

YOGA FOR BLOOD SUGAR, STRESS & WEIGHT LOSS

✓ IOLEBA's 6 Week Focused Program

Week 1

Pose 5

Wind-Relieving Pose



🔄 How to Do It

Lie on your back, hug both knees into your chest. Rock gently side to side or hold still for 30–60 seconds. Option: lift head toward knees to increase pressure.

🔬 Science Spotlight

A 2020 integrative health trial highlighted Pawanmuktasana as part of a yoga sequence that led to reduced fasting glucose and improved gut motility in adults with T2DM.

✨ **Benefits for Diabetes & Weight Loss**
Gently massages intestines and pancreas
Relieves bloating and supports digestion
Enhances insulin uptake in abdominal muscles

Pose 6

Alternate Nostril Breathing



🔄 How to Do It

Sit comfortably. Use your right thumb to close your right nostril, inhale through the left. Close left nostril with ring finger, exhale through right. Inhale through right, close it, exhale left. That's 1 cycle. Repeat 5–10 rounds.

🔬 Science Spotlight

A 2023 meta-analysis in the Journal of Endocrine Stress Regulation found alternate nostril breathing decreased fasting glucose by ~12 mg/dL and cortisol levels by 16% after consistent 4-week practice.

✨ **Benefits for Diabetes & Weight Loss**
Reduces cortisol and sympathetic nervous system dominance
Improves oxygenation and vagal tone
Helps break stress-eating patterns and improve mindfulness



IOLEBA

Support and services for online entrepreneurs and small business owners.

Home



Podcast



IOLEBA & RxPrime

Discount prescription card.

This card is HIPAA compliant.

Present this card to your pharmacist

Membership ID: 009-4542

BIN: 023518

PCN: ARX

Group: NCR1495

Accepted by 1000's of pharmacies across the USA

Learn more...

www.ioleba.org/rxusa

Your RxPrime Card

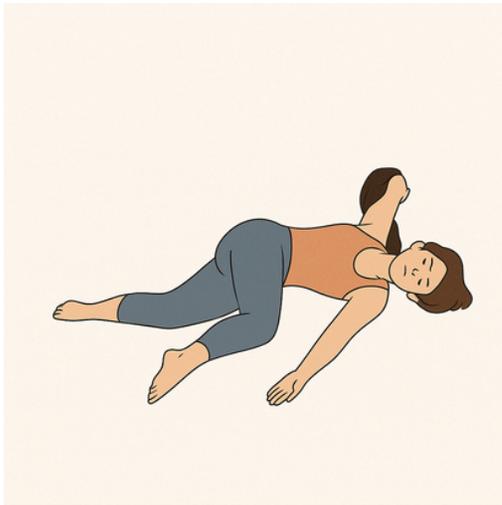
YOGA FOR BLOOD SUGAR, STRESS & WEIGHT LOSS

✓ IOLEBA's 6 Week Focused Program

Week 1

Pose 3

Supine Twist



🔄 How to Do It

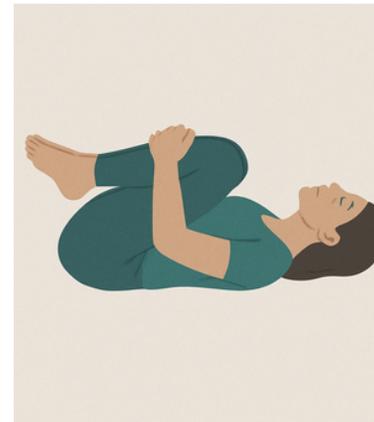
Lie on your back. Hug your right knee to your chest, then guide it across your body to the left. Stretch your right arm out to the side, palm facing up. Turn your head gently toward your right hand. Hold for 1–2 minutes, then switch sides.

🔬 Science Spotlight

Gentle spinal twists like Supta Matsyendrasana have been shown to stimulate parasympathetic nervous activity and digestive function. A 2022 meta-review of yoga for gastrointestinal support linked spinal twists to improved motility and lower inflammation.

