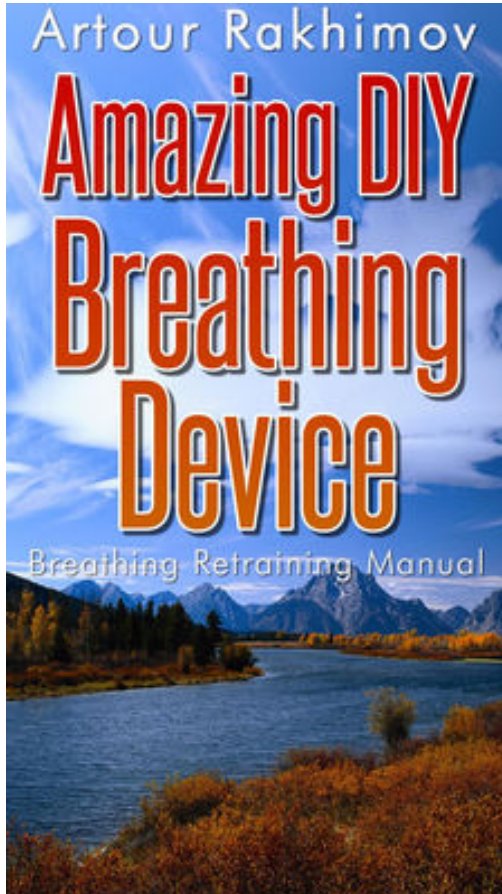


# Télécharger Livres Gratuit Amazing DIY Breathing Device (PDF | ePub | Mobi) Artour Rakhimov download-free



How someone can improve his or her body oxygenation? It is necessary to slow down automatic or unconscious breathing and to learn how to breathe slower and less all the time. This improves body oxygenation due to proven CO2 effect.

Slower breathing is also the advice of traditional eastern healing techniques including yoga, tai chi, and many others. Western medical science also teach that hyperventilation causes tissue hypoxia.

You can try various techniques to increase your results for the body oxygenation test. However, based on years of my teaching the Buteyko method and breathing retraining to hundreds of my students, I can assure you that the Amazing DIY breathing device is an excellent and affordable option to improve body oxygen levels and eliminate many chronic diseases such as asthma, heart disease, and many others. One of my books even features application of breathing methods for treatment of cancer with the most successful clinical trial in the whole history of cancer research: 6 times less mortality due to metastatic cancer for those people who practiced breathing exercises.

The Buteyko exercises are not easy (but still possible) to learn. However, the Amazing DIY Breathing Device provides even faster increase in the CP (control pause or DIY body O2 test). Therefore, I suggest to my students and others to apply the Amazing DIY breathing device (or the Frolov respiratory device), and address relevant lifestyle factors, which are also described in this book.

Therefore, the book provides a program for health restoration based on improvement in the major parameter of human health: body oxygenation.

<b>Title</b>	:	Amazing DIY Breathing Device
<b>Author</b>	:	Artour Rakhimov
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