Regular practice of this Asana broadens your chest.
- This is a very effective Asana for burning the excess fat around your belly.
- It strengthens your limbs.
- It is a very effective Asana for curing constipation.
- It also enhances your digestive capabilities.

Yoga Asana # 2

Marjar Asan/Asana of the Cat





Method:

Sit in *Vajrasan* position.

Then place your hands on the ground in front of you. (fingers pointing away from you.)

Then slowly inhaling, shift your weight on your knees. (Refer Image 1)

Move your hips backwards a bit, and look at your waist. (this will create an upward arch of your back)

Hold this position for 2-3 seconds.

Then look upwards as much as you comfortably can, while arching your back downwards.

Keep looking upwards and maintain this position for 2-3 seconds.

Then exhaling slowly, return back to the *Vajrasan* position.

Duration:

This Asana takes 8-10 seconds to perform and you can repeat it 2 times.

Other Benefits:

- This Asana strengthens your spine and makes it more supple and flexible.
- It is very effective in curing back pain.
- This is a very effective Asana for regulating blood flow and blood pressure.
- It also enhances the flexibility of your shoulders.
- Its regular practice increases your concentration and focus.

Yoga Asana # 3

Kati Uttanasan/Asana of Waist-Lift



Method:

Lie on the mat/ground comfortably with both your hands resting at your side, palms facing down.

Fold your legs folded in such a way that your heels are touching your bum.

Touch your heels with your fingers.

Then, slowly inhaling raise up your waist and lower back above the ground, as much as you can.

Your weight should be on your hips and shoulders.

Maintain this position for a few seconds, then slowly exhaling; come back to the original position.

Duration:

This Asana takes 8-10 seconds to perform and you can repeat it 3 times.

Other Benefits:

- It's regular practice cures back pain.
- This Asana enhances the strength of your waist and lower back.
- It strengthens your stomach and also helps in regulating blood flow.
- It is very helpful in strengthening your shoulders and neck.

Yoga Asana #4

Leg Pressing

**Method:**

Lie on the mat/ground comfortably with both your hands resting at your side, palms facing down.

Slowly inhaling, lift up your legs and then fold them at your knees, as shown in the image.

Clasp your hands over your knees and pull your knees closer to your chest.

Maintain this position for a few seconds, then slowly exhaling; come back to the original position.

Duration:

This Asana takes 8-10 seconds to perform and you can repeat it 3 times.

Other Benefits:

- This Asana works as a instant pain killer in case of lower back pains.
- This Asana enhances the strength of your waist and muscles of your lower back.

Yoga Asana # 5

Makar Asan/Asana of Crocodile



Method:

This Asana is to be done lying down.

Lie on your stomach with your chin placed on the ground/mat.

Your feet should be close together and the nails of your toes should be touching the ground.

Now rest your elbows on the ground and push your torso up and then let your face rest in your palms. (Refer image)

[Makarasan is a relaxation exercise which takes away all the fatigue and helps in calming down your mind and body]

Duration:

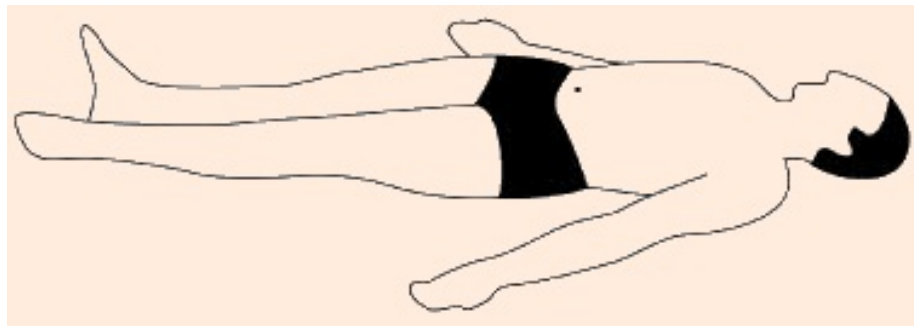
You can remain in this Asana till you feel properly relaxed and rested.

Other Benefits:

- This Asana is a relaxation pose.
- It is an excellent stress and fatigue reliever.
- It is also helpful in strengthening your lungs.

Yoga Asana #6

Shavasana / Asana of Corpse



Method:

Lie down on the mat. Relax your body and bring your feet together, such that they are touching each other adjacently.

Keep your hands by your back with your palms facing upwards.

Close your eyes and breathe calmly for 10-12 seconds.

Then imagine/visualize a luminous beam of light entering your body through the top of your head and running along your spine and illuminating it.

Imagine the light entering your neck and nourishing your thyroid, and then imagine it entering your heart and bringing you more calmness.

Then imagine this light, spreading through your shoulders to your elbows and then onto your palms and then reaching and nourishing each and every finger of yours and then feel them getting relaxed completely.

Then this light overflows from your heart and fills all your chest cavity and abdomen, nourishing each and every organ in the abdomen and relaxing those organs.

Then this light, from the lower end of your spine, spreads into your hips and then flows into your legs and reaches every finger of your feet and internally nourishes them and then feel the entire lower part of your body very relaxed.

In the final phase, this light enters your face through your neck and nourishes your teeth, tongue, lips, nose, ears and eyes and then you feel those parts relaxed completely.

Keep breathing slowly and gently allow your breath to relax you more and more.

After about 10-12 minutes in this state, slowly roll to your right side while keeping your eyes closed. Stay in this state for a minute.

Then with the support of your right hand, sit up with your legs folded with eyes still closed.

Now breathe deeply, become aware of the environment around you and slowly open your eyes.

