

# Carol Krucoff, E-RYT

**AUTHOR OF HEALING YOGA FOR NECK AND SHOULDER PAIN**



## About the Author

### CAROL KRUCOFF, E-RYT

is a yoga therapist at Duke Integrative Medicine in Durham, NC, and codirector of the Therapeutic Yoga for Seniors teacher training.

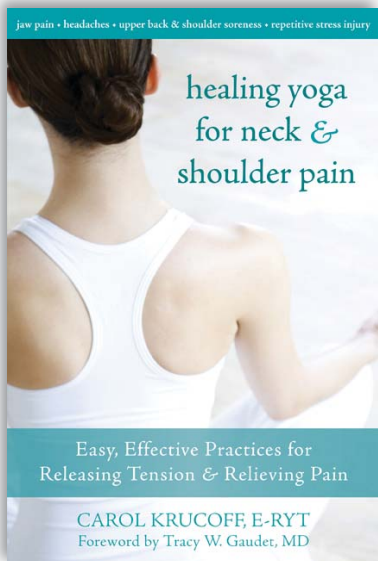
An award-winning journalist and fitness expert, Krucoff served as founding editor of the health section of *The Washington Post*, where her syndicated column, *Bodyworks*, appeared for twelve years. A frequent contributor to *Yoga Journal*, she has written for numerous national publications, including *The New York Times*, *Prevention*, and *Reader's Digest*, and is creator of the home practice CD, *Healing Moves Yoga*.

Krucoff is an experienced registered yoga teacher with the Yoga Alliance, and certified as a personal trainer by the American Council on Exercise. She also has earned a second-degree black belt in karate and sits on the peer review board for the *International Journal of Yoga Therapy*. She has practiced yoga for more than thirty years.

Foreword writer **Tracy W. Gaudet, MD**, is executive director of Duke Integrative Medicine and assistant professor of obstetrics and gynecology in the Duke University Health System. Author of the highly acclaimed *Consciously Female*, Gaudet is a practicing, board-certified OB/GYN and was the founding executive director of Dr. Andrew Weil's Program in Integrative Medicine at the University of Arizona.

Visit Carol at:

[WWW.HEALINGMOVES.COM](http://WWW.HEALINGMOVES.COM) • [WWW.YOGAFORNECKPAIN.COM](http://WWW.YOGAFORNECKPAIN.COM)



*"In this wonderful, easy-to-read-and-use book, Carol Krucoff has gracefully and intelligently integrated several important healing traditions in order to bring relief to those suffering from neck and shoulder pain and the pain of stress. I recommend it enthusiastically."*

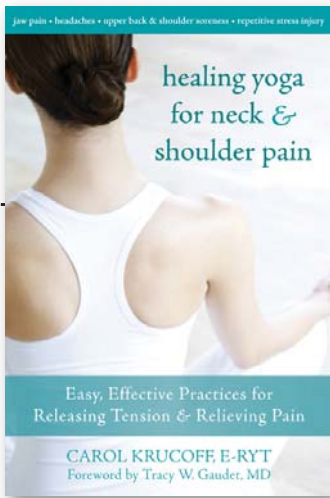
— Jeffrey Brantley, MD  
director of the Mindfulness-Based Stress Reduction Program at Duke Integrative Medicine, coauthor of *Five Good Minutes® in Your Body*

FOR AN INTERVIEW REQUEST *or*  
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### HEALING YOGA FOR NECK AND SHOULDER PAIN

Easy, Effective Practices for Releasing Tension and Relieving Pain  
Carol Krucoff, E-RYT  
May 2010 /978-1-57224-7123 / \$17.95 / 6 x 9 / 184 pages



## HEALING YOGA FOR NECK AND SHOULDER PAIN

*Easy, Effective Practices for Releasing Tension and Relieving Pain*  
Carol Krucoff, E-RYT

### About the Book

Everyday activities like using the computer, driving, texting, and even relaxing with a good book tend to round our bodies forward, creating pain and tension in the neck and shoulders.

