

Coping With Chronic Lung Disease



Allina Health

Coping With Chronic Lung Disease

First edition

Developed by Allina Health.

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For specific information about your health condition, please contact your health care provider.



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Coping With Chronic Lung Disease

Depression

Clinical depression is a serious condition. It is not something you made up in your head. It is more than just feeling “down” or “blue” for a few days.

Depression can include feelings of hopelessness or worthlessness and even thoughts of suicide. These feelings can go on for weeks or months. Depression can change your mood and your thoughts. It can even affect how often you become ill, or how well you heal from a major illness.

Symptoms

Depression symptoms, how severe they are and how long they last, will vary among people. Symptoms can include:

- sad, anxious or “empty” feelings
- hopelessness, negativity or both
- severe guilt, worthlessness, helplessness or all 3
- irritability or restlessness
- loss of interest in activities or hobbies you once enjoyed (including sex)
- tiredness or having less energy than normal
- trouble concentrating, remembering details or making decisions
- trouble falling asleep, waking up early or sleeping too much
- changes in appetite and weight
- thoughts of suicide or suicide attempts
- aches and pains, headaches, cramps or digestive problems that do not go away with treatment.

Important

You do not need to fear help, be afraid to ask for help or feel ashamed because you need help.

If you feel hopeless or feel like harming yourself, call:

- 911
- **National Suicide Prevention Lifeline**
1-800-273-8255
- someone who can provide support.

Treatment

Medicine

Chemical messengers (neurotransmitters) in your brain carry messages (nerve impulses) from one nerve to another. Three of these are serotonin, norepinephrine and dopamine. They are responsible for your moods (how you feel).

During depression, your brain releases fewer neurotransmitters than usual. This affects how messages get carried to certain areas of the brain.

Medicines that treat depression increase how many neurotransmitters are able to transmit messages between neurons. Medicines allow normal brain chemistry to “work” as it should.

Talk therapy

Your primary care provider may refer you to a mental health care provider who does talk therapy. Talking about your feelings can help your negative thoughts and self-talk.

A mental health care provider will help you develop attitudes and skills that are important to your recovery. Together, you can decide what behavior and lifestyle changes would make you feel better.

Self-care

There are some things you can do yourself to treat depression:

- Participate in an event or activity you once enjoyed.
- Do mild exercise. It can help relieve stress, improve your self-esteem and provide an overall feeling of well-being.
- Set realistic goals for yourself.
- Set priorities and do what you can when you are able.
- Try to spend time with other people. Talk with a trusted friend or relative. Try not to be alone. Let others help you.
- Expect your mood to improve slowly. You will not suddenly “snap out” of your depression. Your sleep and appetite will start to improve first.

- Avoid making important decisions such as getting married, getting divorced or changing jobs, until you feel better. Positive thinking will replace negative thoughts as your depression responds to treatment.
- Keep a journal of your progress. Make notes about how you are feeling.
- Think about joining a support group for depression.
- Be careful about using alcohol and other substances. They can make depression worse.
- Eating well-balanced meals will help you feel your best. Limit foods high in sugar and empty calories such as sweets and sodas.

Other types of treatment

Talk with your primary care provider if you are interested in any of the following:

- massage therapy
- relaxation therapy
- light therapy
- art and music therapy
- biofeedback
- yoga
- acupuncture
- aromatherapy
- energy work
- Reiki.

Call The Penny George™ Institute for Health and Healing at 612-863-3333 or visit allinahealth.org/pennygeorge for more information about healing therapies.

Anxiety

Anxiety is a strong feeling of intense fear and constant worry. It may cause you to hold your breath or make your breathing shallow.

Anxiety creates a tightness and tension in your muscles. Tension in your shoulders can affect your lungs' ability to take deep breaths.

Common symptoms are:

- feeling dizzy or lightheaded
- having a racing or pounding heartbeat
- breathing problems (too rapid, short of breath or unable to breathe)
- feeling like you will throw up
- shaking or having shaking in your hands
- having tense muscles in your face, neck, back or other areas
- worrying a lot
- feeling restless or irritable
- having trouble concentrating
- having problems sleeping due to worrying
- avoiding situations that make you uncomfortable.

Some anxiety is normal. But if it affects your everyday life you need see your provider. Together, you can decide what is right for you:

- medicines to help you sleep and stay calm when you are anxious
- talk therapy (counseling) with a psychologist, counselor or therapist.

