



## Breathing Slower and Less: The Greatest Health Discovery Ever (Buteyko Method) (Volume 1)

By Artour Rakhimov

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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 (the **Buteyko breathing method**) that was used for the best ever known clinical trial on cancer and 6 most effective trials on asthma?

If 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 100's 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 the **Buteyko 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 exercises had 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 conducted using the same Buteyko method that targets elimination of chronic hyperventilation. Diets, yoga and any other "natural" or holistic therapy is not even remotely close to breathing normalization.

What is common for cancer and asthma? Symptoms and development of these health problems correlates with O2 levels in body cells. But this is true not only for cancer and asthma, we need more oxygen in body cells to prevent and fight over 150 most popular modern diseases!

The conditions are ranging from heart disease and cancer, the main killers in the west, to hormonal and digestive problems, diabetes, and asthma. Natural weight loss and great sleep are common side effects of breathing normalization known to any Buteyko breathing teacher.

This book provides an introduction to the Buteyko breathing method and breathing retraining. It provides results of 100s of studies, review of lifestyle factors and clinical trials, effects of breathing retraining on common health problems, as well as analysis of the most important questions related to breathing retraining and long-term success in health restoration. For exact topics covered in this book, see titles of chapters and sections.

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*By Artour Rakhimov*

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## **Editorial Review**

From the Author

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## **Users Review**

### **From reader reviews:**

#### **Jamey Ainsworth:**

As people who live in the particular modest era should be upgrade about what going on or info even knowledge to make them keep up with the era that is certainly always change and move forward. Some of you maybe will probably update themselves by studying books. It is a good choice for you personally but the problems coming to anyone is you don't know what type you should start with. This Breathing Slower and Less: The Greatest Health Discovery Ever (Buteyko Method) (Volume 1) is our recommendation to make you keep up with the world. Why, because this book serves what you want and want in this era.

#### **Ariane Gray:**

A lot of people always spent their own free time to vacation or perhaps go to the outside with them family or their friend. Are you aware? Many a lot of people spent many people free time just watching TV, or perhaps playing video games all day long. If you want to try to find a new activity this is look different you can read a new book. It is really fun for you. If you enjoy the book that you simply read you can spent the whole day to reading a publication. The book Breathing Slower and Less: The Greatest Health Discovery Ever (Buteyko Method) (Volume 1) it doesn't matter what good to read. There are a lot of people that recommended this book. These folks were enjoying reading this book. In the event you did not have enough space to bring this book you can buy the actual e-book. You can m0ore very easily to read this book from the smart phone. The price is not too expensive but this book has high quality.

#### **Earnest Moss:**

Playing with family in a very park, coming to see the coastal world or hanging out with pals is thing that usually you have done when you have spare time, then why you don't try point that really opposite from that. One activity that make you not sense tired but still relaxing, trilling like on roller coaster you are ride on and with addition of information. Even you love Breathing Slower and Less: The Greatest Health Discovery Ever (Buteyko Method) (Volume 1), you could enjoy both. It is great combination right, you still want to miss it? What kind of hang-out type is it? Oh seriously its mind hangout people. What? Still don't buy it, oh come on its named reading friends.

#### **Juanita Geil:**

The book untitled Breathing Slower and Less: The Greatest Health Discovery Ever (Buteyko Method) (Volume 1) contain a lot of information on this. The writer explains the girl idea with easy means. The language is very easy to understand all the people, so do not necessarily worry, you can easy to read it. The book was compiled by famous author. The author gives you in the new time of literary works. You can actually read this book because you can please read on your smart phone, or model, so you can read the book



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