



Amazing DIY Breathing Device: Breathing Retraining Manual (Paperback)

By Artour Rakhimov

Createspace Independent Publishing Platform, United States, 2012. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Your health mainly depends on one factor only: your body oxygen level that is measured using the body oxygen test. If you have more than 30 seconds for the body oxygen test, you do not need this book because there are better methods and techniques that will help you to move further. If you have less than 20 seconds, you are in a state of poor health. People with chronic diseases nearly always have less than 20 seconds. This is the conclusion of Russian and Soviet MDs who tested more than 200,000 people with various chronic health problems. They also found that if these people get more than 30 seconds for the body oxygen test, they will be free from their symptoms and medication. This breathing technique has been tested on more than 200 students. The results are impressive. Over 90 of my students were able to reduce or eliminate their medication and experience relief from symptoms of numerous chronic conditions in about 1-2 months. It all depends on your final CP (body oxygenation) results. For most students the Amazing...

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