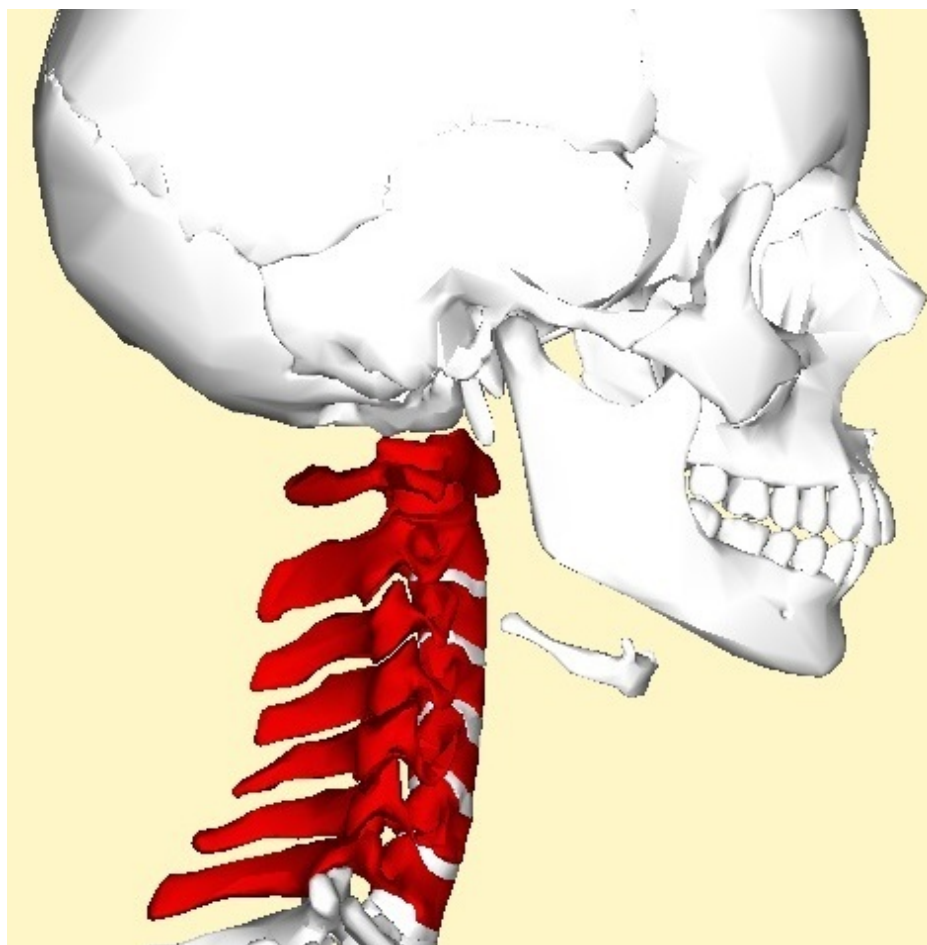
Duration:

This Asana takes around 15 minutes to perform and is to be used as a relaxation Asana.

Other Benefits:

- It relieves you of any Stress you might have.
- It boosts internal healing.
- It works like a charm in curing hypertension.
- It is an effective cure for Insomnia.
- It is very helpful in curing Anxiety.
- It relaxes the body after a Yoga session.

Cervical Spondylosis



Cervical Spondylosis used to be a predominantly age-related issue, but now a days it has become more of an occupational hazard, with a modern day employee clocking in hours of work every day, hunched over his/her computer.

It is basically a slipped disc, but at the vertebrae located in ones neck.

Mudra # 1

Vairaagyamudra / Mudra of Detachment

**Method:**

This Mudra has to be performed in a seated position.

Be seated comfortably in an upright posture and concentrate on your breathing to relax.

Join the tips of your Index finger and Thumb together and press slightly.

Keep all the other fingers extended outwards as shown in the image.

After forming the Mudras on both the hands, if you rest the Mudras on your thighs, palms facing up it will be the '*Dnyaanmudra*', but in *Vairagyamudra* the Mudras are to be held at your waist level without placing them on your thighs.

(Refer the image)

Duration:

This Mudra should be performed for at least 5 minutes and can be performed for 40 minutes at a stretch.

This Mudra should be performed twice a day, once in the morning and once in the evening for best results.

Mudra # 2

Dwitiya Uttarbodhimudra / Mudra of Supreme Awakening II



Method:

This Mudra has to be performed in a sitting position.

Be seated comfortably in an upright posture and concentrate on your breathing to relax.

Clasp your hands together, and interlace the fingers of both the hands together.

Now join the tips of the Index finger as shown in the image and extend the Index fingers as upwards as possible,

Then cross-over the left Thumb on the right Thumb.

(Refer the image)

Duration:

This Mudra should be performed for at least 5 minutes and can be performed for 40 minutes at a stretch.

This Mudra should be performed twice a day, once in the morning and once in the evening for best results.

****Note:**

This Mudra was used by ancient Indian Maharshi's / Yogi's for attracting inspiration and insight.

This Mudra strengthens the willpower and increases your focus towards achieving your aim.

Mudra # 3

Vajramudra / Mudra of Lightning



Method:

This Mudra can be performed while being seated, in a standing position or lying in bed.

Concentrate on your breathing to relax and feel comfortable.

First clasp your hands together.

Then, extend the Index fingers and Thumbs in an upward direction.

The outstretched index fingers should be pressing each other slightly.

Also exert slight pressure by the Thumbs on the Index fingers.

This Mudra is to be held in front of your chest, if you are lying down on your bed.

If you are sitting or standing then hold this Mudra in front of your forehead or above your head.

Duration:

This Mudra should be performed for at least 5 minutes and can be performed for 40 minutes at a stretch.

This Mudra should be performed twice a day, once in the morning and once in the evening for best results.

Other Benefits:

This Mudra is known as the ‘confidence booster’.

Performing this Mudra regularly will work wonders for your sexual confidence.

This Mudra regulates a proper flow of energy around the body.

Yoga Asana #1**Tiryak Bhujang Asan/Asana of the Twisting Snake**

**Method:**

Lie down on the mat/ground facing down, i.e. your stomach, chest and chin touching the ground, with your hands at your side, palms facing down.

