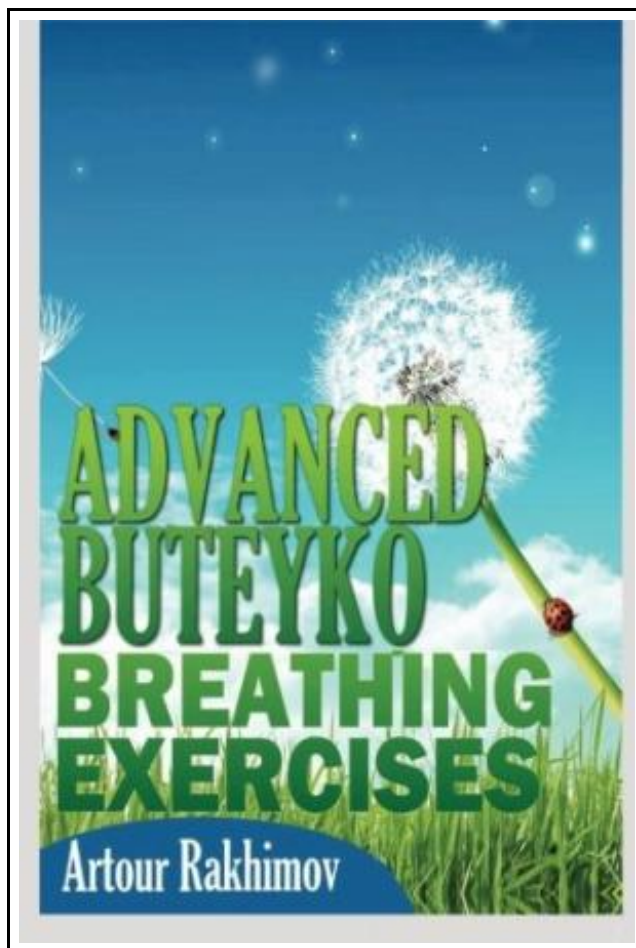


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Createspace. Paperback. Book Condition: New. This item is printed on demand. Paperback. 144 pages. Dimensions: 8.9in. x 5.9in. x 0.5in. This book could be used in order to learn the Buteyko breathing method exercises even by people with poor results for the body oxygen test or the Buteyko CP test (less than 15 s). However, the best results, in cases of self-learning (or DIY methods), are achieved when the learner already has at least 25 s for the body oxygen test. This Kindle and PDF book is advanced, in comparison with other descriptions of Buteyko breathing exercises, in the following areas: The book describes relaxed breathing exercises for people with hypertension and panic attacks. These groups of learners are often unable to safely do breath holds and practice ordinary Buteyko reduced breathing exercises. Air hunger can worsen their symptoms. The book explains how to proceed from easy Buteyko breathing exercises to its more advanced types. This relates to breathing exercises with a moderate and strong degree of air hunger. Chapter 4 of this book provides practical scripts for the use of visualization and imagery during Buteyko breathing exercises. The book explains optimum and maximum durations for Buteyko breathing sessions. It also describes the phenomenon of overtraining due to Buteyko breathing exercises and steps that are necessary in order to solve this problem. Chapter 5 explains the phenomenon of a lost CO₂ sensitivity, which should not be confused with the blunted CO₂ sensitivity. The book provides practical step-by-step instructions how to overcome both of these health challenges using lifestyle changes and other special methods. The book describes instructions for application of Buteyko breathing exercises during physical activity. Chapter 6 describes the click effect that leads to nearly instantaneous transition to much better results for the body oxygen test (the CP test). For some (lucky) students, the click effect helps them to quickly break through 40...

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