



# How To Grow Out of Asthma As Quickly As Humanly Possible: Proven Simple Steps To Growing Out of Asthma Using Buteyko Method

*James J Hooper*

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Over 5,000 Buteyko Workshop clients shown this exact method obtained amazing results in reducing their asthma symptoms without drugs. Includes the EXACT drills you need to teach your children to get out asthma cycle. Included the exact steps you need to **UNBLOCK YOUR NOSE in less than 2 minutes**. It is the first lesson in the workshop - how to be able to breathe thru your nose - **ALWAYS!** Just that lesson is worth the price of this book. Once you breathe only thru your nose - you asthma **WILL** change it's pattern. It will become less frequent. This ONE step may be all you need take the jump to "grow out of asthma". It can be that simple. Buteyko Method was created by an amazing Russian called Dr KP Buteyko. His process is designed to bring our breathing pattern **BACK TO NORMAL**. And you can test how far from normal your asthmatic breathing is - with a simple breathing test. It is free and takes less than a minute. As your breathing changes from the drills - you can use this to measure your escape from asthma. Remember I have taught over 5,000 people - of all ages and health - how to do this. As the measurement goes up - your asthma goes down. The difference between this book and others is that this gives you the EXACT way to do Buteyko training. Based on proven clinical trials and the success of thousands of people, this book gives you the simple rules to follow to "grow out of asthma" as quickly and predictably as possible. It teaches you in the simplest way which path leads to life-long asthma, and which leads to not having asthma. Shows you exactly the steps to help your children grow out of asthma. Dramatic improvements in children's asthma often happens within days. Explains the amazing effectiveness of the Buteyko Method in clinical trials all around the world. Covers how to reduce all kinds of asthma. Allergic asthma, nocturnal, cough variant asthma, exercise induced asthma, late onset asthma - in children and adults. The process is the same - with minor changes for each type. For example with allergies - you will learn how to control your sneezing. You learn how to make your nose clear at all times - even if you have a cold (it may still "run" with a cold - but it will not block up). Learn how to use these breathing drills to **INCREASE** your sporting endurance and recovery times after exertion. Learn to have better sleep - by changing your breathing pattern while you are asleep. If you have apnea, snoring or simply wake tired every day - you are going to love this book. Details **EXACTLY** how to do breathing drills that can help you not need asthma relief medications. You still carry your medications and use them as directed by your doctors. But your doctor will be amazed when you explain how you have reduced your symptoms do dramatically. (Tell them to buy the book!) Details **EXACTLY** how to use breathing tips to make your nose clear so you can breathe thru it in the first 24 hours. Uses simple terms so that even 4 year old children can understand what the rules to breathing with asthma are.



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