Anxiety-breathlessness cycle

Shortness of breath from your lung disorder can cause anxiety and panic attacks. This can, in turn, make your shortness of breath worse and make you more anxious.

During a panic attack you may have:

- feelings of overwhelming anxiety and fear
- a feeling of being out of control or a fear of death
- symptoms such as a pounding or racing heart, sweating, chills, trembling, breathing problems, weakness or dizziness, tingly or numb hands, chest pain, stomach pain, and nausea

Example

You are short of breath. You feel worried about a situation. You avoid it but keep thinking about it. Your muscles tighten and your breathing becomes more shallow. This causes you to feel more short of breath.

- an intense worry about when the next panic attack will happen
- a fear of where you had panic attacks in the past.

Fear of anxiety or panic attacks can cause you to stop doing activities. This makes your muscles weaker and makes you feel more tired. It is important you know how to break this cycle.

Talk with your primary care provider if you want more information.

4. Follow your action plan.



1. You start to feel symptoms.

3. Use relaxation, mindfulness or breathing exercises to get your breath on track. It is important you stay active.

2. Feelings of anxiety and panic make your shortness of breath worse.

Important

Do not do acupressure if you have a condition that could be made worse by applying pressure such as having an intravenous (IV) line in that area, bruising, arthritis or bone disease.

Do not stop taking your current medicines.

Acupressure

Acupressure is part of an ancient medical system called traditional Chinese medicine.

Acupressure moves Qi (pronounced “chee”) energy through your body along channels. When you are healthy, the Qi moves energy freely. When you are in pain, sick or emotionally upset, the Qi can become stuck. Acupressure unblocks this stuck Qi.

You can perform acupressure on yourself to help restore balance to your body, mind and spirit. It can help to reduce stress and create a sense of calm and peace.

Acupressure points

The following acupressure points may help to relieve anxiety and stress.

■ chest point

This is the small indent in the center of your breastbone, just above the nipple line in the center of your chest.

■ forehead point

This is on the lower forehead, where the top of your nose meets your forehead.

How to do acupressure

■ Use the fingers of one hand to find your chest point:

— In the center of the breastbone, on the nipple line, find a small indent on the breastbone. You should feel tenderness when you touch the point.

■ Use three fingers of your other hand to find your forehead point:

— Place your ring finger on the indent where the top of your nose and forehead meet. Place your middle finger directly between your eyebrows and your pointer finger on the lower forehead.

■ Practice deep breathing while holding these points 1 to 2 minutes. Try imagining that your “in” breath flows into the forehead point and your “out” breath flows out of the chest point.

■ Imagine any anxiety or stress melting away with each breath out.



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Follow the directions for how to find your chest and forehead points.

Breathing For Panic Control

General information

Your breathing becomes more shallow and your breathing rate increases as your body tries to get more oxygen. This type of breathing can:

- lead to rapid, shallow “chest” breathing (Your lungs do not get enough air as a result.)
- cause the large breathing muscle (diaphragm) that separates your lungs from your stomach area to not work well.

During improper breathing, air often gets trapped in your lungs, pushing down on your diaphragm. Your neck and chest muscles then do extra work, which can leave your diaphragm weak. This means it will not work as well as it should.



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Pursed-lip breathing looks like you are blowing out a candle.

Pursed-lip breathing

Think of this as an exercise to control your breathing. It forces out the old air so you can take in new air that has fresh oxygen.

- When doing an activity, think about breathing through pursed lips during the hardest part of your activity.
- To do pursed-lip breathing:
 - Inhale (breathe in) through your nose with your mouth closed. Breathe through your mouth if you are having trouble.
 - Exhale (breathe out) through your mouth with your lips pursed (puckered). Blow out the air slowly.
 - Exhale twice as long as you inhale. For example, inhale to the count of 2 and exhale to the count of 4.

‘1 to 2’ breathing

Pay attention to how long you exhale. It should be twice as long as you inhale.

- As you focus on your breath, say to yourself “1” as you breathe in through your nose and say “1 and 2” as you breathe out through pursed lips.
- After about 10 breaths in and out, open your eyes and notice how you feel.

