

# Benefits of Yoga

**"...a study out of Mangalore University in India, women who practiced yoga for an hour daily for just 30 days saw an 89% improvement in their levels of thyroid-stimulating hormones."**

"You can think of the thyroid like the metabolic "engine" of our body. Every cell in our body has thyroid hormone receptors in it."

From the magazine "Centennial Health," issue called "The Thyroid Cure"

