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The effect of complementary medicine (yoga and diet based therapy)

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Yoga and nutritional diet used as an approach for elderly women and men to enhance the physical, mental, intellectual and spiritual aspects of life. Yoga, physical therapy, diet and aromatherapy, research suggests that yoga therapy may be a viable gentle physical activity option with a variety of health-

related quality of life, psychological and physical symptom management benefits. Diet and nutritional therapy on the other hand, has shown solid evidence as an alternative medicine to reduce the symptoms of chronic diseases in elderly population.

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