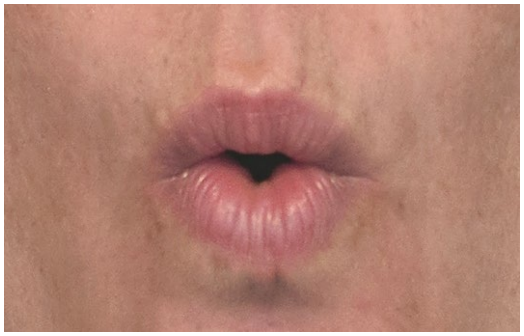
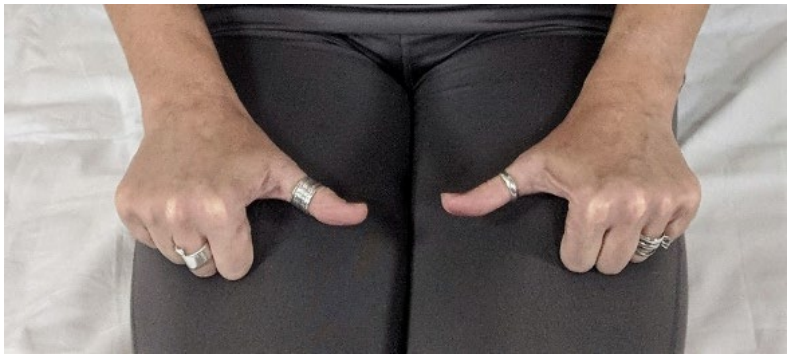
Over Digestion Protocol

Helpful for GERD, nausea, and diarrhea

"My digestion is calm" *"My digestion is calm"* *"My digestion is calm"* **State Sankalpa**	 **Kaki** inhale through pursed lips, exhale through nose; cooling and helpful for GERD and nausea
 **Adho Merudanda Mudra** for abdominal cramps and nausea	 **Queen's Pose** relaxes abdominal organs