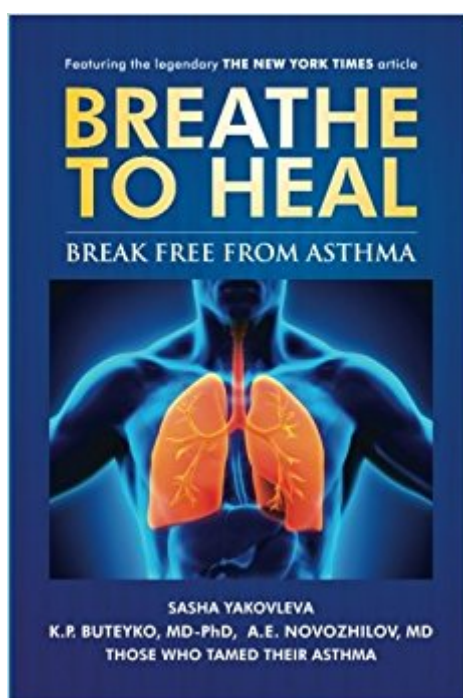


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# Breathe To Heal: Break Free From Asthma (Learn Buteyko) (Breathing Normalization)



## Synopsis

Understand Asthma & Breathing Problems. Stop fighting against asthma attacks and breathing difficulties! Say "Goodbye" to breathing problems! This book will help asthma sufferers to establish natural and wholesome breathing patterns and prevent asthma attacks. It will provide you with the information you need to tame your or your child's breathing difficulties naturally by improving the function of the respiratory system. It contains comprehensive instructions on the Breathing Normalization method based on the discovery by Dr. Buteyko in 1952 in Russia. Since then, this commonly called Buteyko technique or Buteyko Breathing method has undergone many trials, and its benefits became known all over the world. It has helped countless asthmatics to reduce or eliminate their asthma attacks and other breathing problems and experience asthma relief, become healthier and more energetic. Learn Buteyko Breathing Normalization from its original source. This alternative self-help therapy is holistic and does not have any side-effects. This book will help anyone who has problems with excessive mucus, nasal congestion, coughing, out of breath feeling, allergy symptoms, sleep apnea and many other types of breathing problems. It will allow a person to sleep, eat and exercise without a fear of a possible asthma attack or breathing issues. This book is written by K. P. Buteyko, MD-PhD, the originator of the Buteyko technique, A.E. Novozhilov, MD, Medical Director of Clinica Buteyko in Moscow and Sasha Yakovleva, co-founder of BreathingCenter.com. It also contains many stories of asthmatics who succeeded to improve their breathing and tame their asthma and other breathing problems. This is the most unique, original and comprehensive book about breathing and breathing problems, asthma and Dr. Buteyko's work regarding breathing improvement. What is so special about this book? Texts written by K.P. Buteyko MD-PhD are published for a first time in history! Contains interviews with doctors helping to understand why Breathing Normalization works. A famous article by Jane E. Brody (The New York Times) about the Breathing Center is included! Illustrated guide. The drawings make various aspects of the Method far easier to apply. They are appealing and easy to follow for adults and children. Contains a unique collection of breathing exercises and lifestyle recommendations not only for adults but children as well. Composed by Sasha Yakovleva, co-founder of BreathingCenter.com and an Advanced Breathing Normalization Specialist. She helped thousands of people to improve their breathing. Includes testimonials of Breathing Center's actual students who have gone from suffocation and fear to a healthy and active lifestyle. In most cases they became free of asthma symptoms and consequently free of medication. This publication is destined to become "Gold Standard" Book for all students and teachers alike who apply Dr. Buteyko's revolutionary approach to breathing and health improvement, especially for asthmatics.

## Book Information

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## Customer Reviews

This is an amazingly clear well well-written and simple to understand book describing details of the BUTEYKO breathing technique for healing at the deepest levels of mind body and spirit. Full of authenticity and integrity this is truly a gift of healing. Thank you so much!!!!

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A well-written, informative book. Sasha is very knowledgeable and presents the material in a very clear, concise manner.

I do not see any improvement with this method of breathing.

An excellent book describing asthma and the wholistic method which stops it. Plenty of interesting interviews, too.

Very good tips on breathing. I really liked the book

This book presents the most effective means of dealing with ashma I've ever found in my 58 years of suffering with this near debilitating disease. I am astonished by the tremendous success I've

attained as a result. The breathing exercises explain the techniques in detail and if patiently followed, produces desired results. Doctor Buteyko's discovery of hidden hyperventilation can help change the imbalance which as I have come to understand, is the cause of the problem at its core. The testimonies of 3 doctors and many who have suffered from asthma is convincing enough to make one give it a try. Doctor Packman's conversation with Sasha, "questions and answers", is detailed and believable for Dr. Packman himself also suffered from asthma. Before I began this program I was beyond desperate. I was told many times by medical doctors to accept this condition and live with it because to the best of their knowledge there exists no cures. This book will prove otherwise. After having pneumonia 2 years ago feeling sick and weak to the point of despair I was ready to try something different. Fortunately I had heard of Dr. Buteyko's methods many moons back then but I was not prepared to do the work at the time. But now I was ready! I spoke with Thomas Fredricksen at the Breathing Center and was happy to sign on. The book implements my training in reversing hyperventilation. To obtain, the GENTLE BREATH, one must observe one's breathing with diligence. The book is a vital part of my therapy and I can recommend it sincerely to anyone who wishes to conquer their asthma or other problems connected to hyperventilation.

This is a very simple and informative book about how to breathe properly. It gives a lot of insight into the holistic method of Dr. Buteyko and it offers practical ways to apply it. I highly recommend this book to anyone who is interested in improving their health.

This book is wonderful, I suggest anyone with lung problems to get it

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Relief: comph Drug Free solns for Treatment Prevention Asthma Allergies Breathe Well and Live Well with COPD: A 28-Day Breathing Exercise Plan Breathe, You Are Alive: The Sutra on the Full Awareness of Breathing Reason To Breathe (The Breathing Series, Book 1) Super Power Breathing: For Super Energy, High Health & Longevity (Bragg Super Power Breathing for Super Energy) Breathing: Breathing Techniques: For Happiness and Healthy Living (For Anxiety, Stress, Energy, Focus, Depression) Barely Breathing (The Breathing Series, Book 2) The Everything Parent's Guide to Children with Asthma: Professional advice to help your child manage symptoms, be more active, and breathe better Breathe Easy, Young People's Guide to Asthma Reversing Asthma: Breathe Easier with This Revolutionary New Program Asthma: Relax, You're Not Going to Die: Breathe More Easily with Safe and Effective Natural Therapies

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