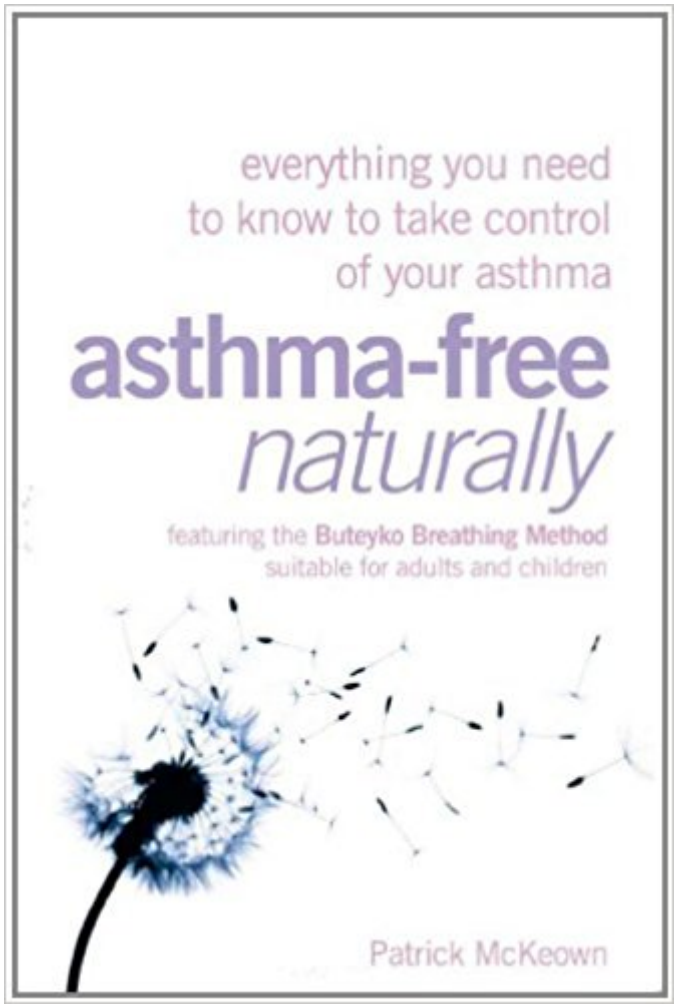
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Asthma-Free Naturally: Everything You Need To Know About Taking Control Of Your Asthma--Featuring The Buteyko Breathing Method Suitable For Adults And Children




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Synopsis

This is a highly effective programme for adults and children which incorporates the revolutionary Buteyko breathing method. Patrick McKeown is a former chronic asthmatic who went on to become one of the very few accredited Buteyko practitioners in Britain. The Buteyko breathing method is the single most effective self-help treatment for asthma and can be used by adults and children. With the programme, asthma sufferers can: / stop persistent attacks and coughing / reduce their dependency on medication / unblock nose naturally with a simple exercise / prevent attacks during sports / explain breathing exercises to a child / learn about diet, sleeping and other lifestyle factors

Book Information

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Customer Reviews

'It is absolutely unbelievable. I have been on my drugs for 15 years!Give it a go, you have nothing to lose and everything to gain.' --Jean McConnell, school teacher 'I have a quality of life I have not had for 40 years.' --71 year old severe asthmatic, previously wheelchair bound 'Before I missed football, parties and swimming. Now I am able to do everything I couldn't do.' --Lorcan, aged 12 'Within a week, Lorca was off all his reliever medication (10 puffs a day). He is now captain of his football team.' --Lorcan's mother

Patrick McKeown, BA, MA (tdc)dip. Buteyko, was a chronic asthmatic for most of his life. When he applied the Buteyko breathing method, he freed himself from his asthma condition. As a qualified Buteyko practitioner, he is now just one of a few Western experts accredited and authorised by Prof

Konstantin Buteyko to teach this method. His three clinics -- Asthma Care -- are in Dublin, Galway and Cork . His clinics and work have been featured on a huge amount of Irish media.