✨ **Benefits for Diabetes & Weight Loss**
Activates the parasympathetic nervous system (relaxation and healing state)
Stimulates abdominal organs, aiding digestion and insulin receptor sensitivity
Releases lower back tension, supports better sleep

Bridge Pose



🔄 How to Do It

Lie on your back, knees bent, feet hip-width apart, arms by your sides. Press into your feet to lift hips off the mat. Interlace your fingers under your back, roll shoulders together. Hold for 30–60 seconds, then release slowly.

🔬 Science Spotlight

According to a 2021 clinical study, Setu Bandhasana helps stimulate endocrine glands and regulate metabolism. Bridge pose also showed improvements in insulin sensitivity and autonomic regulation.

✨ **Benefits for Diabetes & Weight Loss**
Stimulates thyroid, pancreas, and adrenal glands
Builds strength in hips and back
Reduces anxiety by opening the heart and chest



IOLEBA

Support and services for online entrepreneurs and small business owners.

Home



Podcast



IOLEBA & RxPrime

Discount prescription card.

This card is HIPAA compliant

Present this card to your pharmacist

Membership ID: 009-4542

BIN: 023518

PCN: ARX

Group: NCR1495

Accepted by 1000's of pharmacies across the USA

Learn more... www.IOLEBA.org/rxusa

Your RxPrime Card

YOGA FOR BLOOD SUGAR, STRESS & WEIGHT LOSS

✓ IOLEBA's 6 Week Focused Program

Pose 1

Seated Forward Bend



Paschimottasana

🔬 Science Spotlight
A 2024 RCT published in *Diabetes & Metabolic Wellness* found that seated forward bends, practiced 3–5 times per week, improved HbA1c by 0.8% over 12 weeks. This pose compresses the pancreas, enhances vagal tone, and helps reduce post-meal glucose spikes.

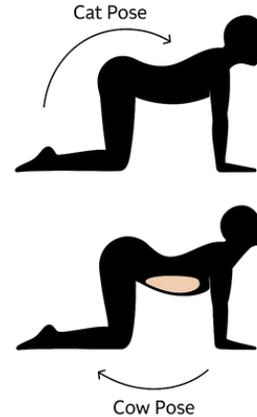
🔄 How to Do It
Sit tall with your legs extended straight in front of you, feet flexed. Inhale and reach both arms up. Exhale and fold forward from the hips (not the waist), reaching toward your feet. Rest your hands on your shins, ankles, or feet. Let your head relax. Stay for 1–2 minutes, breathing slowly and deeply. Inhale to slowly rise back up.

🌟 Benefits for Diabetes & Weight Loss
Aids insulin sensitivity by gently stimulating abdominal organs
Calms stress, reducing cortisol-driven fat storage
Promotes mindfulness and satiety, which can reduce overeating

Week 1

Pose 2

Cat-Cow Stretch



Marjaryasana–Bitilasana

🔬 Science Spotlight
According to a 2023 integrative therapy study, Cat-Cow improves autonomic regulation, supports glucose metabolism, and can relieve symptoms of diabetic neuropathy when practiced consistently over 10–15 minutes daily.

🔄 How to Do It
Start on hands and knees in a tabletop position. Inhale, arch your spine (Cow Pose): chest forward, belly drops, gaze up. Exhale, round your spine (Cat Pose): press the floor away, tuck your chin. Flow gently with your breath for 5–10 rounds. Move slowly and stay mindful of breath and body sensation.

🌟 Benefits for Diabetes & Weight Loss
Stimulates digestive organs and spinal nerves related to blood sugar regulation
Builds body awareness and encourages daily movement habits
Supports spinal flexibility and good posture (key for deeper breathing and circulation)



IOLEBA

Support and services for online entrepreneurs and small business owners.

Home



Podcast



IOLEBA & RxPrime

Discount prescription card.

This card is HIPAA compliant

Present this card to your pharmacist

Membership ID: 009-4542

BIN: 023518

PCN: ARX

Group: NCR1495

Accepted by 1000's of pharmacies across the USA

Learn more...

www.IOLEBA.org/rxusa

Your RxPrime Card