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## The oxygen advantage audiobook

A simple but revolutionary approach to improving your body's oxygen use, increasing your health, weight loss, and sports performance—whether you're a recovery couch potato or an Ironman triathlon champion. With a foreword by New York Times bestselling author Dr. Joseph Mercola. Achieve more with less effort: The secret to weight loss, fitness, and wellness groin 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 over-breathing. We often take in much more breath than we need — without realizing it — contribute 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 trained more than 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 mimic high altitude training, a technique used by Navy SEALs and professional athletes to help increase endurance, weight loss, and essential red blood cells to dramatically improve cardio-fitness. Following its 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 football without gaping for air, and everyone can achieve: Easy Weight Loss and Weight Maintenance Enhanced Sleep and Energy Increased Concentration Reduced Breathlessness During Exercise Increased Athletic Performance Enhanced Cardiovascular Health Elimination of Asthmatic Symptoms , and more. With The Oxygen Benefit you can look better, feel better and do more - it's as easy as breathing. I've read many books about health, wellness, alternative medicine, arastic life, and the list goes on. This book is perhaps the only other book, along with Aarding—by Clint Ober that offers the greatest discovery in the history of medicine. God bless Patrick and his family. Forever grateful .. always refer back has the sound and uses the paperback as my workbook .. Thank you for the eye-opening truth This book is completely brilliant and has changed my life. It was the catalyst in an attempt to cure my sleep apnea and made a world of a difference for me. Biography & Erinnerungungen Entdecken Sie the spannnden Lebensgeschichten Personalities. Hearing: How Elon Musk Changed the World - The Biography Authors: Ashlee Vance, Elon Musk Hate, Cruelty, Aggression: In Nerve-wracking Nerve-wracking The abysses of the human psyche at the center. Hearing monster: AurisAuthors: Sebastian Fitzek, Vincent Kliesch, Helge May, Judith Schöll Dragons, Swords & Magic Mystic Landscapes, Mysterious Creatures: Fantasy Audiobooks take you into worlds full of magic. Hearing monster: The Lord of the Rings: The CompanionsAuthor: J.Rien Listen: The Song of the CrayfishAuthor: Delia Owens Funny Audiobooks and Radio Play for Adults and Children with Laughter Guarantee.Listen: The Kangaroo ChroniclesAuthor: Marc-Uwe Kling Biographies & Memories Discover the Exciting Life Stories Audience Rehearsal: How Elon Musk Changed the World - The Biography Writers: Ashlee Vance, Elon Musk Hate, Cruelty, Aggression: In Nervous Psychological Thrills, the Abysses of the Human Psyche Are The Focus. Audience monster: AurisAuthors: Sebastian Fitzek, Vincent Kliesch, Helge May, Judith Schöll Dragons, Swords & Magic Mystic Landscapes, Mysterious Creatures: Fantasy Audiobooks , Motivate, Inspire. Listen rehearsal: You don't have to be liked by everyoneMoord: Ichiro Kishimi These audiobooks are about the most beautiful subject in the world, Listen: The Kangaroo ChroniclesAuthor: Marc-Uwe Kling Unexpected Audiobook Written by: Patrick McKeown Told By: Alan Smyth Date: April 2016 Duration: 9 Minutes 2 Minutes A Simple But Revolutionary Approach to Improving Your Body's Oxygen , Increasing Your Health , weight loss, and sports performance—whether you're a recovery 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 losing weight, fitness, and wellness reading 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 over-breathing. We often take in much more breath than we need — without realizing it — contribute to poor health and fitness, including a host of disorders, from anxiety and asthma to insomnia and heart problems. In The Oxygen Benefit, the man who trained more than 5,000 people — including Olympic and professional athletes — shares in reduced breathing exercises now his scientifically validated 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 mimic high altitude training, a technique used by Navy SEALs and professional athletes to help increase endurance, weight loss, and essential red blood cells to dramatically improve cardio-fitness. Following its program, even the most out-of-shape person (including those with chronic respiratory conditions like asthma) can climb stairs, run for a bus, or play football without gaping for air, and everyone can achieve: - Easy weight loss and weight maintenance - Improved sleep and energy - Increased concentration - Reduced breathability during exercise - Increased athletic performance - Improved cardiovascular health - With The Oxygen Benefit you can look better, feel better and do more - it's as easy as breathing. Breathing.

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