



THE MAYO CLINIC GUIDE TO PAIN RELIEF



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When practiced regularly, yoga is a viable, stand-alone lifestyle therapeutic option for treating hypertension when it includes yoga breathing and meditation/mental relaxation techniques.

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An Inside Look at Mayo Clinic Reflecting on our commitment to care, research, our community and our people. Read more (PDF). This year, 1.3 million people from all 50 states and 136 countries came to Mayo Clinic for care.

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