Then, placing your palms adjacent to your respective shoulders, push your upper torso up. (Refer Image)

Your groin should still be touching the ground.

Then slowly inhaling, turn your upper torso to your right, as much as you comfortably can.

Hold this position for a few seconds and then return back to the initial lying down position, while exhaling slowly.

Repeat the process, but this time turn your upper torso to your left.

This will complete one set of this Asana.

Duration:

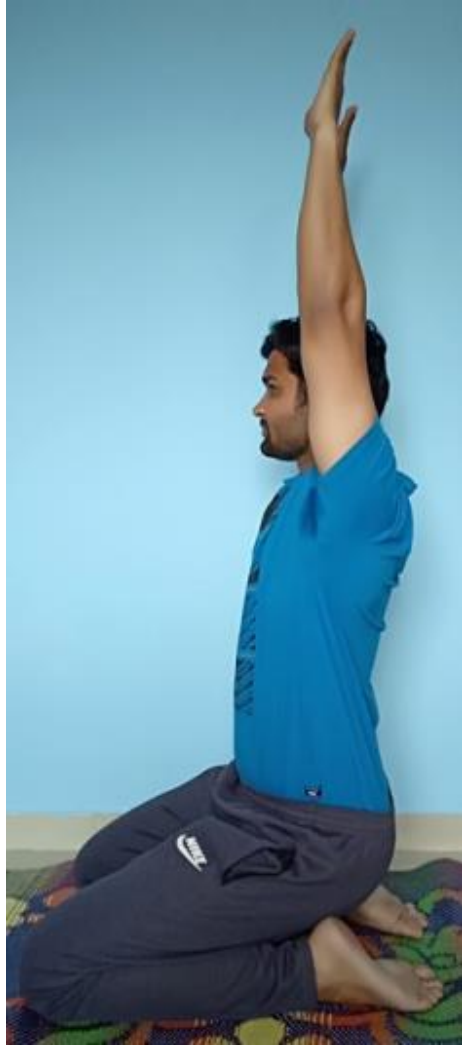
Repeat at least 2-3 sets of this Asana.

Other Benefits:

- This Asana enhances strength of your upper back.
- Regular practice of this Asana cures cervical spondylitis and helps prevent it.
- It opens up your chest muscles and also strengthens your lungs.
- Its regular practice helps in toning internal organs in your upper torso.
- It helps in regulating blood sugar levels.
- Regular practice of this Asana improves your memory and concentration.

Yoga Asana # 2**Shashak Asan/Asana of Hare**





Method:

Sit in *Vajrasan* position. (refer the instructions of the previous Asana)

Then raise both your hands up, so that your fingers are pointing upwards and palms are facing forward.

Your biceps should be touching your ears.

Exhale out completely and then suck in stomach as much as you can.

Then bend down your upper torso as much as you can. (your palms should be touching the ground/mat and also try to touch your forehead to the ground.)

Maintain this position for 3-4 seconds and then return to your previous *Vajrasan* position and then breathe in.

Duration:

This Asana takes 10-15 seconds to perform and you can repeat it 3 times.

Other Benefits:

- This Asana helps in toning the muscles of legs and thighs.
- It is very helpful in curing Arthritis and other neurological disorders.
- It enhances your digestive capabilities.

Yoga Asana #3**Elbow rotate**



Method:

Sit comfortably on the mat in *Sukhasan* .

Touch the right shoulder with the index finger of the right hand and touch the left shoulder with the index finger of the left hand.

Now your elbows will be facing forward.

Then trace circles in the air using your elbows rotating in opposite direction of each other.

Make ten (10) rotations.

Yoga Asana #4

Akarna Dhanurasana/Asana of Bow (Modified)





Method:

Stand up straight, with your feet at a 90 degree angle. (refer image)

Then raise your hands in front of you in such a way that they are parallel to the ground and are pointing in the direction of your left toe.

Your palms should be facing each other.

Now inhale to your fullest and then make your hands stiff.

Then without moving any other part of the body, pull back your right hand as if sizing a target with your bow.

Hold this position for 5-7 seconds and then slowly exhaling return to the initial position.

This completes half of the Asana.

Now, raise your hands in front of you in such a way that they are pointing in the direction of your right toe.

And, repeat the other steps with your left hand.

This will complete one cycle of the Asana.

Duration:

This Asana takes 20-25 seconds to perform and you can repeat it 5 times.

Other Benefits:

- This Asana helps in toning the muscles of your hips and shoulders.
- It is very helpful in improving your focus and concentration.
- It also enhances the suppleness of your spine.

Yoga Asana #5

Neck Doodle 1





Method:

Sit comfortably on the mat in *Sukhasana* .

Take in a deep breath and hold it in.

Now, keeping your neck still, move your face/head to right and left, like a bobblehead figurine.

Keep these movements slow and maintain a rhythm.

Perform the exercise for 10-12 seconds at a stretch.

Then slowly exhaling return to the initial sitting position.

Repeat the exercise 3-4 times.

Yoga Asana #6

Neck Doodle 2





Method:

Sit comfortably on the mat in *Sukhasana* .

Take in a deep breath and hold it in.

Now, keeping your posture erect, turn your face/head to right and then to your left,

Keep these movements slow and maintain a rhythm.

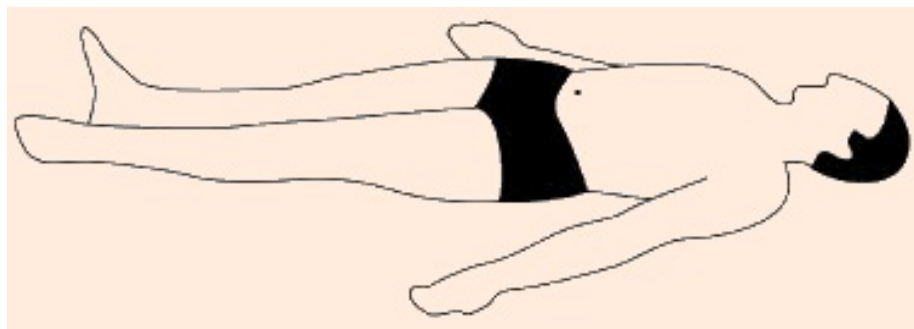
Perform the exercise for 10-12 seconds at a stretch.

