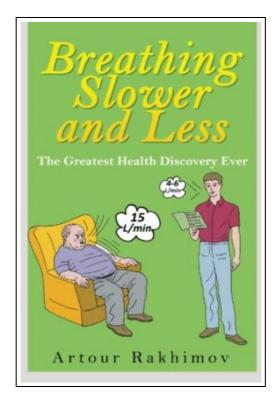
Breathing Slower and Less The Greatest Health Discovery Ever Buteyko Method Volume 1



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Reviews

This pdf is definitely not easy to get started on studying but quite entertaining to read through. I am quite late in start reading this one, but better then never. Once you begin to read the book, it is extremely difficult to leave it before concluding.

(Ms. Fatima Erdman)

BREATHING SLOWER AND LESS THE GREATEST HEALTH DISCOVERY EVER BUTEYKO METHOD VOLUME 1



CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 166 pages. Dimensions: 8.9in. x 6.0in. x 0.6in.Tired of endless diets and dieting for weight loss or less medication Want a health therapy that is based on exact goals (with specific numbers for you to achieve!) and provides a guarantee of ideal health and absence of chronic disease, medication, and symptoms Want to know more about the method (theButeyko breathing method) that was used for the best ever known clinical trial on cancer and 6 most effective trials on asthmalf you answered yes to some or all of these questions, you are on the right page. You can eat tons of supplements and super foods, drink canisters of super drinks, have 100s of colonic irrigations, and practice yoga for hours every day, but, if your breathing remains unchanged, your symptoms, doses of medication, chronic insomnia, and other health problems will likely remain unchanged too. This is because correct breathing brings vital oxygen, and less than 95 of modern people have right breathing. Modern people, including so called normal subjects, simply breathe too much air day and night. (Exact charts, graphs, studies and numbers are inside the book.) People also believe that it is good to breathe more air at rest, but overbreathing reduces O2 levels in cells. The most successful clinical trial in the whole history of cancer research was conducted using theButeyko method. The results of this trial on 120 people with metastatic cancer (early metastasis) were published in the Ukrainian Oncology Journal. The group that practiced reduced Buteyko breathing exerciseshad 6 times less mortality in 3 years in comparison with the control group. (See Doctors Who Cure Cancer for more detail.) Here is another fact: 6 most effective Western clinical trials on asthma were...



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