This book is a solid overview of the Buteyko breathing method and some of the theory and research behind it. However, when I performed the exercises exactly as described in the book it actually aggravated my asthma symptoms. I knew there was something to the method because when I followed the advice in the book to tape my mouth shut while sleeping I experienced a dramatic improvement in my nocturnal symptoms. I ended up seeking out a practitioner who instructed me in a very different way of performing the exercises and my symptoms really improved. Bottom line: book has some good info but seek out a practitioner for doing the exercises. The author also contradicts himself in places and at times does a poor job of reviewing and commenting on the scientific literature. I ended up reading Breathing Slower and Less: The Greatest Health Discovery Ever by Artour Rakhimov and think it handles the topic in a much more rigorously scientific way.

I read this book even though I don't have asthma. It teaches you breathing techniques which are helping your brain to reset the level of CO2 it tries to maintain, and to breathe through your nose rather than your mouth. I have never had asthma but read this book out of general interest, and have been applying the breathing techniques. One measurement it uses is the control pause, which is lower for people who breathe too much, and higher for people who breathe less. Especially people with asthma can benefit from raising their control pause, but as it turns out the rest of us can most likely also benefit from doing this. My control pause before starting the exercises was 30. After a week or so of doing the exercises it was up to 45. What I've noticed: For the last year I have been able to do 6 chinups max. Today I did 8. When I run I feel an ease that I haven't felt in many years. When I am singing I can hold notes longer, and have a steadier voice. Nothing earth shattering, but my body definitely likes it. Taking off one star as the book is a bit repetitive.

This book was very helpful. I wish I'd had this book from the beginning of my respiratory problems! The breathing techniques and information about natural methods was very informative and helpful. This book is easy to read and understand and the exercises and advise is easy to implement in a daily routine. It helped me understand and decode how our respiratory system is supposed to work and stay in tune with my body and how I am doing. I really appreciated all the natural supplements recommended in the book as well. Unfortunately I found it harder to get my MD to support these methods but my specialists seem more supportive of them. This is a good supplement to a total

reliance on medication to treat everything. Excellent book.

Within a couple hours of working with ideas and exercises in this book I was able to confirm by my experience the basic principles are valid. Within a few days nasal breathing and increasing breath awareness had made significant improvements. (I ignored the food and triggers chapters.)The book provides both a detailed introduction to the Buteyko Breathing Method and a thorough reference to important related facts. It incorporates a concise history of Professor Buteyko's research and a nontechnical discussion of the relevant concepts of respiratory physiology. Also, it addresses, at least partially, the important issue of why hyperventilation as a cause of asthma (and perhaps many other ailments) is simply ignored in pulmonary and general medical practice in the United States. The accurate use of key terms is an excellent aid to further exploration of this crucial subject. I have found the book extremely useful for research on the subject; I highly recommend it.

this is a great introductory book if you are interested in learning more about Buteyko. It explains a lot of the theory and some of the practice of Buteyko. I am not convinced that you will cure your asthma just from practicing what you read in this book. I really think that a Buteyko instructor/practitioner is your best bet on really making sure that you understand the concepts and can practice them correctly. It really WILL make a difference in your health to practice Buteyko. Research it online. I just had one of my best years in many simply by being more diligent about nose breathing and some simple breath-holding exercicses. Made a BIG difference in my response to allergens. There are many tools out there to help you with certain afflictions. ooops. I'm starting to review Buteyko and not the book. The book is easy to read and a great place to start.

I was a little disappointed that more exercises were not included. Now I am getting the dvd , cd & other book. Maybe this will give more instructions. I have changed my breathing habits & find this is helping with my asthma. I cannot believe it took me 64 years to learn to breathe correctly. Who knew? I love anything that will take the need for drugs away. And this method is the only way. I am pleased with this book & recommend it.

I have had asthma all of my life. I am controlling it with an antihistamine and an inhalers for my lungs and nose. I have read the book Asthma-Free Naturally and am praticing the exercises. The ones I have tried appear to be working, especially the one to open the nasal airway making it easier to breath thru the nose. I have not been doing them long enough to notice any great effect on my

asthma I highly recommend the book for children. As an orthodontist I have found that maloccusion (crooked teeth) is primarily due to poor oral posture. Allergies can promote mouth breathing and an open mouth posture at rest which results an adverse growth pattern of the face and crooked teeth. The exercises to promote breathing thru the nose to maintain a closed mouth posture may help promote a good facial appearance and prevent crooked teeth.

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