Then slowly exhaling return to the initial sitting position.

Repeat the exercise 3-4 times.

Yoga Asana # 7

Shavasana / Asana of Corpse



Method:

Lie down on the mat. Relax your body and bring your feet together, such that they are touching each other adjacently.

Keep your hands by your back with your palms facing upwards.

Close your eyes and breathe calmly for 10-12 seconds.

Then imagine/visualize a luminous beam of light entering your body through the top of your head and running along your spine and illuminating it.

Imagine the light entering your neck and nourishing your thyroid, and then imagine it entering your heart and bringing you more calmness.

Then imagine this light, spreading through your shoulders to your elbows and then onto your palms and then reaching and nourishing each and every finger of yours and then feel them getting relaxed completely.

Then this light overflows from your heart and fills all your chest cavity and abdomen, nourishing each and every organ in the abdomen and relaxing those organs.

Then this light, from the lower end of your spine, spreads into your hips and then flows into your legs and reaches every finger of your feet and internally nourishes them and then feel the entire lower part of your body very relaxed.

In the final phase, this light enters your face through your neck and nourishes your teeth, tongue, lips, nose, ears and eyes and then you feel those parts relaxed completely.

Keep breathing slowly and gently allow your breath to relax you more and more.

After about 10-12 minutes in this state, slowly roll to your right side while keeping your eyes closed. Stay in this state for a minute.

Then with the support of your right hand, sit up with your legs folded with eyes still closed.

Now breathe deeply, become aware of the environment around you and slowly open your eyes.

Duration:

This Asana takes around 15 minutes to perform and is to be used as a relaxation Asana.

Uses:

- It relieves you of any Stress you might have.
- It boosts internal healing.
- It works like a charm in curing hypertension.
- It is an effective cure for Insomnia.
- It is very helpful in curing Anxiety.
- It relaxes the body after a Yoga session.

Sciatica Back Pain



The sciatic nerve is the longest nerve in human body.

It originates in the Lower back section of your Spinal chord.

This nerve starts in our lower back, travels down to the lower waist and then splits into two at the hips. After splitting this nerve travels through the buttocks, thighs, legs and to the feet.

When a herniated disc in your lower back or a cartilage spur presses against this Sciatic nerve, it results in acute pain which is felt starting from your lower back and then going into the back or sides of your legs.

In many cases it will also result into a numbness or buzzing in your legs or feet.

Mudra #1

Pallavamudra / Mudra of Leaf Swaying on Wind



Method:

This Mudra is to be performed in a seated position.

Be seated comfortably in an upright posture and concentrate on your breathing to relax.

Now, raise your right palm to shoulder height and rest the right elbow on your left palm.

Your right palm should be facing you.

Relax the right palm completely and let the fingers of the right hand move freely as if they are leaves swaying in wind.

Visualize your left palm as the earth (ground) while your right hand as the tree with your fingers of the right hand as the leaves of the tree swaying freely on the wind.

Duration:

This Mudra should be performed for at least 5 minutes and can be performed for 30 minutes at a stretch.

This Mudra should be performed twice a day, once in the morning and once in the evening for best results.

Mudra #2

Dwitiiya Varunmudra / Mudra of Rain God II



Method:

This Mudra has to be performed in a seated position.

Be seated comfortably in an upright posture and concentrate on your breathing to relax.

Keep your palms in front of your chest, facing upwards.

Touch the tip of your Thumb with the tip of your Little finger and press slightly.

Keep the other three fingers extended in the outward direction.

(Refer the image)

Form this Mudra with each of your hand and place them on your thighs.

Duration:

This Mudra should be performed for at least 5 minutes and can be performed for 40 minutes at a stretch.

This Mudra should be performed twice a day, once in the morning and once in the evening for best results.

Mudra #3

Vajramudra / Mudra of Lightning



Method:

This Mudra can be performed while being seated, in a standing position or lying in bed.

Concentrate on your breathing to relax and feel comfortable.

First clasp your hands together.

Then, extend the Index fingers and Thumbs in an upward direction.

The outstretched index fingers should be pressing each other slightly.

Also exert slight pressure by the Thumbs on the Index fingers.

This Mudra is to be held in front of your chest, if you are lying down on your bed.

If you are sitting or standing then hold this Mudra in front of your forehead or above your head.

Duration:

This Mudra should be performed for at least 5 minutes and can be performed for 40 minutes at a stretch.

This Mudra should be performed twice a day, once in the morning and once in the evening for best results.

Other Benefits:

This Mudra is known as the ‘confidence booster’.

Performing this Mudra regularly will work wonders for your sexual confidence.

This Mudra regulates a proper flow of energy around the body.

Yoga Asana # 1**Shalabh Asan/Asana of Locust**



Method:

This Asana is to be done lying down.

Lie on your stomach with your chin placed on the ground/mat.

Your feet should be close together and the nails of your toes should be touching the ground.

Slide your palms under your thighs.

Raise the right leg in the air, hold it up for 3-4 seconds and bring it back down.

Then raise the left leg in the air, hold it up for 3-4 seconds and bring it back down.

Duration:

This Asana takes 12-15 seconds to perform and you can repeat it 3-4 times.

Other Benefits:

- This Asana is very helpful in strengthening your lower back and your thigh muscles.
- It makes the spine, waist, back muscles and blood vessels flexible.
- It improves digestion.
- It is also helpful in increasing your concentration.

Yoga Asana # 2

Trikon Asan/Asana of the Triangle



Method:

Stand straight on the mat with your feet shoulder length apart.

Lift your right hand up while keeping your left hand at your side, touching your thigh.

