



# Amazing DIY Breathing Device

*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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