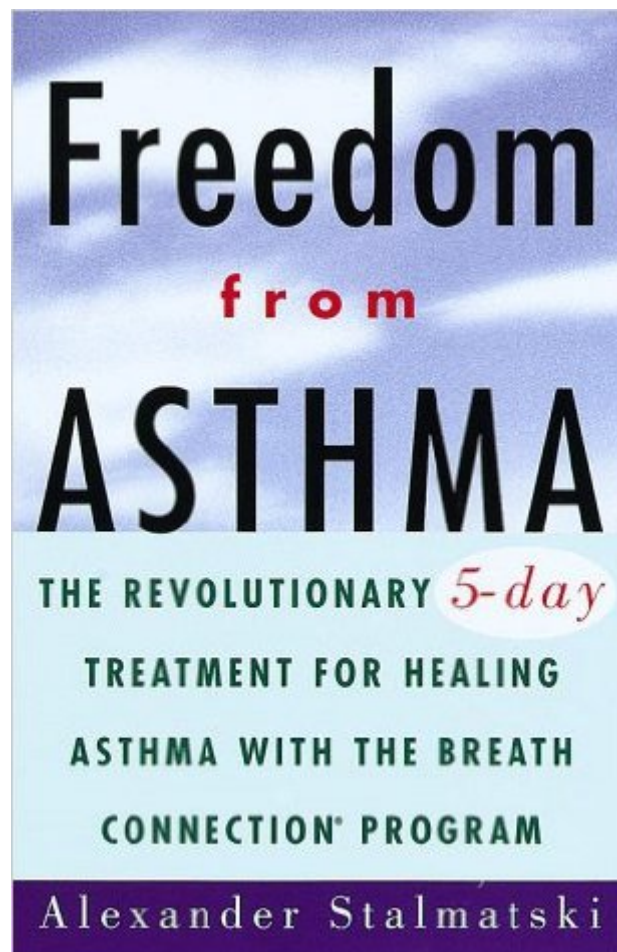


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# Freedom From Asthma: The Revolutionary 5-Day Treatment For Healing Asthma With The Breath Connection (R) Program



## Synopsis

Imagine: Sleeping through the night soundly and peacefully without waking up to use an inhaler Walking into a room filled with cigarette smoke, cats, or flowering plants and not having an asthma attack Exercising without gasping for breath Finally--a real ray of hope for asthma sufferers! At last, there's the Breath Connection, a groundbreaking asthma treatment that has a proven 100 percent success rate in alleviating symptoms in patients and an extraordinary 90 percent success rate in decreasing and even eliminating dependence on inhalers, nebulizers, and other drugs forever! Simply by learning how to retrain their breathing patterns, asthmatics can learn how to calm the worst asthma attacks and even stop them before they begin. Asthma has reached epidemic proportions in the United States. Fifteen million Americans suffer with asthma, and more cases are diagnosed every day. Traditional medicine can control all but the worst symptoms of this crippling disease, but there is no sign of a cure. Until recently the Breath Connection program was available only in London at the renowned Hale Clinic, where it has helped hundreds of thousands of sufferers alleviate even the worst symptoms of asthma. Now with the publication of Freedom from Asthma, millions of Americans will finally be able to seek relief from this crippling disease.

## Book Information

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## Customer Reviews

I picked up this book for a dollar on the sale table at Barnes & Noble. I've had asthma since I was 3. I've been on inhalers for 25 years. I've been hospitalized twice, have had heart palpitations and

other nasty side effects of asthma and inhalers. Sure, I want to be free from asthma! The ideas in this book sounded crazy when I first read them. Asthma is the result of too MUCH breathing? Carbon dioxide is important, and too little of it causes asthma and other diseases? I think I actually laughed out loud when I read the first few chapters. Then I kept reading. And the ideas started making sense. This book doesn't give you a lot of practical exercises to work with; it seems to be more an overview of what's taught in the Breathing Connection seminars. That's why I gave it 4 stars instead of 5. But the book does give you enough practical information to improve your own breathing. Breathe less--less deeply and less often. Breathe through your nose. Be consistent with just those two principles and you will see improvement. Although they're counterintuitive, relax and practice them when you feel your asthma kicking in and don't be surprised if oncoming symptoms go away. In 3 days I've cut my bronchodilator use in half, I sleep through the night and my heart rate has dropped from 120 to 60. "Freedom from Asthma" also covers diet, exercise, and a number of other areas where you can improve your health by improving your breathing. Nothing too deep, but helpful nonetheless. I just finished this book today and tomorrow I'm getting Teresa Hale's book. I'm new to this but hopeful. "Freedom from Asthma" is far from thorough, but it's a good start. If you've been looking for freedom from asthma, you may find it in the principles described here.

