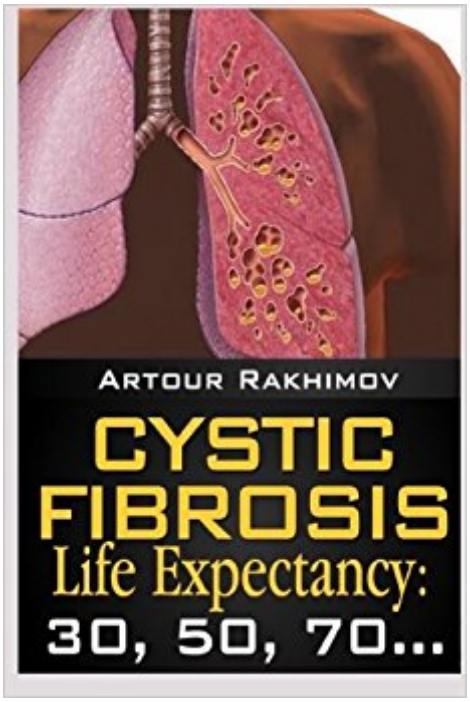
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Cystic Fibrosis Life Expectancy: 30, 50, 70Ã¢â‚¬Â¦



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Synopsis

This book describes successful author’s practical experience in application of the clinical therapy used by more than 170 Soviet and Russian medical doctors on people with cystic fibrosis. People with CF are able to eliminate major respiratory and digestive symptoms of CF in about 1-2 months depending on their diligence and efforts related to practicing breathing exercises to increase body O2 levels, physical exercises, and lifestyle changes.Ã Â This therapy is based on a body oxygen test and the goal of the therapy is to increase body oxygenation up to the medical norm (40 seconds).Ã Â These Soviet and Russian doctors discovered that stages and symptoms of cystic fibrosis have a strong correlation with body O2 levels.Ã Â Ã Â Clinical findings related to stages of cystic fibrosis Ã¢â ”Â• More than 40 seconds for body oxygen content: Absence of common symptoms of cystic fibrosis related to digestive, respiratory and other systems. Ã Â Ã¢â ”Â• Less than 30 seconds: Appearance and dominance of pathogens in the GI tract with light symptoms in pulmonary and hormonal areas. Ã Â Ã¢â ”Â• Less tan 20 seconds: Appearance of chronic cell hypoxia, suppression of the immune system, problems with protein metabolism, chronic inflammation, mucociliary dysfunction, generation of extra mucus (as in asthma and bronchitis), appearance of allergic reactions and bronchoconstriction. Ã Â Ã¢â ”Â• Less than 10 seconds: The last stage of CF with critically low CO2 levels in airways causing progressive involvement of the respiratory system with bronchitis and bronchiolitis transformed into bronchiectasis. Possible complications include hemoptysis and pneumothorax. Severe dyspnea, chest pain and difficulty breathing are frequent complaints. Patients develop cor pulmonale (high blood pressure in the pulmonary arteries and right heart overload). This corresponds to the end-stage lung disease, which is the principal cause of death in most patients with cystic fibrosis. Ã Â These observations helped Soviet and Russian MDs to develop a method how to reverse the usual dynamic and successfully eliminate major symptoms of CF. The therapy has been tested on hundreds of people with cystic fibrosis. Ã Â Since 1960s, these MDs have applied the legendary Buteyko breathing method to increase body oxygen levels. These doctors found that people with CF can have normal life expectancy if they maintain normal body O2 content using breathing exercises and lifestyle changes. Ã Â The book does not provide details of the Buteyko breathing exercises that can be found in another book "Advanced Buteyko Breathing Exercises" since there are numerous contraindications and requirements to practice these exercises correctly. The book offers a description of major lifestyle modules that increase body O2 naturally, as well as specific techniques that are crucial for successful control of symptoms of cystic fibrosis.

