Early to Rise Customer Support

Will Yoga for Pain Relief with Missi help for fibromyalgia pain and scoliosis pain?

Stephanie H - 2020-02-20 - Yoga

Yes! Yoga, meditation, and breath work can create a substantial shift in your experience with the pain of fibromyalgia. Yoga's ability to shift the nervous system out of a stress response and into the relaxation/healing response is vital for people who's central nervous system is sensitive and hyped up. The Targeted Pain Sequences for Emotional Pain along with the Align and Alleviate Module will be great places to start. Stay on that series as long as you like. You will notice that yoga will help turn down the volume on your pain, fatigue, headaches, and sleep disturbances. Yoga is also great for those with mild scoliosis as it can be a gentle way of awakening muscles and finding alignment in your body. In addition, the Anti-Inflammatory provides a low-to-no sugar protocol to support immune function.