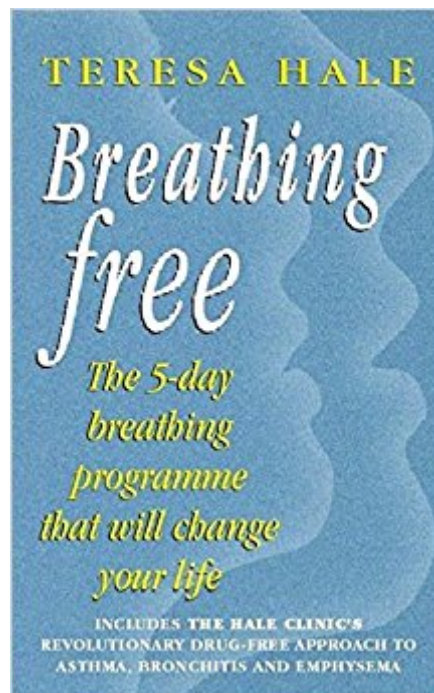




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Breathing Free: The 5-day Breathing Programme That Can Change Your Life



Synopsis

At the heart of the Buteyko Method lies the recognition that some 200 diseases, including respiratory conditions like asthma, develop because of hyperventilation. By altering your breathing patterns, you can radically improve your health, relieve symptoms and sometimes even eradicate illnesses without the need for drugs. The simple breathing exercises are based on 45 years of practical and empirical research by leading Russian medical scientist Professor Buteyko and are now used with great success around the world. Written by the founder of London's leading alternative clinic, the Hale Clinic, as well as a top practitioner of the Method, this book is set to radically improve the health of all those who embark on its 5-day programme.

Book Information

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Customer Reviews

The queen of therapy Daily Telegraph

Teresa Hale founded the Hale Clinic in London in 1987. A philosophy and economics graduate with a post-graduate degree in education, she became more widely interested in complementary medicine when working as a yoga instructor. Her first clinic attracted such demand that she soon moved into a larger building, named the Hale Clinic, where 100 practitioners, many multi-disciplinary and with medical qualifications, work side by side offering over 30 different treatments. Teresa lectures in Europe and North America.

I actually picked up this book at the library to get more information on respiratory illnesses ... to help my mom. As I read into it, a whole new approach to life was revealed. Breathing is key and Teresa Hale (of the Hale Clinic in London) teaches a technique that has improved my health and well-being. It is a type of "shallow breathing" rather than deep breathing (she recommends "deep" for exercise). It may help you to know that I am sensitive to ethanol gas ... it causes headaches and I must avoid it whenever possible. It appears to cause a forced hyperventilation mode (imbalance of oxygen and carbon dioxide) and is attacking my cardiovascular system but can attack any weak body system. This book helped me to understand what was going on and how I could improve my health. It is out of print but still available used. Mine stays handy so I can refer to it often. I have recommended it to others, especially those with asthma. I would recommend it to you, especially if you wake up between 2 and 5 in the morning with health problems of any kind, including snoring. One and a half years since writing this review, I am feeling better. I've found exercise and anti-inflammatory diet also improve my situation. Still wonder why we are putting ozone in our breathing space and not even monitoring the situation.

I have had asthma for a few years. I thought it was caused by pollen. I thought it was caused by dairy and wheat. These things certainly exacerbate breathing, but the leading cause is how asthmatics breathe. And the asthma gets worse with time because we are breathing to deal with the asthma. Within the first few chapters of this book, I was not willing to believe what I was reading. I have been taught the opposite of what Breathing Free says. But because I have found that studying for myself has given me better info than mainstream medicine reports to us, I had to try this out. All that was said could have been done in a couple of chapters. The "exercise" is all very easy. It is the knowledge of how my breathing affects asthma that has given me freedom from inhalers, great sleep and freedom in physical activity. Even non asthmatics should read this to improve on their health. It's great to be free of medication. Health comes from knowledge. Get knowledge. If you are tired of not breathing freely and your sleep being disturbed, read this book. If your doctor keeps filling your prescription and the results don't change, read this book. If you are tired of inhalers that turn you into a zombie, read the book. You will not be disappointed.

will not know for awhile about her theories

Last week I decided it was time to conquer my asthma, and so having heard about the success of the Buteyko Breathing Technique, I purchased this book. I am so grateful I did. I am now 2 days into

the programme and the results are astonishing. The exercises take commitment and determination, but when I think of the health benefits for the rest of my life, it is nothing. This really works! That asthma (and many other ailments) are caused by chronic hyperventilation makes complete sense to me now that I am on the programme and really observing how I breathe. This book is essential reading for anyone who has an interest in holistic health and anyone who wants to improve their health - not just respiratory. Chronic Fatigue sufferers please take note - this is vital reading for you. Also anyone suffering from emphysema, panic attacks, overweight and even anorexia. Buteyko's discoveries could change the world - what a pity there is no money in it for the medical establishment or everyone would know about it. Read this book and spread the word.

fine. It's so sharp. I cut myself the first time I used it. so fast, receive it next day . send it to my grandmother, tell a lot of the product .

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