Book Information

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Customer Reviews

Artour Rakhimov, PhD, is internationally known for his work as a scientist, writer, and breathing trainer and teacher. He is a natural health care practitioner who has transformed thousands of lives over the past 12 years. Dr. Artour Rakhimov is engaged in dispelling popular myths related to respiration and bringing innovations and knowledge into the mainstream of medicine, alternative health, and society. He is the inventor of the Amazing DIY Breathing Device and the author of the world's largest website devoted to breathing retraining for real health through higher body oxygenation.Ã Â Dr. Artour RakhimovÃ Â maintains a personal practice in Toronto, Canada, where he lives.Biography details:* High School Honor student (Grade "A" for all exams)* Moscow University Honor student (Grade "A" for all exams)* Moscow University PhD (Math/Physics), accepted in Canada and the UK* Winner of many regional competitions in mathematics, chess and sport orienteering (during teenage and University years)* Good classical piano-player: Chopin, Bach, Tchaikovsky, Beethoven, Strauss (up to now)* Joined Religious Society of Friends (Quakers) in 2001* Former captain of the ski-O varsity team and member of the cross-country skiing varsity team of the Moscow State University, best student teams of the USSR* Total distance covered by running, cross country skiing, and swimming: over 100,000 km or over 2.5 loops around the Earth* Author of the publication which won Russian National 1998 Contest of scientific and methodological sport papers* Former individual coach of world-elite athletes from Soviet (Russian) and Finnish national teams who took gold and silver medals during World Championships* Whistleblower and investigator of suicide-massacres and other crimes organized worldwide by GULAG KGB agents using the fast total mind control method* Practitioner of the New Decision Therapy and

KantillationÃ Â * Level 2 Trainer of the New Decision Therapy

It is interesting to note that such a simple test devised by a Russian Doctor (Professor Buteyko) could actually provide so much information in regards to the health of an organism. That test being the Morning Control Pause. Getting a high control pause means higher oxygen levels in the body and thus an ability to be able to be resistant to disease (at its simplest). The author Mr. Rahkimov has gone into great detail with many references to substantiate his work relating to the causes behind disease and how to eliminate cystic fibrosis (through increasing breathing rate to normal (4/L Minute). My query has to be why this method has not receive more scientific justification in Western Medicine and why it is has not received any support from Western practioners? Though I am sure that each case varies I would also be interested to know the average time frame for overcoming cystic fibrosis, using the methods described in this book.

The writing was confusing. Our Russian doctor shoudl have collaborated with an Author who speaks English.There was some good information.

This book put me right make at square one thanks for nothing. The author knows how to get you hype for nothing

I feel this author has important things to say to help those with breathing problems. However, if you get one book of his, you have essentially almost the same things in each one over and over, so choose wisely. I have non-smoker’s COPD type issues and doctors insist you can’t do much about it if you have to be on O2. However, just know that diet plays a HUGE part. I radically changed my diet and it has made a profound change in my ability to breathe. I dropped wheat, meat, dairy, soy, sugar, white flour, rice, oats, barley. Well there you go...almost everything in the store and everything you love to eat. I did add grain alternatives of spelt, amaranth and quinoa. Just changing my diet has enabled me to cut my O2 almost in half, from 3 continuous to 1.5 continuous when at rest and 2 when doing lite walking and 3 when doing fast walking for medium distances. I can now do the 6 minute walk test on 6 continuous and STAY over 84 WITHOUT stopping!!!! This is after 2 months on the diet. The diet is not his suggestion, just to let others out there know other things do help. As far as the author’s info, I am a "3", pretty bad really. So right now I am just using the ’pursed lip’ breathe-out technique when I feel I need to build up O2 in my blood to help my muscles at this lower level of O2. This one technique helps me more than anything besides the diet change.

Haven’t been doing anything else yet since he says if your level is that low, to be extremely cautious. So I am working on diet right now, loosing some weight and using the "lung exerciser" machine my dr gave me (now he gives it to me, why not at the beginning?)--like the frolof gizmo. Reading this book has given me some hope that I can get off this O2 dog-leash.

My brother bought us this book...What I know about health is that all disease can be helped. "There is no such thing as an incurable disease, but at times incurable patients..." -Dr. Christopher. Many people choose to be victims in there own health struggles. Everyone is welcome to go to a hospital and take the "band aid method" of using different medications that cause more health problems in the long run. In order for Dr Artour Rakhimov suggestions to work, you must follow his directions and do the work! This is your body, and your health. Your body didn’t get sick over night, it was a process, just as breathe retraining is also a process. If you truly want to get better, set your intentions high because health is up to the individual. I’m so thankful for this book and teachings. I’m learning even more on the normalbreathing.com web site.

We live in England and our 4 yo daughter has cystic fibrosis. A friend sent me a link to this book, which I tried to buy for my Kindle - but alas, for some reason won’t let you buy it if your Kindle is registered to .co.uk as opposed to .com - HELP!!!!!!!!!!!

A good book about Cystic Fibrosis

How has Russia changed anything CF related over the past 30 years, considering the first CF center wasn’t built until 1989?How could Russia possibly changed the life expectancy of those with CF to over 70 considering the first case of CF wasn’t diagnosed in Russia until 1967 (this person would be 46 years old today). As of 1996, the average life expectancy of a child in Russia with CF was 14 (Source: Journal of the Royal Society of Medicine: [...]Just because someone produces an ebook does not make the information accurate!

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