Now, bend your body to your left and slide your left hand down, along your left leg.

(do all this without bending your knees)

Remain in this position for a few seconds and then return to the normal standing position.

Repeat the Asana but on the other side. [i.e. lift up your left hand and bend towards your right while sliding your right hand along your right leg.]

Duration:

This Asana takes 12-15 seconds to perform and you can repeat it 2-3 times.

Other Benefits:

- It strengthens your hips, hamstrings and thighs.
- It helps in regulating blood pressure.
- Its regular practice increases your focus and concentration.
- Its regular practice is very helpful in maintain a calm composure.
- It also helps in improving your balance.

Yoga Asana #3**Vyaghrasan/Asana of the Pouncing Tiger**





Method:

Get down on all your four limbs, like in Marjarasan (like a cat).

Stay in this position and take in a deep breath.

Now, slowly exhaling fold your right knee, lift it, bringing it towards the head while simultaneously lowering down your head.

Hold this position for a few seconds, then slowly inhale while raising your right leg towards the back until it is parallel to the ground.

Simultaneously turn your neck upward and backward as much as you can.

Hold this position for a few seconds and then slowly exhaling return back to the initial cat position.

Repeat the same steps with your left leg; this completes one cycle of this Asana.

Duration:

This Asana takes 12-15 seconds to perform and you can repeat it 4-5 times.

Other Benefits:

-It tones your spinal nerves and relaxes your sciatic nerves.

-It helps in regulating blood circulation in your limbs, enhancing their strength and flexibility.

-In women, this asana is extremely effective in toning up the Vaginal passage post child birth.

-Its regular practice is very helpful in improving your digestive system.

Bad Posture related Back Pain

Mudra #1

Dwitiiya Uttarbodhimudra / Mudra of Supreme Awakening II



Method:

This Mudra has to be performed in a sitting position.

Be seated comfortably in an upright posture and concentrate on your breathing to relax.

Clasp your hands together, and interlace the fingers of both the hands together.

Now join the tips of the Index finger as shown in the image and extend the Index fingers as upwards as possible,

Then cross-over the left Thumb on the right Thumb.

(Refer the image)

Duration:

This Mudra should be performed for at least 5 minutes and can be performed for 40 minutes at a stretch.

This Mudra should be performed twice a day, once in the morning and once in the evening for best results.

****Note:**

This Mudra was used by ancient Indian Maharshi's / Yogi's for attracting inspiration and insight.

This Mudra strengthens the willpower and increases your focus towards achieving your aim.

Mudra # 2**Apaanmudra / Mudra of Downward Force**



Method:

This Mudra has to be performed in a seating position.

Be seated comfortably in an upright posture and concentrate on your breathing to relax.

Touch the tip of your thumb with the tip of your middle finger and the tip of the ring finger, and press slightly.

Keep the index finger and the Little finger straight as shown in the image.

This Mudra should be performed on both the hands. Rest the hands on your thighs.

See to it that you are completely relaxed while performing this Mudra.

Duration:

This Mudra should be performed for at least 5 minutes and can be performed for 40 minutes at a stretch.

This Mudra should be performed twice a day, once in the morning and once in the evening for best results.

Other Benefits:

This Mudra enhances the health of the pelvic organs, thus enhancing your overall sexual capabilities.

It nourishes the Urinary bladder in both men and women and maintains the health of Uterus in women.

It also helps in regulating menstruation in women.

******Very Important**

DO NOT PERFORM THIS MUDRA DURING PREGNANCY.

Yoga Asana #1**Ushtra asan/Asana of Camel**





Method:

Sit in *Vajrasana* position.

[Vajrasana -

Stand straight with the waist, back and neck aligned and your feet around an inch apart.

Get down on your knees and fold your legs below your thighs.

Keep your feet spaced with the base of the feet (palms of the feet) facing upwards. (refer image)

(The nails of your fingers should touch the ground)

Then, place your bums on your heels. This is the 'vajrasan' position.]

Then lift your torso up and stand on your knees.

Then while inhaling slowly, bend backwards gently and touch your heels with your hands.

Now, rest the entire weight of your torso on your heels through your hands and stretch out your chest and shoulders.

Maintain the position for a few seconds.

Then, slowly exhaling return to the earlier Vajrasan position.

Duration:

This Asana takes 10-12 seconds to perform and you can repeat it 2-3 times.

Other Benefits:

- It's regular practice cures back pain.
- It helps in strengthening your spine.
- This Asana enhances the strength of your shoulders.
- It enhances the capacity of your lungs.
- It is very effective in stimulating the thyroid gland.
- It is very helpful in strengthening your neck muscles.
- It enhances the blood flow towards your brain.

Yoga Asana #2

Samakonasana/Asana of the Right Angle







Method:

Stand straight with the waist, back and neck aligned and your feet around 6 inches apart.

Then, slowly inhaling raise your arms above the head with the palms facing forward.

Your biceps should be next to your ears.

Stay in this position for a few seconds.

Now, slightly bring your tailbone out and then slowly exhaling, bend forward from your hips while keeping your legs straight.

See to it that your upper torso is parallel to the ground.

Maintain this position for a few seconds.

Then, slowly inhaling return to the initial standing position.

Duration:

This Asana takes 10-12 seconds to perform and you can repeat it 5-6 times.

Other Benefits:

- It's regular practice cures lower back pain.
- It helps in strengthening your thighs and hamstrings.
- This Asana enhances the strength of your spine.
- It enhances the blood flow throughout your upper torso.
- This Asana is extremely effective in improving your posture, especially if you are slumped over your desk owing to your job.

Yoga Asana #3**Makar Asan/Asana of Crocodile****Method:**

This Asana is to be done lying down.

Lie on your stomach with your chin placed on the ground/mat.

Your feet should be close together and the nails of your toes should be touching the ground.

