**This 85-Year-Old Woman Had A Hunchback For Decades. This Fixed It!**

Over the years, numerous people learn how to constantly suffer some sort of pain, as well as other age-related health issues.

This article will reveal the way one of these people, Anna Pesce, treated her own problem.

Namely, this woman suffered from a herniated disc, scoliosis, and osteoporosis, and walked around with a hunchback for decades. Then, one day, when she paid a visit to her children, she almost collapsed when she attempted to climb the stairs.

In her interview published in the New York Post, she admitted: *“I had this horrible pain shooting up my back. I had to be carried up the stairs and put into a wheelchair for the rest of my stay.”*

This was a turning point for her, so she visited a chiropractor, and tried acupuncture to relieve her symptoms. Yet, none of these provided improvements, so she decided to visit a certified yoga instructor Rachel Jesien.

Rachel specializes in back care, so she was the help Anna actually needed. They met one a week, and the instructor showed Anna some stretching poses, like chair savasana and the child’s pose.

**In only a month from their first visit, Ana started walking again. Rachel says:**

*“After two months, another big milestone was that [Anna] knew what poses to do whenever the usual pains would come up for her. For example, if she was having hip pain, she’d sit on a chair and do an ankle-to-knee pose.”*

After a period of 4 months, the same 85-year old woman who was not able to walk properly and on her own was able to do a modified headstand.

Rachel states that the combination of certified yoga and proper guidance can provide amazing effects in these cases, as it soothes the pain in the back, increases the density of bones, and strengthens the muscles.

She has felt the advantages of yoga for back pain herself, as she also suffered from scoliosis. Yet, she discovered yoga in 2010, after trying all possible treatments suggested by her doctors, and treated her problem completely.

Nowadays, Rachel and Ana still meet once a week, and Anna has experienced incredible improvements of her conditions. Watch out the video below featuring these two women to learn even more about the effects of the yoga therapy!

Source: [www.davidwolfe.com](https://www.davidwolfe.com/85-year-old-woman-hunchback-fixed/)  
Video source: [New York Post](https://www.facebook.com/NYPost/videos/10158071523840206/)  
Other included sources linked in David Wolfe’s article:  
[New York Post](http://nypost.com/2016/08/08/this-85-year-old-proves-yoga-can-keep-you-young/)  
[MSN](https://www.msn.com/en-us/health/yoga/exercise/YG-IN-0013/ankle-to-knee-pose)  
[Yoga Journal](http://www.yogajournal.com/pose/child-s-pose/)  
[Peaceful Mind Peaceful Life](http://peacefulmindpeacefullife.org/chair-yoga-sequence-michelle-maros/)