



# Breathing Free: The 5-day Breathing Programme That Can Change Your Life

*Teresa Hale, Liz Simpson*

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At the heart of the Buteyko Method lies the recognition that some 200 diseases, including respiratory conditions like asthma, develop because of hyperventilation. By altering your breathing patterns, you can radically improve your health, relieve symptoms and sometimes even eradicate illnesses without the need for drugs. The simple breathing exercises are based on 45 years of practical and empirical research by leading Russian medical scientist Professor Buteyko and are now used with great success around the world. Written by the founder of London's leading alternative clinic, the Hale Clinic, as well as a top practitioner of the Method, this book is set to radically improve the health of all those who embark on its 5-day programme.

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