



## Breathe To Heal: Break Free From Asthma (Paperback)

By Sasha Yakovleva, K P Buteyko, A E Novozhilov

Breathing Center LLC, United States, 2016. Paperback. Condition: New. Language: English. Brand new Book. Understand Asthma & Breathing Difficulties. Stop Fighting Against Them! Say "Goodbye" to breathing problems! This book will help asthma sufferers to establish natural and wholesome breathing patterns. It will provide you with the information you need to tame your or your child's breathing difficulties naturally by improving the function of the respiratory system. It contains comprehensive instructions on the Breathing Normalization method based on the discovery by Dr. Buteyko in 1952 in Russia. Since then, this commonly called Buteyko technique has undergone many trials, and its benefits became known in the USA and all over the world. It has helped countless people to reduce or eliminate their breathing problems and become healthier and more energetic. Learn Buteyko Breathing Normalization from its original source. This book is written by K. P. Buteyko, MD-PhD, the author of the Buteyko Method, A.E. Novozhilov, MD, Medical Director of Clinica Buteyko in Moscow and Sasha Yakovleva, co-founder of It also contains many stories of people who tried to improve their breathing in order to tame their asthma. This is the most unique, original and comprehensive book about breathing and Dr. Buteyko's...



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