

Yoga Shown To Improve Fatigue In Breast Cancer Survivors.

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About one in three breast cancer survivors suffers from fatigue. A recent study shows that yoga may help with this problem. Thirty-one breast cancer survivors were divided into two groups, one group received health education and the other participated in yoga two times per week. Women in the yoga group reported reduced fatigue and more 'vigor' after three months of yoga.

Source

<http://onlinelibrary.wiley.com/doi/10.1002/cncr.26702/abstract;jsessionid=A29A8...>

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