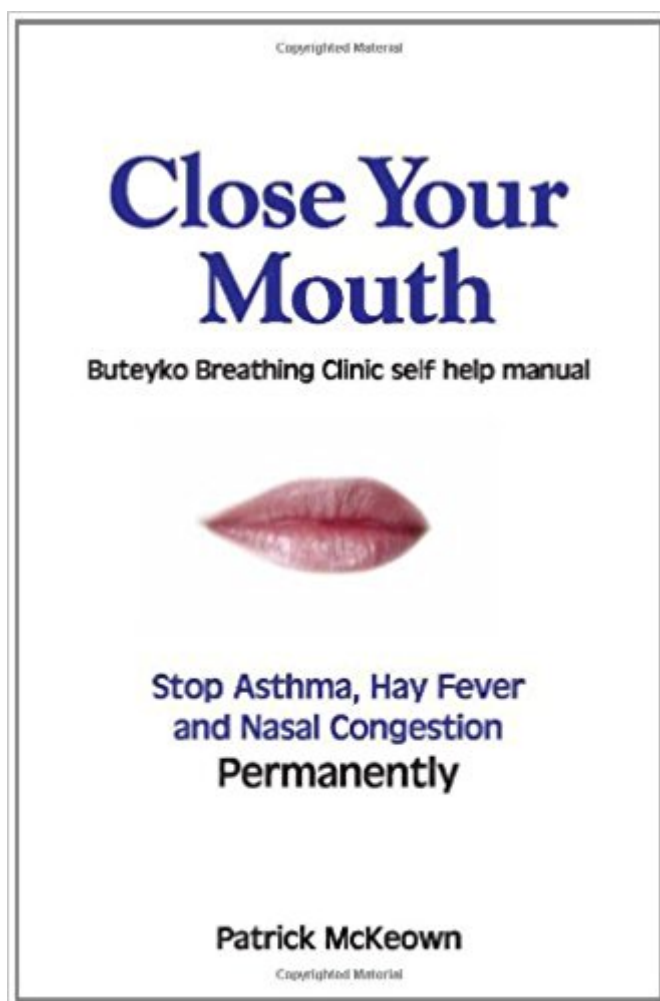


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# Close Your Mouth: Buteyko Clinic Handbook For Perfect Health



## Synopsis

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.

## Book Information

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## Customer Reviews

Say goodbye to your asthma with former chronic asthmatic Patrick McKeown's highly effective programme, Asthma Free Naturally. -- Patrick Holford'It absolutely is unbelievable. I have been on my drugs for fifteen years and to think that something as simple as this and as cheap as this and effective could be widely available. Everybody should be doing it. Give it a go, you have nothing to lose and everything to gain'.Jean McConnell- school teacher with asthma. 'Generally I would

feel a wheeze, tightness of breathing especially with training. I might have to take my inhaler about two or three times per day. I have been going to Pat for six weeks now and I am almost a month without having to take my inhaler'.  
Â Â Sports world champion.

My name is Patrick McKeown. I was a chronic asthmatic and constantly wheezed and coughed for over twenty years, until I learned the Buteyko Method. I have been free of symptoms and medication since 1998. In 2002, I travelled to Russia and qualified as a practitioner under the Late Professor Buteyko. The book, *Close Your Mouth*, is based entirely on my experience of reversing my asthma and teaching thousands of others how to achieve the same result. This book is the manual provided to each patient attending my AsthmaCare clinics. Each exercise is described in step-by-step detail to enable all readers to apply them and experience their benefits. Typical results to expect are a 50% reduction in coughing, wheezing and breathlessness within two weeks. In addition, nasal congestion is eliminated, energy levels and sleep improve and snoring is significantly reduced. I can honestly say that correcting my breathing and applying simple lifestyle guidelines completely transformed my life. Now you can achieve the same by following my book, *Close Your Mouth*.  
Â Â Wishing you the best of health, Patrick McKeown, Galway, Ireland

A very important book for everyone to read - not just those with Asthma or other respiratory illnesses (although it is essential reading for them). Patrick Mckeown has more than done his homework regarding the positive real life effects of incorporating the Buteyko Breathing Method into ones life. I highly recommend this book and any other information you can get your hands on by this author. Thanks Patrick for a job extremely well done.

Book is repetitive, but I think the author is trying to emphasize the points he is trying to make. He addresses the symptoms of Obstructive Sleep Apnea and how to deal with them. My doctor recommended the book to me. Well worth the read.

This book helped me to reverse asthma and chronic bronchitis. It took a few months and some diet changes (my bronchitis was caused by an allergy to cows milk), but what's a few months when you've been struggling to breathe for 30 years. I want everyone who has asthma to know about this book.

Didn't have the asthma problems, but changed my life when it came to sinus congestion and being

able to breathe through my nose. Pretty quick read, but found a lot of information that I was unable to find online.

Having done in-depth research in the field of alternative healing for over 40 years, I must say Patrick McKeown's work and genuine care for people is incredibly impressive. After researching on the internet, I borrowed and read his book "THE OXYGEN ADVANTAGE". It gave more detailed information about the Buteyko Breathing and the science behind it, and especially how it can improve athletic performance. Thankfully it also gave me what I needed to correct an error that I had picked up in my research when I first started doing the Buteyko exercises. It is an extraordinary book. Since I already knew Buteyko was probably one of "thee" most important things that could be done for a person's health, I needed a book that didn't have so much of the science and explanations, and cost less. This "CLOSE YOUR MOUTH" book fulfilled that need. It is concise yet gives the most important information and exercises, as well as the cautions of which exercises to do regarding certain health challenges. If I had started with these two books, I could have saved myself a lot of time and unnecessary difficulties. These books have helped me to make great progress. As soon as I get into better condition and can be athletic, I would also like to purchase "THE OXYGEN ADVANTAGE" book for myself. I think it is extraordinarily remarkable that Patrick McKeown actually takes the time to email, answer inquiries, and help people. It's rare to find anyone who puts the needs of others before the "almighty dollar". Also, if I had realized I could have purchased this book, the DVD, and the CD as a package deal on for just \$10 more, that's what I would have done. I truly feel this breathing method improves a person's health and helps prevent serious and chronic disease. "To your health" \_\_ buy the books.

Funny my new dentist had a similar book, Shut Your Mouth and Save Your Life (1870), in his office. I read both books and I would highly recommend Close Your Mouth because of the exercises in it. However, this book could use a good editor to make it flow better. I got the feeling that people did not always breathe through their mouths. So what happened to cause this change? Anyways, I made a determination to keep my mouth shut while sleeping and I stopped my snoring pretty much. I do have more energy when I wake up. Plus when I walk my dog I do the step exercise (hold my breath up to 40+ steps). You don't have to have asthma to benefit from this book. Parents with newborns - gently close your baby's mouth if it's open.

I have been an asthma sufferer since I was a kid. When i got into sports the asthma declined a bit

due to increased lung capacity I'm assuming, but I still would have to use an inhaler at times. I got this book over a year and a half ago and have not once had to use an inhaler. Great read, and so much of it just makes sense. I wish doctors would look at the cause of the problem and not just medicate.

Thanks ! I suffer from Asthma and COPD. I heard about the Buteyko method and watched several YouTube videos. I ordered the CD and book. The CD did not work but I was able to browse the book that came with it. I returned the non-working disc (you can find lots of what was on the disc on the web and YouTube anyway), and purchased the book by itself at a very reasonable price. It is small enough to carry with me and I read it on my Greyhound road trips. I'm a new believer in the Buteyko method and this book clearly defines the methods for everyday use.

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