Now rest your elbows on the ground and push your torso up and then let your face rest in your palms. (Refer image)

[Makarasan is a relaxation exercise which takes away all the fatigue and helps in calming down your mind and body]

Duration:

You can remain in this Asana till you feel properly relaxed and rested.

Other Benefits:

- This Asana is a relaxation pose.
- It is an excellent stress and fatigue reliever.
- It is also helpful in strengthening your lungs.

Digestion/Bloating related Back Pain

Mudra # 1

Rudramudra / Mudra of Lord Shiva

**Method:**

This Mudra is to be performed in a seated position.

Be seated comfortably in an upright posture and concentrate on your breathing to relax.

Place your hands on your thighs with your palms facing upwards.

Touch the tip of your Thumb with the tip of your Index finger and the tip of the Ring finger, press slightly.

Refer the image for more clarity.

Duration:

This Mudra should be performed for at least 5 minutes and can be performed for 40 minutes at a stretch.

If you are serious about losing weight then this Mudra should be performed at least 4 times a day.

Yoga Asana #1

Vajrasana/Asana of the Thunder-Bolt



Method:

Stand straight with the waist, back and neck aligned and your feet around an inch apart.

Get down on your knees and fold your legs below your thighs.

Keep your feet spaced with the base of the feet (palms of the feet) facing upwards. (refer image)

(The nails of your fingers should touch the ground)

Then, place your bums on your heels.

While performing this Asana you can place your palms on your stomach as shown in the image or you can place them on your knees.

Duration:

This Asana (position) should be held for 25-30 seconds.

Repeat at least 3 times.

Other Benefits:

- This Asana enhances strength of your lower body.
- Regular practice of this Asana prevents the occurrence of kidney stones..
- It also strengthens the toes of your feet.

Yoga Asana #2

Manduk Asan/Asana of Frog



**Method:**

Sit in *Vajrasana* position.

Place your left palm on your belly button and then place the right palm over your left palm.

Exhale out completely and then suck in stomach as much as you can.

Then bend down your upper torso as much as you can. (you should be able to touch your nose to the ground with regular practice of this Asana)

Maintain this position for 8-10 seconds and then return to your previous *Vajrasana* position and then breathe in.

Duration:

This Asana takes 15-20 seconds to perform and you can repeat it 3 times.

Other Benefits:

-It keeps your pancreas healthy.

-It is very helpful in regulating levels of 'Insulin' in the body, thus is very helpful for people suffering from diabetes.

Miscellaneous Reasons

Mudra #1

Svadhishthana Chakramudra / Mudra of Pelvic Centre Chakra



Method:

This Mudra can be performed while being seated, in a standing position or lying in bed.

Concentrate on your breathing to relax and feel comfortable.

Join both the palms together like in the Indian salutation 'Namaste'.

Then interlace and bend the Ring fingers and the Little fingers of both the hands within the palms.

Cross the Middle fingers over the Index fingers.

Touch the tip of the Middle fingers to the tip of the Thumbs and press slightly.

Press the heels of both the palms together.

Hold this Mudra in front of your chest.

Duration:

This Mudra should be performed for at least 5 minutes and can be performed for 40 minutes at a stretch.

This Mudra should be performed twice a day, once in the morning and once in the evening for best results.

Mudra # 2

Surabhimudra (Dhenumudra)



Method:

This Mudra has to be performed in a sitting position.

Be seated comfortably in an upright posture and concentrate on your breathing to relax.

Touch the tip of the Little finger of the left hand to the tip of the Ring finger of the right hand.

Touch the tip of the Middle finger of the left hand to the tip of the Index finger of the right hand.

Touch the tip of the ring finger of the left hand to the tip of the Little finger of the right hand.

Touch the tip of the Index finger of the left hand to the tip of the Middle finger of the right hand. (This is a bit confusing; refer to the image for clarity)

Then join the tips of both the Thumbs together and press slightly.

Hold this Mudra in front of your chest.

Duration:

This Mudra should be performed for at least 5 minutes and can be performed for 30 minutes at a stretch.

This Mudra should be performed twice a day, once in the morning and once in the evening for best results.

Yoga Asana #1

Bhunamanasan/Asana of Ground Salutation



**Method:**

Sit with your legs spread out straight in front of you.

Your back must be straight and relaxed. Place your palms on your thighs.

Then slowly inhaling raise your arms to shoulder height.

Remain in this position for a few seconds.

Then slowly exhaling, tilt your upper body back slightly and twist to the left.

Then placing your hands on the floor behind the body, bend the arms and bring the forehead towards the floor.

Make sure that your right buttock remains as close to the floor as possible.

Remain in this position for a few seconds.

Then, inhaling come up again with arms straight out to the front.

Then slowly exhale to return to the initial position.

Repeat the same movements on the right side to complete one cycle of this Asana.

Duration:

This Asana takes 10-15 seconds to perform and you can repeat it 2-3times on each side.

Other Benefits:

- This Asana enhances the strength and also relaxes the deep muscles of your lower back.
- It strengthens your stomach and also helps in enhancing your digestive capabilities.
- It strengthens your spine.
- It also helps in strengthening your lungs.

****CAUTION:**

AVOID THIS ASANA IF YOU SUFFER FROM SLIPPED DISC.

Yoga Asana #2

Nauka Asan/Asana of the Boat



**Method:**

Lie on the mat/ground comfortably with both your hands resting on your thighs, palms facing down.

Then, slowly inhaling pull up your head and shoulders above the ground.

Then also raise both your feet, around 1 & a 1/2 foot in the air. (refer image)

(It is as if you are trying to touch your toes with your fingers)

Maintain this position for a few seconds, then slowly exhaling; come back to the original position.

Duration:

This Asana takes 10-15 seconds to perform and you can repeat it 3 times.

Other Benefits:

- It's regular practice enhances one's digestive capabilities.
- This Asana enhances the strength of your abdominal organs.

