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web the purpose of this study was to investigate the efficacy of incorporating yoga into the treatment of eating disorders this preliminary randomized controlled trial investigated the benefits of participating in an eight week kripalu yoga program for 53 women with

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users greater body

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web doi 10 1080 10640266 2020 1798172 abstract yoga is frequently used in conjunction with standard treatment approaches for eating disorders however yoga s efficacy and effectiveness in preventing and treating eating disorders has remained unclear