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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Importance And Benefits Of Ardha Chandrasana

By Sharon Hopkins

Life teaches us lot of things and yoga learns lot from life. It derives its inspiration from the basic

nature of life which is in various forms such as human, animals, plants, tress, earth, sun and moon. For instance this asanas other name is derived from the Moon. In English this asana would mean Half Moon Pose. The Moon from which the name is derived is an important part of our life. It touches each individual it in its own manner.

Apparently Hatha yoga talks about sun and moon which are two extreme power houses of human body. So by doing this asana it makes it more important to raise those energies and use it for the benefit of your body. This energy might be in useful for our tired bodies. The solar and lunar energy force works together for benefiting your body.

Stretching is very significant in every asana and this asana is no different. While doing Ardha Chandrasana it becomes very important to keep in mind that many may not be able to do this asana with a stiff body. You can use some accessories like yoga block to give you support, which can be used between the ground and your hand. To avoid your leg from slipping you can also use the wall as a support.

You start off this asana by performing the Utthita Trikonasana. This helps to begin your asana and provide you all the necessary benefits you can draw from this asana. By doing this asana it helps in creating a sense of a balance. Your concentration and coordination also improves greatly which is very healthy in times of urgency and emergency.

Due to this asana your fitness level increases as it stretches all the required muscles in your body to make you more agile and healthy. The joint problems which you have been suffering from ages will be cured and can be easily brought under control. By doing this asana there will be less pain and more of freedom from all the restless nights of pain. Your muscles are also strengthened as the tilt helps your asana.

Arthritis pain also improves as it helps when you keep your legs straight helping them immensely. It is also very useful for your groins and hamstring as it stretches every muscle of that part, making it more

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functional and more efficient. Your digestion also improves due to this pose. It helps in relieving stress and creates an easy balance in life.

Sharon Hopkins manages sites which are similar to

<http://www.yogawiz.com>

, giving you knowledge

about yoga and how important it has turned out to be world wide. Ardha Chandrasana is known as the Half Moon Pose which is very useful in creating a sense of balance and concentration.

Malic Acid A Good Supplement

By Mitch Johnson

You may not know what malic acid is, which is okay because many people don't exactly know what it is anyway. It is an organic acid that helps the process of deriving ATP. That is the energy currency that runs the body from food. Basically malic acid helps in the production of energy.

Malic acid can also be called fruit acid, because it is found in apples and other fruits. But Malic acid is also found in some plants and animals including humans. I won't get into too many details as it can be confusing, but the acid is a chiral molecule. Some people also refer to malic acid as apple acid, hydroxybutanedioic acid and hydroxysuccinic acid.

The acid is absorbed from the gastrointestinal tract. This is then transported to the liver. Again I won't go into details as it is pretty complex. Malic acid is derived both from food sources and synthesized in the body through the citric acid cycle. As I have stated before, the importance of Malic acid is for the production of energy in the body, which is really all you need to know. Other benefits from the supplement are helping respiratory problems and chronic fatigue.

Many people in the medical industry think that Malic acid can have benefits when you use it in connection with fibromyalgia. The only problem is that the results for the studies have been mixed. They will probably need more time to have 100% proof of the benefits connected to fibromyalgia. But that doesn't have to stop you from taking Malic acid supplements.

We already know that Malic acid is a good way to boost your energy. If you find you are always tired try out Malic acid supplements and see if they will help you. They can give you the boost you need to get through the day.

Mitch Johnson is a successful freelance author that writes regularly for

<http://www.elliptical-trainers-review.com/>

. His articles have also been featured on related sites such as

<http://www.stopping-depression-now.info/>

and

<http://www.stopping-smoking-guide.info/>



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