- It strengthens your stomach and also helps in regulating blood sugar levels.
- It is very helpful in reducing belly fat.
- It is very helpful for women as it helps cure menstrual problem.
- It also helps in strengthening your lungs.

Yoga Asana #4

Kandharasan/Asana of Shoulders





Method:

Lie on the mat/ground comfortably with both your hands resting at your side, palms facing down.

Fold your legs in such a way that your heels are touching your bum.

Touch your heels with your fingers.

Then, slowly inhaling raise up your lower back, waist, buttocks and thighs above the ground, as much as you can.

Your weight should be on your shoulder and lower neck.

Maintain this position for a few seconds, then slowly exhaling; come back to the original position.

Duration:

This Asana takes 10-12 seconds to perform and you can repeat it 3 times.

Other Benefits:

-It's regular practice cures back pain.

-It helps in strengthening your spine and maintains the health of your vertebrae's and prevents any disc slippage.

-This Asana enhances the strength of your shoulders.

-It enhances the blood flow towards the brain.

-In women, this asana is extremely effective in maintaining the health of the uterus.

-It is very helpful in strengthening your neck muscles.

****Pro Tip:**

This asana is very helpful to women who are prone to miscarriage. It strengthens their reproductive system.

But, this asana is to be performed before pregnancy only and avoided during pregnancy.

*****Warning:**

Pregnant women should NOT perform this asana.

Yoga Asana #4

Supt Vajra Asan/Asana of Thunder-bolt



Method:

Sit in *Vajrasan* position.

Then place your hands on the ground behind you. (fingers pointing towards you.)

Then slowly inhaling, bend backwards enough to place your elbows on the ground.

Keep looking upwards and maintain this position for a few seconds.

Then exhaling slowly, get back up by applying pressure on the ground through your hands.

Duration:

This Asana takes 10-12 seconds to perform and you can repeat it 2 times.

Other Benefits:

- This Asana strengthens your abdomen and is very helpful in curing constipation.
- It is very effective in strengthening your spine.
- Regular practice of this Asana broadens your chest.
- This is a very effective Asana for people suffering with breathing disorders. (asthma, bronchitis etc.)
- It also enhances the function of adrenal glands.

Ayurvedic Remedies for Back Pain

Bishop's weed seed tea

Bishop's weed seeds are called Ajwain seeds in Hindi.

This Ayurvedic spice is highly beneficial for pain, as well as digestive disorders, and can be safely taken by anyone.

(especially by women during their menstrual cycle for curing lower back pain)

- take 2 tspn of Ajwain seeds.
- grind them coarsely in a mortar and pestle.
- Bring 1 large cup of water to a boil.
- Add the Ajwain seeds to the boiling water and let it boil for 1 minute.
- turn off the heat, cover the pot and let it steep for 3-4 minutes.
- pass it through a sieve to get clear tea. (you can add a small tspn of honey if you wish.)
- Drink this tea for instant pain relief.

Ginger-Pepper drink

- Grind 1 tspn of dried ginger and 1 tspn of black pepper together. (it is better if you coarsely grind it using a mortar and pestle as it helps in releasing certain essential oils unlike grinding in a processor.)
- and a pinch of black salt to the mixture.
- Take a teaspoonful of this mixture with 1 cup of warm water.

Garlic infused Sesame Oil (for massage)

- Roughly chop a 8-10 cloves of Garlic and keep it aside.
- Take 1 medium cup of Sesame oil and add the garlic to it.
- let the Garlic sit in the oil for around an hour.
- Now transfer the contents of the cup to a pot or a pan and keep it on low heat.

- On this low heat let the oil come to a mild boil.
- Then turn the heat off and let the oil cool down.
- remove the pieces of garlic from the oil and store it in a glass container.

This oil is an excellent anti-inflammatory and a pain killer, when massaged slowly on the affected area.

Tea infused with Ginger and Honey

- The anti-inflammatory properties of ginger make it a great herb for natural back pain relief.
- Bring 1 cup of water to boil.
- Add 2 tspn of grated ginger to the boiling water.
- Let it boil for 1 more minute.
- Turn off the heat, add the tea leaves and then cover it.
- Let it steep for 3-4 minutes.
- Pass it through a sieve to remove the ginger and tea leaves.
- Add 1/2 tspn of Honey

Drinking this tea soothes pain and calms down the nerves.

(You can replace tea with dandelion or chamomile)

Turmeric Elixir

- Roughly crush 2-3 whole pods of Cardamom.
- Add it to 1 cup of Milk.
- Slowly bring this to a simmer.
- Then add 2 pinches of Turmeric to the milk and mix well.
- Turn off the heat after a minute.

Drinking this regularly as a nightcap will help cure your back pain naturally.

Camphor infused Coconut Oil (for massage)

- Take 4-5 small Camphor tablets and crush them roughly.
- Add the camphor to 1 cup of coconut oil.
- Mix well and then heat it for 4-5 minutes.
- Turn off the heat and leave it to cool down.
- Remove the camphor and store the oil in a glass bottle.

This oil is an excellent pain killer, when massaged slowly on the affected area.

Eucalyptus Oil

Add 8-10 drops of Eucalyptus oil to your bath water, daily.

It is warming and comforting in case of back aches.

Pineapple-Pomegranate-Turmeric Smoothie

- Both Pineapple and Pomegranate juice contains plenty of anti-oxidants and enzymes that have anti-inflammatory and anti-irritant properties.
- Take equal parts of fresh pineapple and pomegranate.
- Add 1 tspn of fresh grated ginger, and 2-3 pinches of Turmeric powder.
- Blend it into a smoothie.

This perfect blend enhances your bodies self-healing mechanism and helps you in getting rid of pain and aches.

Thank You!

Thank you so much for reading my book. I hope you really liked it.

As you probably know, many people look at the reviews on Amazon before they decide to purchase a book.

If you liked the book, please take a minute to leave a review with your feedback.

60 seconds is all I'm asking for, and it would mean a lot to me.

