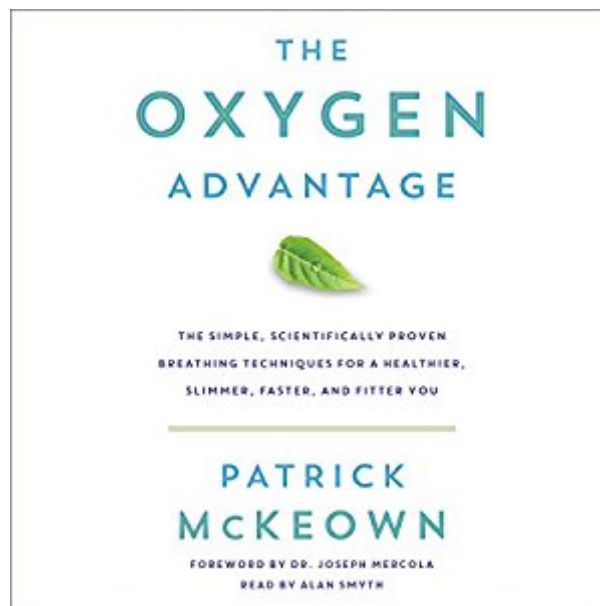


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# The Oxygen Advantage: The Simple, Scientifically Proven Breathing Techniques For A Healthier, Slimmer, Faster, And Fitter You



## Synopsis

A simple yet revolutionary approach to improving your body's oxygen use and increasing your health, weight loss, and sports performance - whether you're a recovering couch potato or an Ironman triathlon champion. With a foreword by New York Times best-selling author Dr. Joseph Mercola. Achieve more with less effort: The secret to weight loss, fitness, and wellness lies in the most basic and most overlooked function of your body - how you breathe. One of the biggest obstacles to better health and fitness is a rarely identified problem: chronic overbreathing. We often take many more breaths than we need without realizing it, contributing to poor health and fitness, including a host of disorders, from anxiety and asthma to insomnia and heart problems. In *The Oxygen Advantage*, the man who has trained over 5,000 people - including Olympic and professional athletes - in reduced breathing exercises now shares his scientifically validated techniques to help you breathe more efficiently. Patrick McKeown teaches you the fundamental relationship between oxygen and the body then gets you started with a body oxygen level test (BOLT) to determine how efficiently your body uses oxygen. He then shows you how to increase your BOLT score by using light breathing exercises and learning how to simulate high-altitude training, a technique used by Navy SEALs and professional athletes to help increase endurance, weight loss, and vital red blood cells to dramatically improve cardio fitness. Following his program, even the most out-of-shape person (including those with chronic respiratory conditions such as asthma) can climb stairs, run for a bus, or play soccer without gasping for air, and everyone can achieve:

- Easy weight loss and weight maintenance
- Improved sleep and energy
- Increased concentration
- Reduced breathlessness during exercise
- Heightened athletic performance
- Improved cardiovascular health
- Elimination of asthmatic symptoms
- And more

With *The Oxygen Advantage*, you can look better, feel better, and do more - it's as easy as breathing.

## Book Information

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## Customer Reviews

I had an opportunity to review the galley copy of this book and enjoyed it so much I read it three times as there is so much useful information in it that is not taught in conventional medical approaches. I read about three nonfiction books a week and this was one of the top ten I have read in the last year. This book is HIGHLY recommended and uses a highly counter intuitive approach with profound health benefits. Hardly any health practitioners are aware of this important inexpensive tool to improve your health because this information has not been taught in Western medical schools. Dr. Mercola actually interviewed the author two years ago <http://articles.mercola.com/sites/articles/archive/2013/11/24/buteyko-breathing-method.aspx> and also wrote the forward to the book. Proper breathing is every bit as important to your health as is eating the right foods or drinking fresh, pure water. Yet, if you're like most people, you take your breathing for granted! What's more, there is a good chance that the way you are breathing may be hurting you without you even realizing it. While breathing is a fundamentally natural function, it can be negatively influenced by many factors of modern living, such as stress, sitting at a desk all day and even excessive talking. In fact, about 80 percent of the Western population breathes incorrectly—typically by overbreathing. Most of us are taught if we want to relax or prepare for an important event to take deep breaths. Paradoxically this can actually be one of your worst actions. Why? When you overbreathe, you deplete the carbon dioxide levels in your blood.

Patrick McKeown has put together an educational book on breathing which got me thinking. The book is titled, "The Oxygen Advantage". I really like the title. I also liked that I learned something. There is a chapter in the book titled: "The Oxygen Paradox". It sounds like something out of science fiction (which I love); but make no mistake, it read like pure science. Mr. McKeown's writing style is easy to understand and digestible. He knows his subject. It's a good read. He writes about the Bohr Effect, which was (re)discovered in 1904 by the Danish physiologist Christian Bohr. Christian Bohr wrote, "The carbon dioxide pressure of the blood is to be regarded as an important factor in the inner respiratory metabolism. If one uses carbon dioxide in appropriate amounts, the oxygen that was taken up can be used more effectively throughout the body." •Maybe I missed that lesson in school; but as I read it made sense. The body works a certain way and we

set up conditions that are sometimes contrary to optimal health. And the body tells us that what we are doing is wrong; but we don't seem to understand or don't have the knowledge to correct it. I think this book helps fill that gap. Patrick McKeown's book: "The Oxygen Advantage". has something for everyone. I mean, if you are alive, you probably know something about breathing, right? Many people probably feel this way. Breathing, particularly low CO2 tolerance, is taken so over granted that it is constantly overlooked as an indicator or barometer of health. What do we really know about breathing? What do I really know about breathing? I do know if I am cut from air for a length of time things can get really scary, really fast. I mean, "P- A - N - I - C".

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