



Amazing DIY Breathing Device

By Artour Rakhimov

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Your health mainly depends on one factor only: your body oxygen level that is measured using the body oxygen test.

If you have more than 30 seconds for the body oxygen test, you do not need this book because there are better methods and techniques that will help you to move further.

If you have less than 20 seconds, you are in a state of poor health. People with chronic diseases nearly always have less than 20 seconds. This is the conclusion of Russian and Soviet MDs who tested more than 200,000 people with various chronic health problems. They also found that if these people get more than 30 seconds for the body oxygen test, they will be free from their symptoms and medication.

This breathing technique has been tested on more than 200 students. The results are impressive. Over 90% of my students were able to reduce or eliminate their medication and experience relief from symptoms of numerous chronic conditions in about 1-2 months. It all depends on your final CP (body oxygenation) results.

For most students the Amazing DIY device is even more efficient than the Buteyko breathing exercises that I have been teaching for over 7 years. Together with addressing main lifestyle factors described in this book, it is the fastest and most efficient among common breathing techniques in order to achieve a 30 second CP 24/7 and eliminate symptoms and medication related to many common chronic conditions.

How to improve body oxygenation?

You need to slow down your automatic breathing (breathe slower and less 24/7). This is also the advice of traditional ancient yoga and all eastern healing techniques. Western science also tells us that breathing more air (hyperventilation or deep breathing) reduces O₂ levels in all vital organs of the human body. (Very slow deep breathing exercise Pranayama has positive effects, if you get more CO₂ in the lungs.)

You can try various methods and techniques to increase your body oxygenation,

but based on years of my teaching the Buteyko method and breathing retraining to hundreds of people, I can positively claim that the Amazing DIY breathing device is an excellent and affordable option to get a body oxygen boost and solve most of your health problems. (If you are wealthy and can pay for our luxurious online lessons, you can surely join our Oxygen Remedy webinars.)

Based on a) many years of my own experience teaching breathing normalization to hundreds of students and b) clinical trials of breathing retraining techniques, here is a short summary of the key findings. While the Buteyko breathing method possesses the most versatile and powerful program in relation to lifestyle factors, use of the Amazing DIY breathing device provides a student with the fastest possible body oxygen level increase after one breathing session. This is manifested in a higher CP (Control Pause).

Hatha Yoga is another great breathing retraining technique, but it is very slow to learn and, unfortunately, there are very few, if any, yoga teachers in the west who understand how oxygen gets into cells (most of them believe that CO₂ is "a waste gas"). Hence, you have to go to India to learn traditional hatha yoga that will improve your breathing and health.

The suggested solution is the Amazing DIY breathing device, but my program also includes training in all the relevant lifestyle factors, which were so brilliantly pinpointed by Dr. Buteyko.

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Editorial Review

About the Author

Artour Rakhimov, PhD, is internationally known for his work as a scientist, writer, and breathing trainer and teacher. He is a natural health care practitioner who has transformed thousands of lives over the past 12 years. Dr. Artour Rakhimov is engaged in dispelling popular myths related to respiration and bringing innovations and knowledge into the mainstream of medicine, alternative health, and society. He is the inventor of the Amazing DIY Breathing Device and the author of the world's largest website devoted to breathing retraining for real health through higher body oxygenation. Dr. Artour Rakhimov maintains a personal practice in Toronto, Canada, where he lives.

Biography details:

- * High School Honor student (Grade "A" for all exams)
- * Moscow University Honor student (Grade "A" for all exams)
- * Moscow University PhD (Math/Physics), accepted in Canada and the UK
- * Winner of many regional competitions in mathematics, chess and sport orienteering (during teenage and University years)
- * Good classical piano-player: Chopin, Bach, Tchaikovsky, Beethoven, Strauss (up to now)
- * Joined Religious Society of Friends (Quakers) in 2001
- * Former captain of the ski-O varsity team and member of the cross-country skiing varsity team of the Moscow State University, best student teams of the USSR
- * Total distance covered by running, cross country skiing, and swimming: over 100,000 km or over 2.5 loops around the Earth
- * Author of the publication which won Russian National 1998 Contest of scientific and methodological sport papers
- * Former individual coach of world-elite athletes from Soviet (Russian) and Finnish national teams who took gold and silver medals during World Championships
- * Whistleblower and investigator of suicide-massacres and other crimes organized worldwide by GULAG KGB agents using the fast total mind control method
- * Practitioner of the New Decision Therapy and Kantillation
- * Level 2 Trainer of the New Decision Therapy

Users Review

From reader reviews:

Mary Parker:

Now a day folks who Living in the era just where everything reachable by interact with the internet and the resources in it can be true or not demand people to be aware of each info they get. How people have to be smart in getting any information nowadays? Of course the solution is reading a book. Reading a book can help individuals out of this uncertainty Information specially this Amazing DIY Breathing Device book since this book offers you rich info and knowledge. Of course the data in this book hundred % guarantees there is no doubt in it you probably know this.

Jerry Smith:

The event that you get from Amazing DIY Breathing Device could be the more deep you digging the information that hide in the words the more you get serious about reading it. It doesn't mean that this book is hard to know but Amazing DIY Breathing Device giving you buzz feeling of reading. The author conveys their point in certain way that can be understood by anyone who read the idea because the author of this reserve is well-known enough. This kind of book also makes your own personal vocabulary increase well. Therefore it is easy to understand then can go with you, both in printed or e-book style are available. We suggest you for having this kind of Amazing DIY Breathing Device instantly.

Donna Valdez:

Spent a free a chance to be fun activity to do! A lot of people spent their down time with their family, or their own friends. Usually they accomplishing activity like watching television, going to beach, or picnic inside the park. They actually doing same task every week. Do you feel it? Will you something different to fill your personal free time/ holiday? Might be reading a book might be option to fill your totally free time/ holiday. The first thing that you'll ask may be what kinds of reserve that you should read. If you want to test look for book, may be the e-book untitled Amazing DIY Breathing Device can be good book to read. May be it might be best activity to you.

Jennifer Fountain:

This Amazing DIY Breathing Device is great guide for you because the content that is full of information for you who have always deal with world and still have to make decision every minute. That book reveal it info accurately using great coordinate word or we can claim no rambling sentences inside it. So if you are read the item hurriedly you can have whole info in it. Doesn't mean it only gives you straight forward sentences but tough core information with beautiful delivering sentences. Having Amazing DIY Breathing Device in your hand like keeping the world in your arm, data in it is not ridiculous just one. We can say that no reserve that offer you world within ten or fifteen small right but this reserve already do that. So , it is good reading book. Hey there Mr. and Mrs. occupied do you still doubt that?

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