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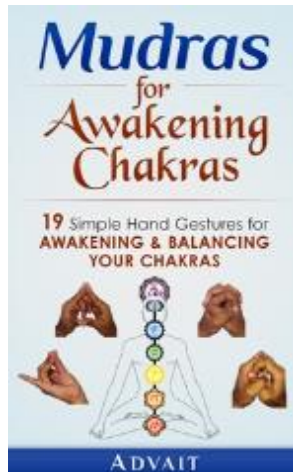
All the best,

Advait

Other Books by Advait

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Mudras for Awakening Chakras: 19 Simple Hand Gestures for Awakening
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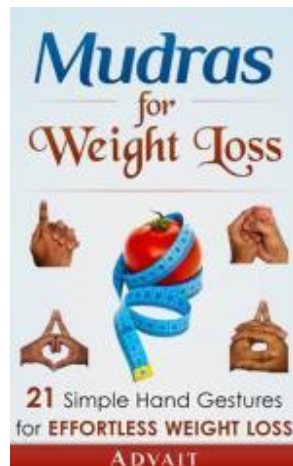


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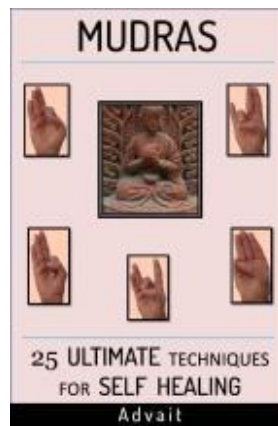
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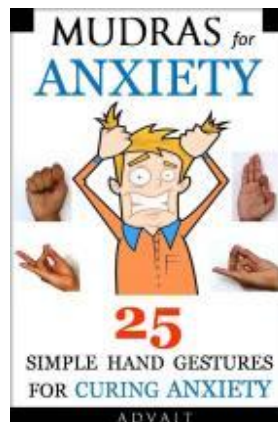
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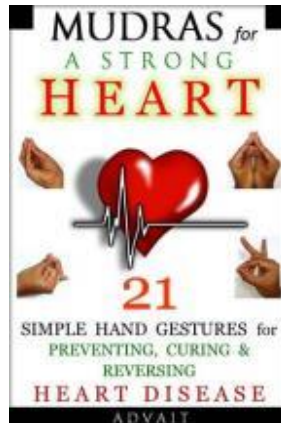
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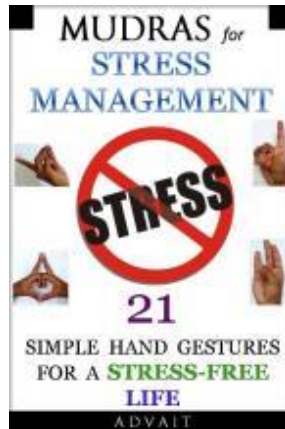
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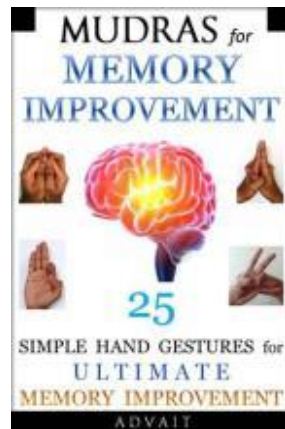
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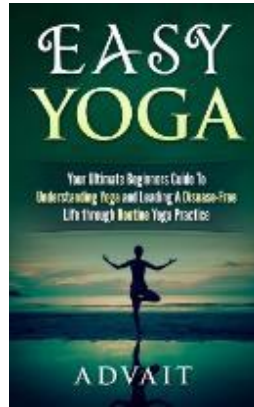
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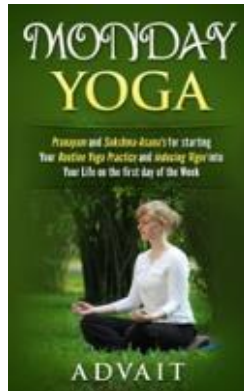
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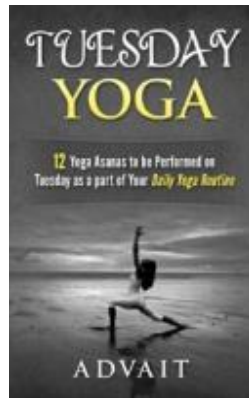
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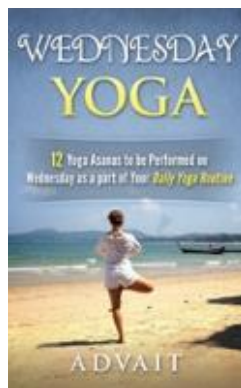
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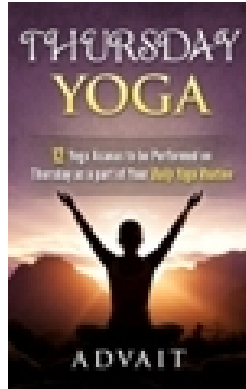
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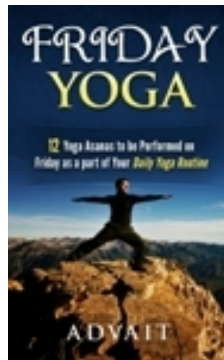
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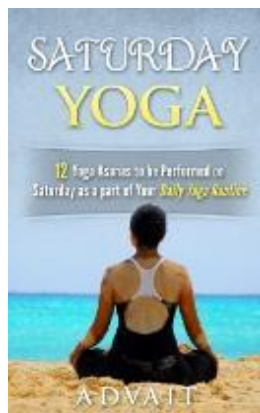
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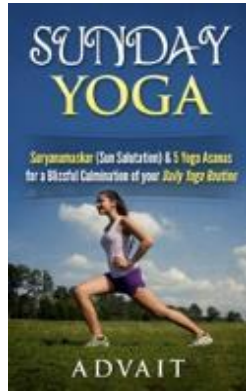
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