



Advanced Buteyko Breathing Exercises (Buteyko Method) (Volume 2)

By Artour Rakhimov

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This book could be used in order to learn the **Buteyko breathing method** exercises even by people with poor results for the body oxygen test or the Buteyko CP test (less than 15 s). However, the best results, in cases of self-learning (or DIY methods), are achieved when the learner already has at least 25 s for the body oxygen test.

This Kindle and PDF book is advanced, in comparison with other descriptions of **Buteyko breathing exercises**, in the following areas:

- The book describes relaxed breathing exercises *for people with hypertension and panic attacks*. These groups of learners are often unable to safely do breath holds and practice ordinary Buteyko reduced breathing exercises. Air hunger can worsen their symptoms.
- The book explains *how to proceed from easy Buteyko breathing exercises to its more advanced types*. This relates to breathing exercises with a moderate and strong degree of air hunger.
- Chapter 4 of this book provides practical scripts for the use of *visualization and imagery* during Buteyko breathing exercises.
- The book explains *optimum and maximum durations for Buteyko breathing sessions*. It also describes the phenomenon of overtraining due to Buteyko breathing exercises and steps that are necessary in order to solve this problem.
- Chapter 5 explains the phenomenon of a *lost CO₂ sensitivity*, which should not be confused with the *blunted CO₂ sensitivity*. The book provides practical step-by-step instructions how to overcome both of these health challenges using lifestyle changes and other special methods.
- The book describes instructions for application of *Buteyko breathing exercises during physical activity*.
- Chapter 6 describes **the "click effect"** that leads to nearly instantaneous transition to much better results for the body oxygen test (the CP test). For some (lucky) students, the click effect helps them to quickly break through 40 s

threshold for the morning CP and achieve astonishing health benefits. These health effects include natural cravings for physical exercise and raw foods, sleep that is no longer than 4.5 hours (without trying), amazing clarity of mind, very high energy levels and other natural changes.

The book does not provide any clinical evidence related to prevalence of overbreathing in general population and people with chronic diseases, such as asthma, cancer, heart disease, diabetes, and many others. This clinical data can be found in other Amazon Kindle books and articles written by Dr. Artour Rakhimov.

The book does not include description of those lifestyle changes (related to sleep, physical exercise, diet and so forth) that lead to increased body oxygenation. It focuses on practice and progress related to the Buteyko breathing exercises.

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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

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