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# How To Breathe: The Symptoms If You Get It Wrong, And How To Fix It.

HOW TO  
BREATHE: THE  
SYMPTOMS IF  
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HOW TO FIX IT.

SALLY GETHING



## **Synopsis**

Did you know that your health concerns could be caused by improper breathing? Luckily, with this helpful book, it is easily fixed, and experienced Breathing Retrainer Sally Gething will show you how. This book can help with the following...Cold Hands and Feet; Pale Face and Skin; Difficulty in Catching Your Breath, or in Taking a Deep Breath; Asthma; Panic Attacks; Hyperventilation Attacks; Allergies, Eczema and Skin Conditions; Slack Jawline; Protruding Teeth; Elongated Face Shape; Dental Cavities; Repeated Chest and Throat Infections; Nasal Voice, Whispering Voice, and Losing Oneâ™s Voice; Abnormal Breathing Patterns; Snoring; Sleep Apnoea; Lung Damage (including Emphysema, COPD, Bronchiectasis); Hypertension/High Blood Pressure; IBS (Irritable Bowel Syndrome) You may also like 'Too Little Salt: Ten Annoying Symptoms' also by Sally Gething

## **Book Information**

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## **Customer Reviews**

Very easy to understand Buteyko method. A lot of great advice to make it more easy to do, How to talk and still breathe through your nose, I have other Buteyko breathing books and this is my favorite.

Book is short and gets to the point. So glad to have found this book on ,

Sally Gethingâ™s book benefits from many things; itâ™s obvious title, the small number of pages, and the clear & concise writing that she uses. It all makes the practices/techniques and advice contained in this book most easy to digest, and fascinating to indulge in. Many self-help books of this ilk deter people from purchase due to being overlong and overloaded with too much information. But How To Breathe has an advantage over the majority of other self-help books for being so short & to-the-point. Sallyâ™s expertise shines through from start-to-finish, offering useful advice and a friendly, non-assertive narrative that readers will warm to instantly. Definitely recommended.

Breathe less for a breathless life: a worthwhile intro to the Butyenko Method .. with easy exercises. Read it and cheer.

How to breathe is a valuable book with tips, ticks and answers to "everyday breathing". Things that you didn't know the importance of.

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