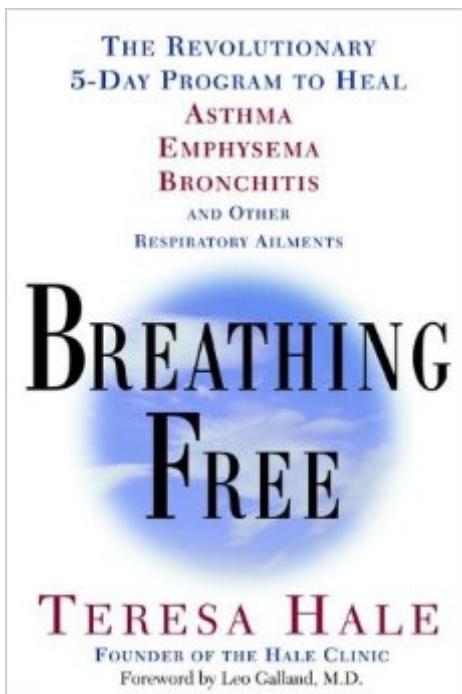


The book was found

Breathing Free: The Revolutionary 5-Day Program To Heal Asthma, Emphysema, Bronchitis, And Other Respiratory Ailments



Synopsis

MAKE THE BREATH CONNECTION -- AND SAVE YOUR OWN LIFEAre you one of the hundreds of thousands of Americans who suffer from asthma, emphysema, bronchitis, or other respiratory ailments? Far too often, people with these illnesses are prescribed medications that only mask symptoms, instead of really treating the underlying condition. If you are among this group, it's time for you to escape this prison and start Breathing Free.Teresa Hale, founder of the world-renowned Hale Clinic, has created a groundbreaking treatment that can dramatically change the lives of anyone who feels the crippling affect these illnesses can have on their daily lives, in as little as five days. Called the Breath Connection, this revolutionary program is based on more than forty-five years of empirical research, as well as the Buteyko method, which focuses on dysfunctional breathing, or overbreathing, as the cause of more than 200 respiratory diseases. Breathing Free is complete with line drawings and clear instructions on how to use these simple methods to reestablish normal breathing patterns to prevent and overcome attacks, restore healthy and restful sleep, and reduce the need for medication by up to 60 percent. For the many people who have lived with the struggle of breathing problems, Breathing Free provides hope for relief, better health, and a better life.

Book Information

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Customer Reviews

In spite of what some of the previous negative reviewers have said about the book, the Buteyko Method is neither a "crock" nor is it "pseudoscience". The approach works, but you have to work at

it. This book by Teresa Hale is an excellent introduction to the method-only recently brought into the US via Australia and England—that's been practiced over the past 40 years in the former Soviet Union. Some of the negative comments by previous reviewers are accurate. The book is a bit self-promotional and the claim that you can "cure" asthma in only five days is not quite correct. You can learn the method in three to five days, and in some cases even then experience significant relief from your respiratory symptoms. However, to raise your control pause to 50 or 60 as they recommend for optimal health will probably take you anywhere from a couple of months to a year to accomplish. The method can be difficult and uncomfortable to do, and continual practice is necessary. Nonetheless, the method works if you work at it. You may need to take a full Buteyko seminar rather than rely on the book alone. I suspect the negative reviewers either were expecting too much from a book alone, were looking for a quick fix, or had medical complications that would necessitate their taking the full seminar. The book even advises most people to take the seminar and not rely on the book for all of the answers. Some people's conditions require subtle modifications of the Method that only an experienced trainer can coach them in. Maybe they should take the course.

I doubt there is anything out there which will work for everyone. This universe does not accept such sweeping absolutes. However, the results I have gleaned from this book are far and away above anything I have ever experienced. Having had asthma since I was 2, over 45 years, I have been through the gamut of alternatives, medical and otherwise. I've had allergy shots, was on prednisone for over 40 years, have been on various bronchial dilator medications, have had lung surgery, chest tubes, been on respirators at least 6 times over the past 15 years and tried a host of homeopathic, chiropractic, nutritonal and general supplement programs, as well as my chosen spiritual path. Everything helped some. I began this program on November 5th. It is not a 5 day program, and the exercises for a severe asthmatic take a good 45 min a pop, not 20-30. I saw results almost instantly and have been off my inhaler since that time, with a couple puffs around Thanksgiving when I over-ate (note here that the longest I have gone without an inhaler is about 12 hours). I have been able to fully go off Theophylline and Brethine as well. As for exercise, I was exercising for over an hour a day and am now even less winded afterwards. A visit to the snow, about 6000 feet altitude, caused no discomfort, though over the summer, prior to the program, a trip to Sequoia was accompanied by a constant shortness of breath. Currently, the only medication I am using is Pulmicort (newer inhaled steroid). I am off all my oral meds. This has never happened. What does the future hold? This is all so unprecedented, I do not know. The program takes

diligence and a willingness to do it. If you are really in communication with your body and/or have a good health practitioner, you could do quite well.

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