



Close Your Mouth: Buteyko Clinic Handbook for Perfect Health

By Patrick McKeown

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Close Your Mouth is a self-help book containing complete instructions for the Buteyko Method for asthma, nasal congestion and snoring.

Without a doubt, the Buteyko Method is the most effective and direct way to reverse asthma, as shown through four clinical trials that resulted in 70% less coughing and wheezing, 90% less need for reliever medication and 50% less need for preventer medication within twelve weeks.

The author, Patrick McKeown, is one of a few people directly accredited and authorised by the late Professor Buteyko to teach his method to others. In 2002, Patrick founded the renowned ButeykoClinic.com to enable thousands of children and adults to reverse their condition. Close Your Mouth is the manual provided to each attendee to his clinic.

This book provides each exercise in simple, jargon-free language to enable all readers to attain freedom from their asthma and breathing difficulties.

The Buteyko Method has been described as one of the most important medical discoveries of the 20th century. You will find the information in this book most compelling and life changing.

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- Sales Rank: #33938 in Books
- Published on: 2004-09-04
- Original language: English
- Number of items: 1
- Dimensions: 7.09" h x .47" w x 5.08" l, .43 pounds
- Binding: Paperback
- 140 pages

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Editorial Review

Review

Say goodbye to your asthma with former chronic asthmatic Patrick McKeown's highly effective programme, Asthma Free Naturally. -- *Patrick Holford*

'It absolutely is unbelievable. I have been on my drugs for fifteen years and to think that something as simple as this and as cheap as this and effective could be widely available. Everybody should be doing it. Give it a go, you have nothing to lose and everything to gain'.

Jean McConnell- school teacher with asthma.

'Generally I would feel a wheeze, tightness of breathing especially with training. I might have to take my inhaler about two or three times per day. I have been going to Pat for six weeks now and I am almost a month without having to take my inhaler'.

Sports world champion.

From the Author

My name is Patrick McKeown. I was a chronic asthmatic and constantly wheezed and coughed for over twenty years, until I learned the Buteyko Method. I have been free of symptoms and medication since 1998. In 2002, I travelled to Russia and qualified as a practitioner under the Late Professor Buteyko.

The book, Close Your Mouth, is based entirely on my experience of reversing my asthma and teaching thousands of others how to achieve the same result. This book is the manual provided to each patient attending my AsthmaCare clinics. Each exercise is described in step-by-step detail to enable all readers to apply them and experience their benefits. Typical results to expect are a 50% reduction in coughing, wheezing and breathlessness within two weeks. In addition, nasal congestion is eliminated, energy levels and sleep improve and snoring is significantly reduced.

I can honestly say that correcting my breathing and applying simple lifestyle guidelines completely transformed my life. Now you can achieve the same by following my book, Close Your Mouth.

Wishing you the best of health,

Patrick McKeown, Galway, Ireland

From the Inside Flap

What do former patients say?

We cannot believe the difference in our child, which is attributed to changing his breathing. I do not hesitate in recommending this method to anybody.

Father of fourteen-year-old child with severe asthma quoted in The Irish Times, 25 May 2004.

It absolutely is unbelievable. I have been on drugs for fifteen years and to think that something as simple,

cheap and effective as this method could be so widely available. Everybody should be doing it. Give it a go; you have nothing to lose and everything to gain.

-Jean McConnell, schoolteacher with asthma who was selected by RTE as part of its Health Squad series shown on 2 October 2003

I could not wake up in the morning without using my nebuliser. I have not touched my nebuliser since November and have used my reliever inhaler only three times since then.

-Chronic severe asthmatic, speaking on RTE 1s Open House programme on 26 February 2003.

He gave me a number of exercises that he said I should go and do. I have found that it has improved beyond all recognition. I can now talk for quite a period of time without having to cough.

-Retired school teacher, Galway, speaking on RTE 1s Nationwide on 16 September 2002.

Generally, I would wheeze or sense a tightness in breathing, particularly when training. I might have to use my inhaler about two or three times per day. I have been going to Pat for six weeks now and am have gone almost a month without having to use my inhaler.

-Sports world champion also speaking on same programme

Users Review

From reader reviews:

Christopher Sanchez:

Nowadays reading books become more than want or need but also turn into a life style. This reading behavior give you lot of advantages. Advantages you got of course the knowledge the rest of the information inside the book that improve your knowledge and information. The details you get based on what kind of reserve you read, if you want attract knowledge just go with knowledge books but if you want sense happy read one using theme for entertaining for example comic or novel. The Close Your Mouth: Buteyko Clinic Handbook for Perfect Health is kind of publication which is giving the reader unforeseen experience.

Bryce Adams:

Reading a e-book tends to be new life style in this particular era globalization. With reading through you can get a lot of information that may give you benefit in your life. Having book everyone in this world may share their idea. Textbooks can also inspire a lot of people. A great deal of author can inspire their particular reader with their story as well as their experience. Not only the story that share in the ebooks. But also they write about the knowledge about something that you need example of this. How to get the good score toefl, or how to teach your children, there are many kinds of book that exist now. The authors these days always try to improve their talent in writing, they also doing some research before they write to their book. One of them is this Close Your Mouth: Buteyko Clinic Handbook for Perfect Health.

Craig Brown:

People live in this new morning of lifestyle always try to and must have the free time or they will get great deal of stress from both lifestyle and work. So , if we ask do people have time, we will say absolutely without a doubt. People is human not just a robot. Then we consult again, what kind of activity are there

when the spare time coming to an individual of course your answer can unlimited right. Then ever try this one, reading textbooks. It can be your alternative in spending your spare time, the actual book you have read is usually Close Your Mouth: Buteyko Clinic Handbook for Perfect Health.

Annie Hiatt:

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