



# Close Your Mouth: Buteyko Clinic Handbook for Perfect Health

By Patrick McKeown



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Close Your Mouth is a self-help book containing complete instructions for the Buteyko Method for asthma, nasal congestion and snoring.

Without a doubt, the Buteyko Method is the most effective and direct way to reverse asthma, as shown through four clinical trials that resulted in 70% less coughing and wheezing, 90% less need for reliever medication and 50% less need for preventer medication within twelve weeks.

The author, Patrick McKeown, is one of a few people directly accredited and authorised by the late Professor Buteyko to teach his method to others. In 2002, Patrick founded the renowned ButeykoClinic.com to enable thousands of children and adults to reverse their condition. Close Your Mouth is the manual provided to each attendee to his clinic.

This book provides each exercise in simple, jargon-free language to enable all readers to attain freedom from their asthma and breathing difficulties.

The Buteyko Method has been described as one of the most important medical discoveries of the 20th century. You will find the information in this book most compelling and life changing.

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## **Close Your Mouth: Buteyko Clinic Handbook for Perfect Health** By Patrick McKeown Bibliography

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### Editorial Review

#### Review

Say goodbye to your asthma with former chronic asthmatic Patrick McKeown's highly effective programme, *Asthma Free Naturally*. -- *Patrick Holford*

*'It absolutely is unbelievable. I have been on my drugs for fifteen years and to think that something as simple as this and as cheap as this and effective could be widely available. Everybody should be doing it. Give it a go, you have nothing to lose and everything to gain'.*

Jean McConnell- school teacher with asthma.

*'Generally I would feel a wheeze, tightness of breathing especially with training. I might have to take my inhaler about two or three times per day. I have been going to Pat for six weeks now and I am almost a month without having to take my inhaler'.*

Sports world champion.

#### From the Author

My name is Patrick McKeown. I was a chronic asthmatic and constantly wheezed and coughed for over twenty years, until I learned the Buteyko Method. I have been free of symptoms and medication since 1998. In 2002, I travelled to Russia and qualified as a practitioner under the Late Professor Buteyko.

The book, *Close Your Mouth*, is based entirely on my experience of reversing my asthma and teaching thousands of others how to achieve the same result. This book is the manual provided to each patient attending my AsthmaCare clinics. Each exercise is described in step-by-step detail to enable all readers to apply them and experience their benefits. Typical results to expect are a 50% reduction in coughing, wheezing and breathlessness within two weeks. In addition, nasal congestion is eliminated, energy levels and sleep improve and snoring is significantly reduced.

I can honestly say that correcting my breathing and applying simple lifestyle guidelines completely transformed my life. Now you can achieve the same by following my book, *Close Your Mouth*.

Wishing you the best of health,

Patrick McKeown, Galway, Ireland

#### From the Inside Flap

What do former patients say?

*We cannot believe the difference in our child, which is attributed to changing his breathing. I do not hesitate in recommending this method to anybody.*

Father of fourteen-year-old child with severe asthma quoted in *The Irish Times*, 25 May 2004.

*It absolutely is unbelievable. I have been on drugs for fifteen years and to think that something as simple,*

*cheap and effective as this method could be so widely available. Everybody should be doing it. Give it a go; you have nothing to lose and everything to gain.*

-Jean McConnell, schoolteacher with asthma who was selected by RTE as part of its Health Squad series shown on 2 October 2003

*I could not wake up in the morning without using my nebuliser. I have not touched my nebuliser since November and have used my reliever inhaler only three times since then.*

-Chronic severe asthmatic, speaking on RTE 1s Open House programme on 26 February 2003.

*He gave me a number of exercises that he said I should go and do. I have found that it has improved beyond all recognition. I can now talk for quite a period of time without having to cough.*

-Retired school teacher, Galway, speaking on RTE 1s Nationwide on 16 September 2002.

*Generally, I would wheeze or sense a tightness in breathing, particularly when training. I might have to use my inhaler about two or three times per day. I have been going to Pat for six weeks now and am have gone almost a month without having to use my inhaler.*

-Sports world champion also speaking on same programme

## **Users Review**

### **From reader reviews:**

#### **William Coker:**

The guide untitled Close Your Mouth: Buteyko Clinic Handbook for Perfect Health is the publication that recommended to you to study. You can see the quality of the guide content that will be shown to an individual. The language that author use to explained their ideas are easily to understand. The writer was did a lot of study when write the book, to ensure the information that they share to you is absolutely accurate. You also might get the e-book of Close Your Mouth: Buteyko Clinic Handbook for Perfect Health from the publisher to make you considerably more enjoy free time.

#### **Tatum Martin:**

Reading can called imagination hangout, why? Because if you find yourself reading a book specially book entitled Close Your Mouth: Buteyko Clinic Handbook for Perfect Health your mind will drift away trough every dimension, wandering in most aspect that maybe not known for but surely will become your mind friends. Imaging each and every word written in a e-book then become one type conclusion and explanation which maybe you never get before. The Close Your Mouth: Buteyko Clinic Handbook for Perfect Health giving you an additional experience more than blown away your thoughts but also giving you useful facts for your better life within this era. So now let us explain to you the relaxing pattern at this point is your body and mind will be pleased when you are finished reading it, like winning a sport. Do you want to try this extraordinary shelling out spare time activity?

#### **Charles Trask:**

Are you kind of busy person, only have 10 or perhaps 15 minute in your time to upgrading your mind talent or thinking skill perhaps analytical thinking? Then you are receiving problem with the book in comparison

with can satisfy your short space of time to read it because all this time you only find book that need more time to be read. Close Your Mouth: Buteyko Clinic Handbook for Perfect Health can be your answer since it can be read by an individual who have those short extra time problems.

**Nicholas Thiede:**

Reading a book to become new life style in this year; every people loves to examine a book. When you go through a book you can get a lot of benefit. When you read ebooks, you can improve your knowledge, due to the fact book has a lot of information on it. The information that you will get depend on what kinds of book that you have read. If you wish to get information about your study, you can read education books, but if you act like you want to entertain yourself look for a fiction books, these us novel, comics, along with soon. The Close Your Mouth: Buteyko Clinic Handbook for Perfect Health will give you new experience in studying a book.

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