



Close Your Mouth: Buteyko Clinic Handbook for Perfect Health

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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From reader reviews:

Nora Carter:

Playing with family in a park, coming to see the water world or hanging out with pals is thing that usually you have done when you have spare time, then why you don't try issue that really opposite from that. I activity that make you not experiencing tired but still relaxing, trilling like on roller coaster you already been ride on and with addition associated with. Even you love Close Your Mouth: Buteyko Clinic Handbook for Perfect Health, it is possible to enjoy both. It is excellent combination right, you still wish to miss it? What kind of hang-out type is it? Oh come on its mind hangout people. What? Still don't get it, oh come on its known as reading friends.

Mark Vandyke:

In this age globalization it is important to someone to receive information. The information will make you to definitely understand the condition of the world. The healthiness of the world makes the information easier to share. You can find a lot of personal references to get information example: internet, newspaper, book, and soon. You can view that now, a lot of publisher that print many kinds of book. Typically the book that recommended to your account is Close Your Mouth: Buteyko Clinic Handbook for Perfect Health this guide consist a lot of the information on the condition of this world now. This book was represented just how can the world has grown up. The words styles that writer use for explain it is easy to understand. The particular writer made some research when he makes this book. This is why this book suitable all of you.

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