Diaphragm (belly) breathing

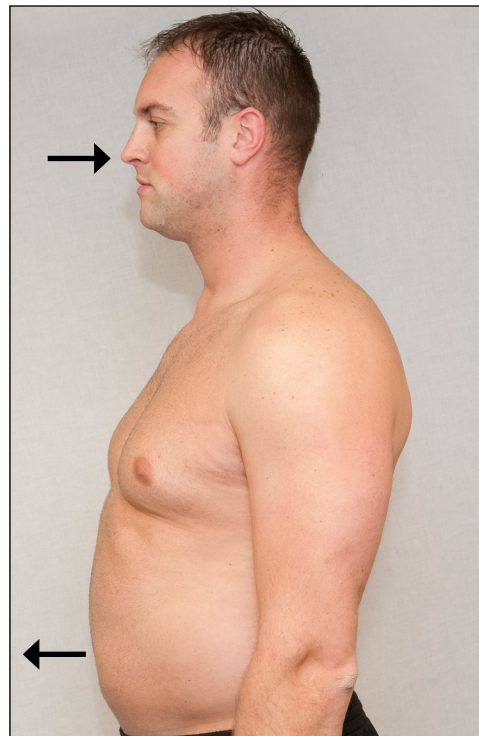
Having a lung disease causes your main breathing muscle (diaphragm) to flatten. This makes your upper chest muscles try to take over the breathing.

This exercise will teach you how to use your diaphragm correctly when you breathe. This will:

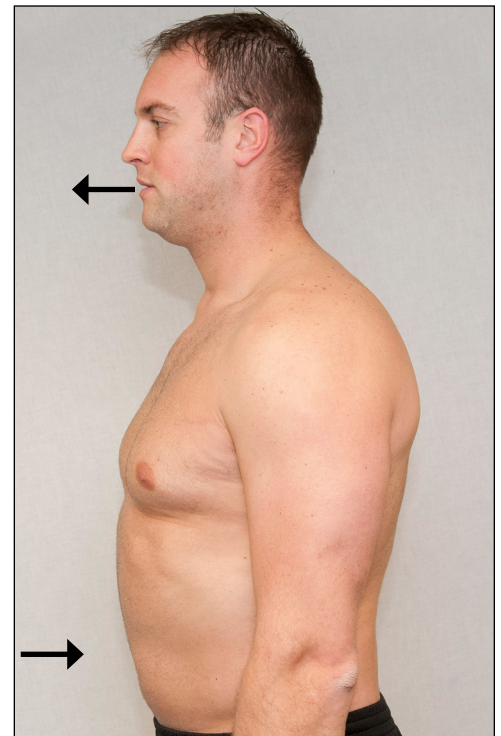
- strengthen your diaphragm
- slow your breathing rate (making you breathe easier)
- decrease the amount of oxygen you need
- use less effort and energy to breathe.

To belly breathe:

- Breathe in slowly through your nose as deeply as possible.
- Push your belly out as you breathe in. (A)
- Let your breath out through your mouth, slowly and completely. Tighten your stomach muscles, bringing your belly in as you breathe out. (B)



A



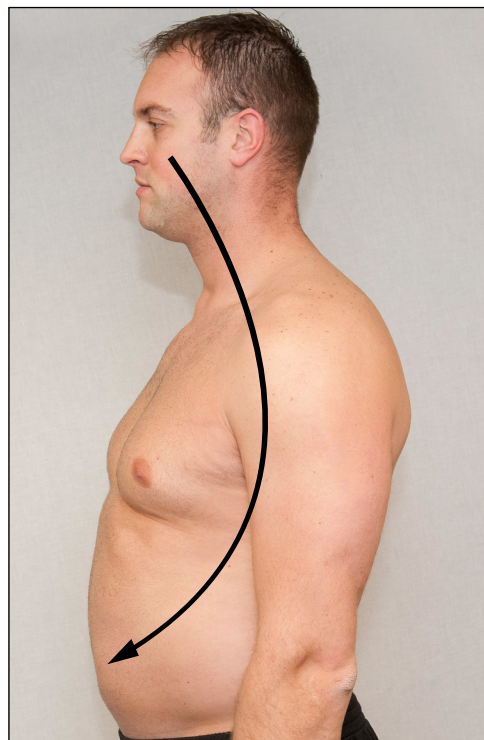
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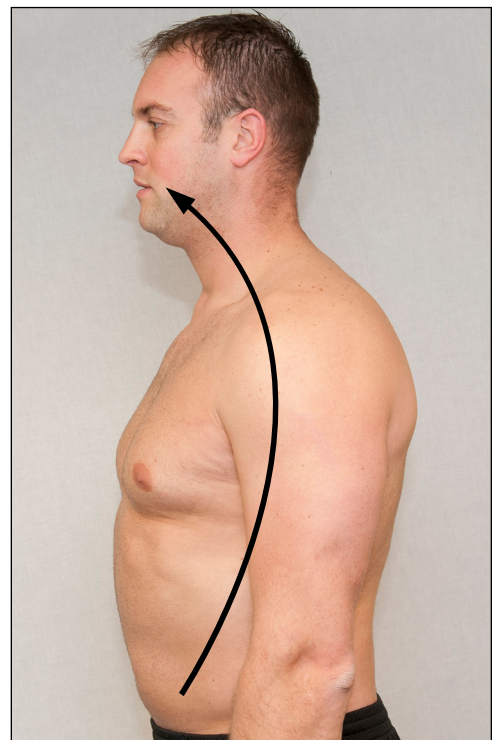
To do 3-part breathing