This book was very helpful in eliminating my exercise induced asthma. The principles and theory are very valid. I have been suffering from insomnia and mild asthma for many years and I do not like to take drugs if I can avoid it. I was also diagnosed as having sleep apnea and treated for that condition though without lasting results. This book shows why asthma develops in people and how you can control it and then cure it without any drugs. The only reason I gave the book four stars was the fact that this book does not spell out the actual 5-day treatment so I went and bought the book 'Breathing Free' by Teresa Hale. With the help of that book, I could administer the treatment to myself at home and saw some remarkable improvements in my sleep and a complete disappearance of my wheezing during running!! I also lost some weight! I highly recommend both books. I am actually consulting with the the author for a fee to continue my application of the treatment program for maximum and long-lasting results. I start to wonder why our medical establishment seem to prefer expensive drug therapies for everything when there are so many simple and non-invasive treatments out there. Could the drug companies be involved in this attitude ? I wonder.

I have to disagree with the reader from "near Boston" on this book. The Buteyko Method is not

"pseudoscience" at all, although it does contradict a lot of conventional American medical understandings about asthma and breathing disorders. The Method works if you work at it, and if you are willing to go through the occasional discomfort of working at it. This approach is not a quick fix, and many people will simply have to take the \$500 seminar to properly apply the Method to their individual circumstances. Sometimes a book alone won't do it, which is something both Stalmatski and Hale state only too clearly in both of their books. Contrary to the reader from "near Boston's" assertion, there is some clear discussion of how to use the Method in connection with exercise. It has been used quite extensively with the Australian rugby teams to very good success. I myself have modified my own exercise routines quite a bit, and I also had exercised-induced asthma attacks in my past history. Now if I exercise very heavily without proper warmup I might experience some mild hyperventilation which I usually can bring under control in 5 to 10 minutes. The straight skinny is that I recommend all of you out there with breathing disorders to buy this book and try the Method out for yourself. Make up your own mind. Consider taking the seminar. It will be worth it.

This Book is a good supplement for information on Buteyko, but you will not learn how to do the breathing exercises from this book. I downloaded the James Hooper manual from here [...] and after practicing Buteyko for a month, I am asthma free. I even scored 100% lung function on my test yesterday. It was only 60% three months ago. My doctor was amazed and even asked me to give him more information on Buteyko. It really does work, but you won't get the basics on how to perform the exercises from this book.

Freedom From Asthma has been the premier introduction to the Buteyko Method of Breath Retraining up until the introduction of Teresa Hale's book Breathing Free. I most strongly recommend you buy both books, read them and apply their lessons to your own breathing. The Buteyko Method applies to far more than asthmatics, as you will find out when you read these books. If you've ever had any kind of wheezing in your life, if you've ever had an allergy attack, a bout of pleuresy, bronchitis, sinusitis, an anxiety or panic attack, or if you've had any one of a host of other common diseases of everyday life, then you need to learn about the materials in this book. I recommend you read Hale's book as well as Stalmatski's, because there are things in Hale's book about the Buteyko Method that are not in Stalmatski's, and there are things in Stalmatski's that are not in Hale's. In the end, you'll probably want to take a Breath Connection workshop, but I'll leave all that for you to discover for yourself as you go through these two books. I've had a lifelong on-again, off-again history of respiratory disorders, including infantile double pneumonia, childhood asthma,

late adolescent pleuresy and panic attacks, and adulthood sinusitis and bronchitis (I don't smoke, by the way). Having started learning the Buteyko Method from these two books, I can say I feel much calmer and healthier than I have in a long time and, by the objective measure of the Control Pause (which you'll learn about in both books), I'm only halfway to where I can realistically expect to go with the improvements in my breathing. By the time I'm done with all this, I'm also looking forward to my wife and three children eventually learning the Method. Buy Stalmatski's book. You'll be glad you did.

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