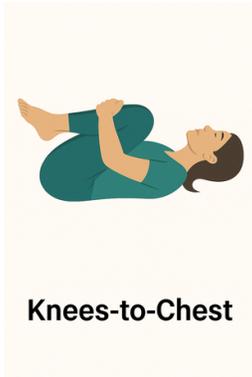


# YOGA FOR BLOOD SUGAR, STRESS & WEIGHT LOSS

## ✓ IOLEBA's 6 Week Focused Program

### Week 3

#### Pose 17



Knees-to-Chest

**How to Do It**  
Lie on your back with legs extended.  
Exhale and draw both knees toward your chest.  
Wrap your arms around your shins and gently hug your knees inward.  
Keep your back flat and shoulders relaxed.  
Hold for 5–10 breaths, optionally rocking side to side.

**Science Spotlight**  
This pose increases abdominal compression, which stimulates peristalsis (intestinal movement) and helps regulate the gut-brain axis, according to a 2022 review in Integrative Medicine Reports. It's often used therapeutically to reduce constipation and metabolic stagnation.

**Benefits for Diabetes & Weight Loss**  
Aids digestion and reduces abdominal discomfort  
Relieves gas, bloating, and mild cramps  
Promotes gentle detoxification  
Calms the mind and relaxes the lower back

#### Pose 18

Standing Forward Fold



**How to Do It**  
Stand tall with feet hip-width apart.  
Inhale and raise your arms overhead.  
Exhale and hinge at the hips to fold forward, letting your head hang.  
Keep a slight bend in the knees if needed; hands can rest on the floor, shins, or a block.  
Hold for 5–10 breaths, relaxing your neck and shoulders.

**Science Spotlight**  
Inversion-style poses like Uttanasana have been shown in Diabetes Spectrum (2021) to increase parasympathetic nervous system activity, reducing cortisol and aiding glucose homeostasis. They also enhance blood flow to the abdominal organs for natural detoxification.

**Benefits for Diabetes & Weight Loss**  
Supports insulin regulation through stress reduction  
Stimulates liver, kidneys, and digestive tract  
Eases fatigue and mild depression  
Helps release tight hamstrings and lower back



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### Week 3

#### Pose 15

Happy Baby



**How to Do It**  
Lie on your back and bend your knees toward your chest.  
Grab the outer edges of your feet with your hands. Open your knees wide, bringing them toward your armpits.  
Keep your ankles over your knees and gently pull downward.  
Rock side to side if comfortable. Hold for 5–10 breaths.

**Science Spotlight**  
Research in The International Journal of Yoga Therapy (2020) shows that gentle supine poses like Happy Baby stimulate the vagus nerve, reducing stress-related inflammation and promoting digestive efficiency—both crucial for diabetes prevention.

**Benefits for Diabetes & Weight Loss**  
Relieves tension in the lower back and hips  
Stimulates digestion and elimination  
Calms the mind and reduces stress-related cravings  
Supports hormonal balance through deep relaxation

#### Pose 16



Warrior II Pose

**How to Do It**  
Start in a wide stance, feet about 3–4 feet apart. Turn your right foot out 90°, and your left foot slightly inward.  
Bend your right knee so it's directly over your ankle. Extend arms out to the sides, parallel to the floor, palms down.  
Gaze over your right fingertips and hold for 5–10 breaths. Repeat on the other side.

**Science Spotlight**  
According to a 2023 study in Metabolism Open, sustained weight-bearing postures like Warrior II activate fast-twitch muscle fibers and improve glucose uptake in large muscle groups—especially beneficial for prediabetics and those managing insulin resistance.

**Benefits for Diabetes & Weight Loss**  
Strengthens thighs, glutes, and shoulders  
Enhances stamina and body awareness  
Improves posture and balance  
Encourages mindful focus and discipline



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#### Pose 13



Pose 13:  
Downward-Facing Dog

#### 🧑 How to Do It

Start on hands and knees in a tabletop position. Tuck your toes under and lift your hips toward the ceiling. Straighten your legs as much as is comfortable and press your heels toward the floor. Spread your fingers wide and press through your palms. Keep your head between your arms and gaze toward your feet. Hold for 5-10 breaths, then slowly lower.

#### 🔬 Science Spotlight

Downward Dog increases blood flow to the brain and endocrine system, which has been linked to improved glucose regulation and lowered stress hormones, according to research published in *Diabetic Medicine Journal* (2021).

#### 🌟 Benefits for Diabetes & Weight Loss

- Enhances circulation to digestive and endocrine organs
- Stretches calves, hamstrings, spine, and shoulders
- Activates core and arms for gentle strength building
- Calms the mind and reduces cortisol levels

#### Pose 14



Crescent Lunge

#### 🧑 How to Do It

Start in a standing position and step your right foot back into a long lunge. Bend your front knee so it's directly above your ankle; keep the back leg extended and heel lifted. Inhale and raise both arms overhead, palms facing inward. Keep your hips squared forward and your chest lifted. Hold for 5-10 breaths, then switch sides.

#### 🔬 Science Spotlight

Lunging postures engage large muscle groups, which helps enhance insulin uptake in skeletal muscle, as confirmed in a 2022 study published in *Frontiers in Endocrinology*. Hip-opening also supports hormonal detoxification.

#### 🌟 Benefits for Diabetes & Weight Loss

- Activates glutes, quads, and core for better metabolism
- Opens hip flexors tightened by long sitting sessions
- Stimulates digestive organs through gentle compression
- Builds strength and balance without high impact



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