### NECK & SHOULDER PAIN FACTS

- 10 to 20 percent of the population experiences persistent or chronic neck pain (*World Congress of Neck Pain 2008*). Neck pain can contribute to headaches, jaw pain, back pain, and even respiratory problems.
- According to the Centers for Disease Control and Prevention, about 13.7 million people in the United States sought medical care in 2003 for shoulder problems.
- Research has revealed that people with chronic pain who practice yoga enjoy an increase in function and reduced pain (*Group Health Cooperative Center for Health Studies 2005*).

Given how much time we spend hunched forward in this digital age, it's no wonder that 10 to 20 percent of us have persistent or chronic neck pain.

Author Carol Krucoff suffered from persistent neck pain for years before creating a yoga-based self-care program that eliminated her problem entirely. In ***Healing Yoga for Neck and Shoulder Pain: Easy, Effective Practices for Releasing Tension and Relieving Pain***, she shares simple yet powerful techniques for relieving this common and often disabling problem and also addresses disorders associated with neck pain, including headaches, repetitive stress ailments, and TMJ problems.

Readers learn how to align their bodies properly when using a computer, talking on the telephone, and doing other activities that may potentially cause neck and shoulder pain. The book features simple yoga-based neck and shoulder exercises readers can do at work or at home to release muscle tension and relax when they begin to feel pain. Readers also discover how they can create an easy daily yoga practice to increase flexibility and prevent tension. This fully illustrated, easy to follow guidebook also addresses common problems that may accompany neck tension, including headaches, upper back pain, and stress.

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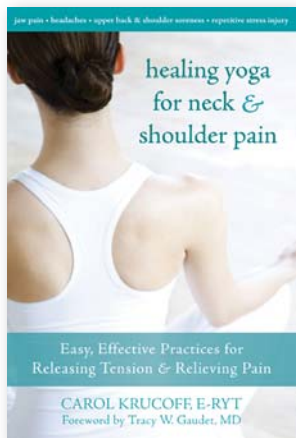
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### eight essential self-care strategies for lasting relief

from pg. 141-149

1. Regular Yoga Practice
2. Breathing Practice
3. Meditation
4. Integrate Yoga into Daily Life
5. Create a Supportive Environment
6. Self-Study
7. Self-Care Tool Kit
8. Establish a Support Team



### Praise

“What a gift Carol has given us. These practices guide us in both postural and emotional healing of the neck and shoulders by allowing the energy to flow freely, uniting head to body and head to heart. This brings about a sense of balance and ease, reminding us of our joyful nature.”

— NISCHALA JOY DEVI,

AUTHOR OF *THE HEALING PATH OF YOGA AND THE SECRET POWER OF YOGA*

“In this wonderful, easy to read and use book, Carol Krucoff has gracefully and intelligently integrated several important healing traditions in order to bring relief to those suffering from neck and shoulder pain, and the pain of stress. I plan to cite Carol's book in my work with others, and will recommend it enthusiastically as a friendly vehicle anyone can use to explore and to experience the amazing power and healing potential of these human bodies.”

— JEFF BRANTLEY, MD,

DIRECTOR OF MINDFULNESS-BASED STRESS REDUCTION PROGRAM AT DUKE INTEGRATIVE MEDICINE, CO-AUTHOR OF *FIVE GOOD MINUTES® IN YOUR BODY*

“Unlike modern medicine, which often does little more than suppress the symptoms of neck problems with painkillers, yoga can get at the root causes. In this wonderful book, Carol Krucoff demonstrates safe, gentle and effective strategies to lessen neck and shoulder discomfort. Be careful though: Yoga's side effects include peace of mind, improved mood and better sleep. You could get hooked!”

— TIMOTHY MCCALL, MD,

MEDICAL EDITOR OF *YOGA JOURNAL*, AUTHOR OF *YOGA AS MEDICINE*

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