



Close Your Mouth: Buteyko Clinic Handbook for Perfect Health

Patrick McKeown

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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.

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