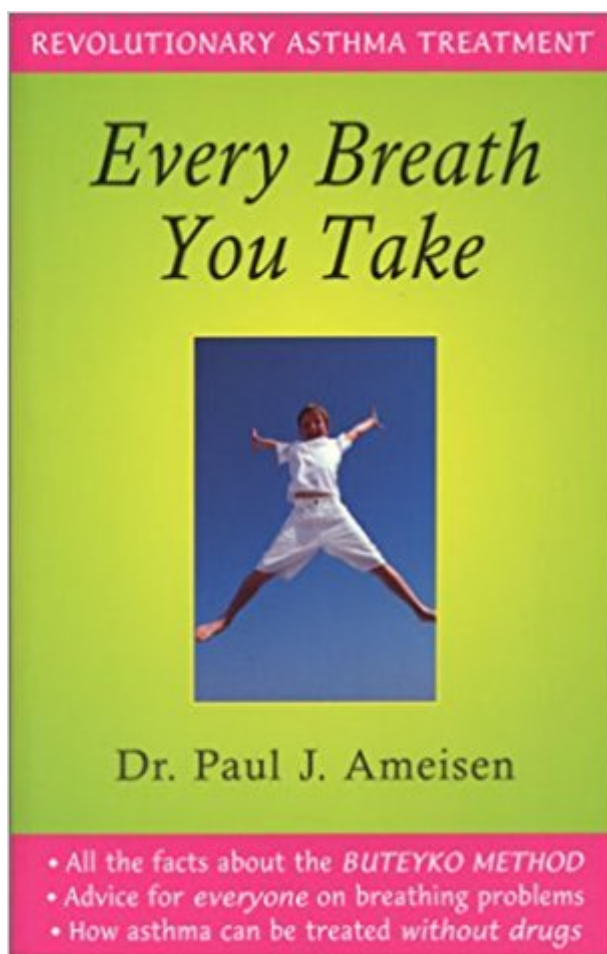


The book was found

Every Breath You Take: Revolutionary Asthma Treatment



Synopsis

Sixteen million Americans suffer from asthma, and traditional research has failed to explain why. Every Breath You Take gives new hope for an effective treatment of this disorder. It presents a simple, useful breathing technique called the Buteyko Method, which is based on the theory that asthma is caused by habitual, hidden overbreathing (hyperventilation). By preventing overbreathing, the Buteyko Method relieves both children and adult sufferers of their symptoms. It is a safe, natural treatment that offers hope to everyone who suffers from asthma.

Book Information

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Average Customer Review: 1.0 out of 5 stars 1 customer review

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Customer Reviews

Could this be the end of the Inhaler? -- London Daily Mail
Doctors gasp at Buteyko success. -- Australian Doctor, April 7, 1995
Health Revolution: Breath of Life -- Sun Herald, April 13, 1997

Paul J. Ameisen, ND, is a medical practitioner for over two decades, has a Diploma of Naturopathy and a Diploma Medicina Alternativa, and is a Fellow of the Australian College of Nutritional and Environmental Medicine. He has practiced in hospitals around the world.

This book is basically a pamphlet for the Buteyko method and those that teach it. It briefly describes the Buteyko theory behind asthma, a bunch of testimonials, a history of Dr. Buteyko and the practice of his technique, and the goals of the technique. This information is freely available in equal or greater depth on the internet. I don't find testimonials to be terribly convincing. This book does not

teach one how to do the Buteyko technique, claiming that it must be done under the close supervision of a properly trained person. As such, this book is worthless.

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