



Asthma-Free Naturally: Everything You Need to Know to Take Control of Your Asthma - Featuring the Buteyko Breathing Method Suitable for Adults and Children

Patrick McKeown MA

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This revolutionary book teaches readers how to take control of their asthma safely and effectively without any side effects. The approach encompasses the Buteyko Breathing Method as well as guidance on diet, sleep, physical activity, and other lifestyle changes that can provide a natural alternative to Asthma medications. The author was a chronic asthmatic who applied the Buteyko Breathing Method to free himself from his asthma condition. In this book, he details the Buteyko Breathing Method and provides guidance on diet, sleep, physical activity, and other lifestyle changes that can provide a natural alternative to Asthma medications. The Buteyko Breathing Method is considered by many to be the single most effective self-help treatment for asthma and can be used by adults and children

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