- Sit in a chair or lie down on your back. Choose the position that offers the most comfort.
- Take a deep breath in through your nose. (A)
 - Let the air fill your chest cavity.
 - Feel the air expand to your rib cage.
 - Feel your belly expand as you breathe into the bottom of your lungs.
- Breathe out through your mouth. (B)
 - Let the air go from your lower lungs.
 - Feel the air leave your rib cage.
 - Feel the air leave through your chest cavity.

As you do this exercise, imaging the air flowing through your lungs, rib cage and chest cavity.



A



B

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Deep breathing

You can do this exercise for 1 to 2 minutes, several times a day.

- Sit down or lie on your back in bed. Make sure your feet and hands are not crossed.
- Begin to bring your thoughts and attention to your breath.
- Feel where your breath comes in and out of your nose.
- Put one hand on your stomach so you can feel it rise with each breath.
- Breathe in deeply through your nose. Let your lungs fill completely and allow your belly to expand, moving your hand outward.
- Slowly breathe out. Make a “whooshing” sound with pursed lips. (See page 11 for how to do pursed-lip breathing.)
- Try breathing out twice as long as you breathe in.
- Repeat in a slow, thoughtful manner.

Biofeedback

Your body reacts to stress, anxiety, pain and tension in many ways. Your neck, shoulder, jaw and head muscles tighten. Your blood vessels narrow. Your heart beats faster. You sweat more. Long periods of stress can lead to diseases.

Biofeedback helps you learn how to manage your body's responses to stress or disease.

A trained therapist will help you develop skills of mind and body relaxation. You can use these skills in your everyday routine.

They will help you gain control of your symptoms by:

- increasing behaviors for your well-being
- improving your physical abilities
- increasing awareness of your symptoms
- developing awareness and control of your thoughts, emotions and actions in response to your symptoms.

Sensors are taped (like a bandage) to your skin to measure your:

- muscle activity
- skin temperature
- sweat activity
- heart rate
- breathing patterns.

This information helps you learn to make changes that improve your health, level of comfort or both. You will gain control of muscle tension, skin temperature and other mind-body responses.

Biofeedback therapy usually involves five, 1-hour sessions that meet once a week for 2 weeks. Sessions continue every 2 weeks for the remainder of the sessions. Therapy includes:

- your health history
- biofeedback training
- relaxation training
- posture and movement training
- pain control
- stress reduction
- recorded training programs for home practice.

Relaxation Techniques

Progressive relaxation

Progressive relaxation is an easy exercise to help you relax and restore your energy.

- Find a relaxing position. You may sit down or lie on your back. Uncross your arms and legs.
- Let your eyes gently close. If you prefer, you can keep your eyes open as you focus on one spot in front of you.
- Bring your attention to your breathing. Be aware of your breath as it comes in and out of your nose or mouth. Notice as your chest and belly move out with each breath in, and then in with each breath out.
- As you breathe in, imagine a gentle, peaceful wave of relaxation flowing through your body. You can imagine this gentle wave of relaxation moving through your body in any way that is most comfortable for you. Some imagine it as light, water or a peaceful feeling.
- The gentle wave can help soften places you hold tension. Give yourself permission to breathe out the tension, letting go of tightness in your muscles as you relax.
- When your mind wanders, gently bring it back to your breathing.

