



## 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 O<sub>2</sub> levels in all vital organs of the human body. (Very slow deep breathing exercise Pranayama has positive effects, if you get more CO<sub>2</sub> 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 CO<sub>2</sub> 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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### **Amazing DIY Breathing Device By Artour Rakhimov Bibliography**

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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:**

#### **Jeff Williams:**

In this 21st one hundred year, people become competitive in each and every way. By being competitive at this point, people have to do something to make these individuals survive, being in the middle of the actual crowded place and notice simply by surrounding. One thing that often many people have underestimated this for a while is reading. Sure, by reading a e-book your ability to survive enhance then having chance to remain than other is high. In your case who want to start reading any book, we give you that Amazing DIY Breathing Device book as beginner and daily reading reserve. Why, because this book is usually more than just a book.

**Sarah Johnson:**

The particular book Amazing DIY Breathing Device will bring you to definitely the new experience of reading the book. The author style to clarify the idea is very unique. In the event you try to find new book to study, this book very suitable to you. The book Amazing DIY Breathing Device is much recommended to you to see. You can also get the e-book through the official web site, so you can more easily to read the book.

**Christopher Hickman:**

Spent a free time to be fun activity to accomplish! A lot of people spent their down time with their family, or their particular friends. Usually they performing activity like watching television, about to beach, or picnic inside the park. They actually doing ditto every week. Do you feel it? Do you need to something different to fill your current free time/ holiday? Could be reading a book can be option to fill your no cost time/ holiday. The first thing that you will ask may be what kinds of publication that you should read. If you want to try look for book, may be the guide untitled Amazing DIY Breathing Device can be great book to read. May be it is usually best activity to you.

**Leonard Vega:**

Reading a book to become new life style in this 12 months; every people loves to read a book. When you go through a book you can get a large amount of benefit. When you read books, you can improve your knowledge, because book has a lot of information into it. The information that you will get depend on what kinds of book that you have read. If you need to get information about your examine, you can read education books, but if you want to entertain yourself you can read a fiction books, these kinds of us novel, comics, and soon. The Amazing DIY Breathing Device will give you a new experience in reading through a book.

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