



Asthma-free Naturally: Everything You Need to Know About Taking Control of Your Asthma

Patrick McKeown

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This is a highly effective programme for adults and children which incorporates the revolutionary Buteyko breathing method. Patrick McKeown is a former chronic asthmatic who went on to become one of the very few accredited Buteyko practitioners in Britain. The Buteyko breathing method is the single most effective self-help treatment for asthma and can be used by adults and children. With the programme, asthma sufferers can: / stop persistent attacks and coughing / reduce their dependency on medication / unblock nose naturally with a simple exercise / prevent attacks during sports / explain breathing exercises to a child / learn about diet, sleeping and other lifestyle factors

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