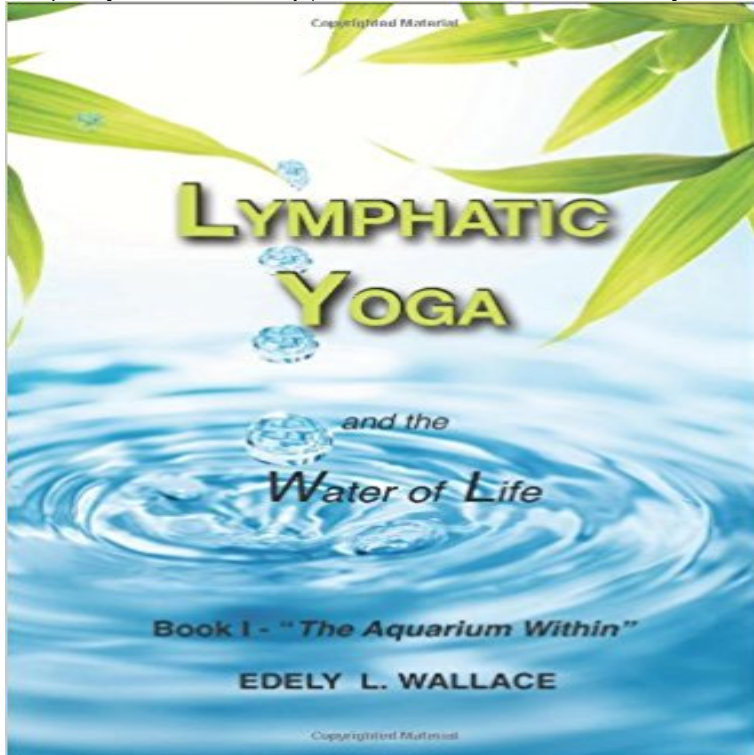


## Lymphatic Yoga: Book I - The Aquarium Within (Volume 1)



Edely Wallace, Yoga master, has been researching the Lymphatic System for over 20 years. She is now releasing her findings of many years of intensive study to help people to restore and maintain health. This is the first book of a trilogy about Yoga and the Lymphatic System. The Lymphatic System is a transport system that permeates and affects all other systems and functions of the body. When flowing properly, the Lymphatic System represents the first stage for health. When this system is sluggish, however, diseases appear. Though, neglected in the past for its elusive characteristics, the Lymphatic System holds the key to sound health, clear mind and spiritual awareness. To keep the Lymphatic System flowing properly, Edely combines her vast knowledge of Yoga with the most recent scientific discoveries about the Lymphatic System, creating a new approach for anybody to reach health in a natural effective method - Lymphatic Yoga.

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