Relax from your head to your feet

- As you breathe in, imagine a wave of gentle relaxation beginning at the top of your head.
- As you breathe out, imagine this wave flows over your scalp, through your head and face. Let your jaws soften and relax.
- Breathe in and breathe out as you focus on your neck and shoulders. Imagine the muscles in your neck and shoulders can soften and relax.
- Breathe in. As you breathe out, imagine the relaxing wave moving through each arm, all the way down to your hands. Your hands may feel heavier as they relax.
- Breathe in. With your next breath out, imagine the wave of relaxation rolling gently and peacefully down your spine. Let all of your back muscles relax and soften.
- Continue to be aware of your breathing and imagine the wave flows even more easily each time you breathe out.
- Let the wave of relaxation flow through your pelvic area and hips into your upper legs and thighs.
- Breathe in. As you breathe out, let the wave move into your calves, then your feet. You may notice your feet becoming heavier.
- Take another breath in and let it out. Imagine any remaining stress flowing easily and gently out the bottoms of your feet.
- Breathe in. With your next breath out, let the wave help your whole body relax and soften, giving each muscle and body part permission to relax. Notice how your whole body feels as you breathe in and breathe out, relaxing and letting go as you relax.

Exercise

The goal of progressive relaxation is to tighten and release muscles from the top of your head to your toes. When you are done, you will feel relaxed.

This exercise will take 10 to 15 minutes. Wear comfortable clothing. Go into a quiet room. Remove all distractions and turn off the lights. You may play soft, soothing music. Get comfortable, sitting or lying down.

Have someone read the directions on the next page to you. Once you have done this a few times, you can do this on your own.

Minutes and Seconds	What to Say
0	Before I start, I would like you to take a few seconds to relax as much as you can on your own. Find a comfortable position.
1 minute	Move your attention to your face. Wrinkle up your forehead and hold. Stop, relax and soften your forehead.
2 minutes, 30 seconds	Close your eyelids tightly shut and hold. Stop. Relax your eyes, keeping them closed, gently and comfortably.
3 minutes, 30 seconds	Clench your jaw and bite your teeth together without straining. Hold. Stop. Relax.
5 minutes	Press your lips together tightly. Stop. Relax and soften your face.
6 minutes	Clench both fists. Relax, letting your fingers become loose. Clench your fists again. Let go. Let your fingers straighten out. Focus on relaxing your whole body.
6 minutes, 30 seconds	Straighten your arms to feel the most tension in the back of your arms. Hold. Stop. Relax. Put your arms in a comfortable position. Your arms should feel heavy as you relax.
7 minutes	Tense your buttocks as you breathe in. Release and relax as you breathe out. Tense your thigh muscles as you breathe in again. Relax your thigh muscles as you breathe out.
7 minutes, 30 seconds	Gently press your toes on the floor as you breathe in. Ease the pressure from your toes as you breathe out. Press your toes on the floor as you breathe in and relax as you breathe out.
8 minutes	Breathe in and breathe out as you let the tension slide away from your face. Let the final tension leave your neck and shoulders. Feel the relaxation down your arms and legs. Ease into regular, even breathing.
10 minutes	Gently ease your arms into motion as you stretch, begin to open your eyes, and wake up your feet, hands, arms and legs.

Tip

Guided imagery helps relax your body by reducing muscle tension and increasing positive emotions. This brings the natural powers of the mind into health and healing.

Guided imagery

Guided imagery uses your imagination to ease stress and enhance well-being. It uses words and images to help move your attention away from the worry, stress and pain and help you find your own inner strength and creativity to support healing.

How to do guided imagery

- Think about a pleasant or restful place. It can be anywhere: a beach, a cabin or the woods, or a safe place at home.
- Let happy thoughts of your favorite scene or place relax you.
- Close your eyes and picture that scene or place.
- Focus on the sights, sounds and smells of your favorite scene or place as you relax.
- Let your body relax and your breathing become deeper.



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Imagine your favorite scene or place.

Guided imagery for healing

- Imagine a time when you felt your healthiest.
- Imagine what you were doing at that time. It could be taking a walk, spending time with loved ones or doing something you enjoy.
- Imagine how this made you feel.
- Breathe the fresh air in through your nose, filling your lungs completely. Breathe all of the air out through your mouth.
- Let your body relax and your breathing become deeper, feeling relaxed and free.
- Feel yourself getting more energy with each breath.
- Bring your awareness and senses to these feelings.
- Bring in energy each time you breathe in. Let go of tension, stress and pain each time you breathe out.
- Focus your mind on these feelings as you take a few more breaths in and out.

