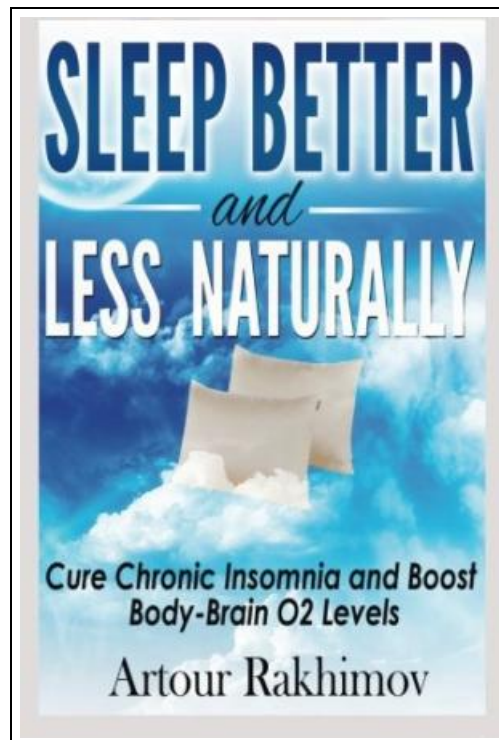


## Sleep Better and Less - Naturally: Cure Chronic Insomnia and Boost Body-Brain O2 Levels



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Createspace Independent Publishing Platform, United States, 2013. Paperback. Book Condition: New. 226 x 150 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.If you want to solve your problems with sleep and insomnia using the same health system that was applied for the best ever known clinical trials on cancer and asthma, this is the right page and the right book. The Buteyko breathing method is based on the idea that slower and lighter breathing results in better health and dramatically improves quality of sleep and overall health. Long: If you want to solve your problems with sleep and insomnia using the same health system that was applied for the best ever known clinical trials on cancer and asthma, this is the right page and the right book. The Buteyko breathing method is based on the idea that slower and lighter breathing results in better health and dramatically improves quality of sleep and overall health. Hundreds of modern book promote a fable that the human body and mind recover at rest and especially during sleep. However, dozens of clinical studies and surprising science prove again and again that chances of acute attacks (exacerbations due to heart attacks, strokes, seizures, asthma attacks and many other health problems) are highest during sleep. Thus, the secret world of sleep is totally different from what one may expect. This book provides a systematic analysis of sleep-related lifestyle factors based on clinical experience of the Buteyko breathing practitioners and more than 160 Soviet Buteyko doctors. Here are the major clinical findings related to this new effortless sleep method that has been tested on 1,000s of patients: Severely sick and hospitalized people \* Respiratory frequency during sleep: >26 breaths/min \* Body oxygenation (result for the CP test): 10 hours, very poor sleep quality....



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