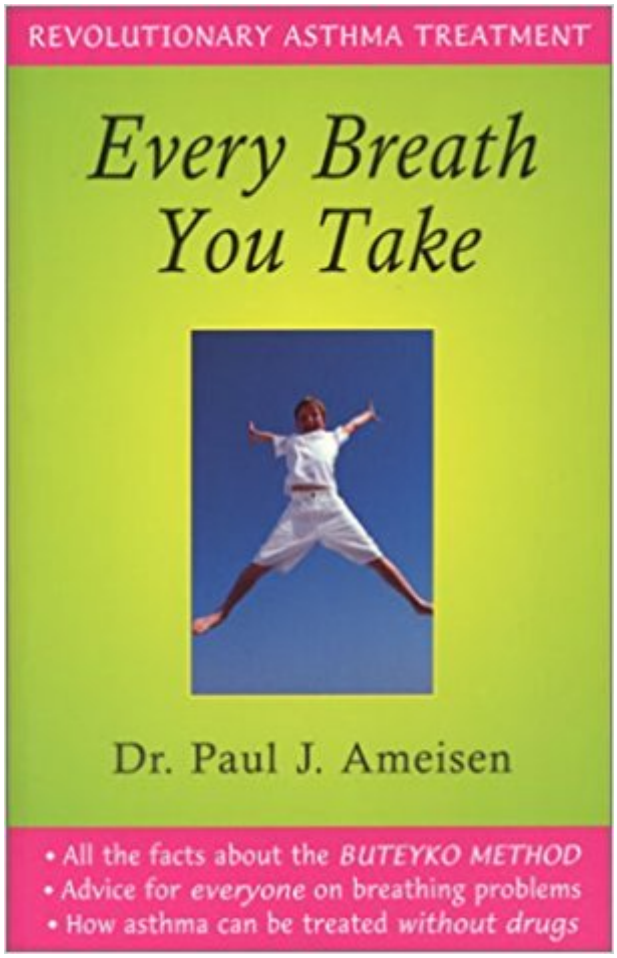
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Every Breath You Take: Revolutionary Asthma Treatment



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Synopsis

Sixteen million Americans suffer from asthma, and traditional research has failed to explain why. Every Breath You Take gives new hope for an effective treatment of this disorder. It presents a simple, useful breathing technique called the Buteyko Method, which is based on the theory that asthma is caused by habitual, hidden overbreathing (hyperventilation). By preventing overbreathing, the Buteyko Method relieves both children and adult sufferers of their symptoms. It is a safe, natural treatment that offers hope to everyone who suffers from asthma.

Book Information

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Average Customer Review: 1.0 out of 5 stars 1 customer review

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Customer Reviews

Could this be the end of the Inhaler? -- London Daily MailDoctors gasp at Buteyko success. -- Australian Doctor, April 7, 1995Health Revolution: Breath of Life -- Sun Herald, April 13, 1997

Paul J. Ameisen, ND,Ã Â a medical practitioner for over two decades, has a Diploma of Naturopathy and a Diploma Medicina Alternativa, and is a Fellow of the Australian College of Nutritional and Environmental Medicine. He has practiced in hospitals around the world.

This book is basically a pamphlet for the Buteyko method and those that teach it. It briefly describes the Buteyko theory behind asthma, a bunch of testimonials, a history of Dr. Buteyko and the practice of his technique, and the goals of the technique. This information is freely available in equal or greater depth on the internet. I don’t find testimonials to be terribly convincing. This book does not

teach one how to do the Buteyko technique, claiming that it must be done under the close supervision of a properly trained person. As such, this book is worthless.

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Every Breath You Take: Revolutionary Asthma Treatment Freedom from Asthma: The Revolutionary 5-Day Treatment for Healing Asthma with the Breath Connection (R) Program Asthma-Free Naturally: Everything You Need to Know to Take Control of Your Asthma - Featuring the Buteyko Breathing Method Suitable for Adults and Children Control Your Child's Asthma: A Breakthrough Program for the Treatment and Management of Childhood Asthma Asthma Survival: The Holistic Medical Treatment Program for Asthma The Whole Family Guide to Natural Asthma Relief: comph Drug Free solns for Treatment Prevention Asthma Allergies Every Breath You Take (An Under Suspicion Novel) Asthma-Free Naturally: Everything You Need to Know About Taking Control of Your Asthma--Featuring the Buteyko Breathing Method Suitable for Adults and Children A Parent's Guide to Asthma: How You Can Help Your Child Control Asthma at Home, School and Play Bone, Breath, and Gesture: Practices of Embodiment Volume 1 (Bone, Breath, & Gesture) (Vol 1) Breath By Breath: The Liberating Practice of Insight Meditation Breath by Breath: The Liberating Practice of Insight Meditation (Shambhala Classics) Chanting Breath by Breath Children's Asthma The Practical Guide (Practical Children's Asthma Book 1) The Complete Kid's Allergy and Asthma Guide: Allergy and Asthma Information for Children of All Ages How Asthma Makes Me Feel : A Commemorative Book of Artwork and Essays By Young People with Asthma Asthma - A Link Between Environment, Immunology, and the Airways: Proceedings of the XVIth World Congress of Asthma, Buenos Aires, October 17-20, 1999 Yoga Beats Asthma: Simple exercises and breathing techniques to relieve asthma and respiratory disorders ABC of Asthma, Allergies and Lupus: Eradicate Asthma - Now! Reversing Asthma: Breathe Easier with This Revolutionary New Program

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