Tips

- Sit in a quiet room.
- Close your eyes.
- Pay attention to your breathing.
- Do these exercises as many times a day as you would like.
- If any of them cause you discomfort, stop and try again later.

Shoulder relaxation exercises

Shoulder release

- Tighten your shoulders by lifting them up toward your ears. Let them go as high and tight as they will go and breathe in through your nose. (A)
- Slowly drop your shoulders with a sigh as you breathe out through your mouth. Imagine your muscles letting go. (B)
- Repeat at least 3 times.



A

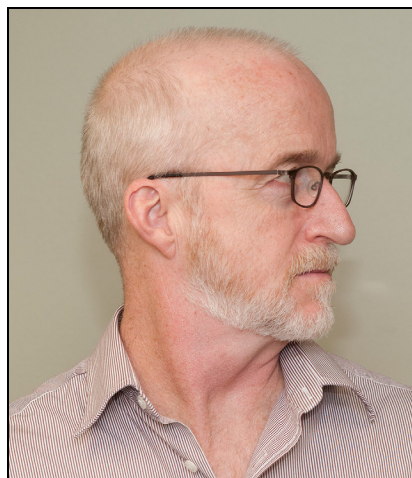


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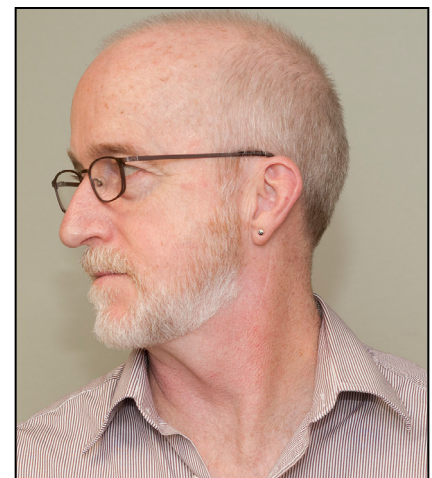
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Head turn

- Breathe in through your nose as you slowly turn your head to the left. (A) Only go as far as you feel comfortable. Try to look over your shoulder.
- Breathe out through your mouth as you turn your head to the right side. (B)
- Repeat at least 3 to 6 times.



A



B

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Neck stretch

- Breathe in. Tip your head to the left so your ear moves toward your shoulder. (A) (Do not lift your shoulder.) Breathe out.
- Breathe in. Tip your head to the right. (B) Breathe out.
- Your shoulder muscles should start to soften.
- Repeat at least 10 times.



A



B

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Shoulder stretch

- Put your hands on top of your shoulders. (A) Breathe in.
- Move your shoulders backward in circles. (B and C) Breathe out.
- Gently stretch your neck side to side. Breathe in and out.
- Bring your hands down. Rest. Breathe normally.
- Repeat at 3 to 6 times.



A
20



B



C

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How To Manage Stress

Signs of stress

How you handle stress will have an affect on your body and emotional well-being. Stress can cause health problems if you do not learn how to deal with it. General signs of stress are:

- constant fatigue (feeling very tired)
- a change in eating habits
- an increase in the use of alcohol, tobacco or drugs
- a change in normal bowel or bladder habits
- aches or pains not caused by exercise.
- a change in normal sleep patterns
- emotional upsets (anger, anxiety, depression).

General tips

When you are under stress, you need to take good care of yourself.

- Eat well-balanced meals. You may have little time to grab a healthful lunch, but do not go for goods high in calories, cholesterol or fat. Instead, pack a peanut butter sandwich, fruit and a cookie. Drink at least 8 glasses of water each day.
- Do not use tobacco.
- Get plenty of rest. In the morning, you should feel relaxed and fresh. Sleep 8 hours a night.
- Follow your exercise plan.
- Meditate to focus on something relaxing, not stressful. Think of a peaceful place and go there in your mind.
- Ask for help if you cannot handle your work load or home duties. There is no shame in admitting you need help.
- Do not worry about things you cannot change.

- Write down what causes you stress and how you handle each situation.
- Avoid as much stress as you can. Try not to drive in rush-hour traffic and avoid situations that make you feel anxious or emotionally drained.
- Schedule things you enjoy (such as taking a bubble bath, visiting or calling a friend, reading or watching sports).
- Take a break. Sit back and take a few deep breaths.
- Do relaxation exercises.

Check your stress

Check the stress reducers you will begin to use every week.

Stress Reducers	Number of Minutes You Will Do it	Number of Times You Will Do it Each Week
Walking		
Reading		
Shopping		
Exercising		
Listening to or playing music		
Relaxing		
Writing in a journal		
Taking a warm bath		
Doing a hobby		
Spending time with _____		
Other self-soothing activity: _____		
Other self-soothing activity: _____		

Yoga

General information

Yoga is an ancient practice that is used to create and maintain balance in the body, mind and spirit. Yoga helps maintain health and can support the healing process in several ways.

A regular yoga practice can:

- ease muscle tension
- improve circulation
- increase energy
- improve concentration and memory
- increase flexibility and balance
- tone and strengthen the body
- support proper working of all body systems, including digestive, cardiovascular, nervous and respiratory
- ease pain
- relax your body and mind.

Warm up

- **Neck stretches:** Gently move your neck from your ear to your shoulder and look up and down. Repeat other side.
- **Shoulder rolls:** Gently roll your shoulders in both directions.
- **Wrists:** Gently open and close your hands and wiggle your fingers. Move your wrists in circles.
- **Ankles:** Gently lift your foot up and down and wiggle your toes. Move your ankle in circles.

Cat or cow stretch

This helps relieve stress, improve your circulation and give a gently stretch to your spine.



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- Sit in a chair with your hips, knees and ankles in alignment. Put your hands on your thighs or knees.
- Breathe in and sit up tall. Pull your shoulder blades down.
- Breathe out as you round your back, tucking your chin into your chest.
- Do this stretch 3 to 4 times.

Arm lifts

This helps improve your upper body strength, strengthen your heart, and improve your blood flow (circulation).



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- Breathe in as you lift your arms straight forward to shoulder level.
- Slightly lower one arm.
- Hold for 3 to 4 breaths.
- Lower your arms all the way down.
- Repeat with the opposite arm slightly lowered.
- Hold for 3 to 4 breaths.
- Do this stretch 3 to 4 times.

Forward bend

This helps ease the tension in your upper back and neck, and helps improve your blood flow (circulation).



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- Breathe in through your nose.
- Breathe out through your mouth as you bend forward over your knees until you are comfortable.
- Keep your neck in a neutral position.
- Let your hands reach out over your knees, toward the ground.
- Take one breath in through your nose.
- As you breathe out through your mouth, slowly return to your sitting position.
- Do this stretch 3 to 4 times.

Cobra

This supports the health of your heart and lungs and helps you with deep breathing.



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- Sit with a straight back.
- Bend your elbows and face your palms away from you.
- Breathe in through your nose as you lift your chest and chin up.
- Breathe out through your mouth.
- Return to your starting position.
- Do this stretch 3 to 4 times.

Leg lift

This improves the strength of your lower body, improves your endurance and blood flow.



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- Sit tall.
- Breathe in through your nose as you lift one knee so your foot is off the floor.
- Put your hands under your thigh or around your knee to support your leg.
- Hold for a few breaths.
- Lower your leg.
- Repeat on the other side.
- Do this stretch 3 to 4 times.

Twist

This increases your circulation and flexibility of your spine.



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- Sit.
- Take a deep breath in through your nose.
- As you let your breath out through your mouth, twist to the right, putting your left hand on your right knee and your right hand to the side.
- Do not bend. Sit tall.
- Take 3 to 4 breaths in this twisted position. On your last breath, breathe in through your nose and out through your mouth while retuning to center.
- Repeat on the other side.
- Do this stretch 3 to 4 times.

To Do List



Cool down

- Shoulder rolls: Gently roll your shoulders in both directions.
- Shoulder shrugs: Gently slide your shoulders up to your ears and then down.
- Reach your arms over your head and return to your side.

- Call for help right away if you are feeling depressed or anxious.
- Know how to break the anxiety-breathlessness cycle.
- Practice breathing exercises every day.
- Practice relaxation exercises every day.
- Know when to call for help.
- Check with your primary care provider if you are interested in:
 - biofeedback
 - yoga.

Questions and Notes



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