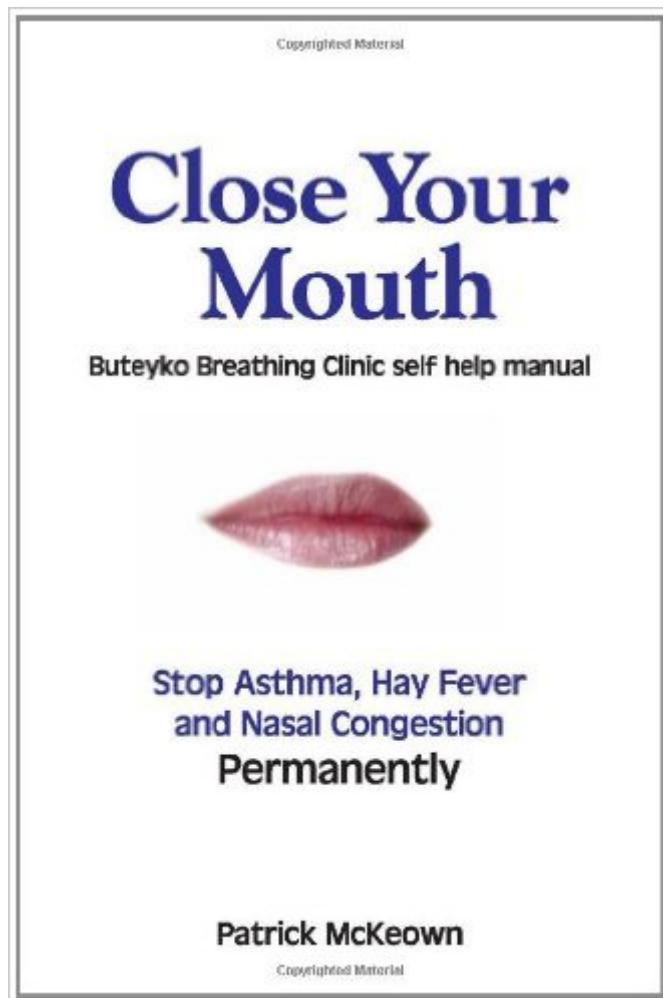


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# Close Your Mouth: Buteyko Clinic Handbook For Perfect Health



## **Synopsis**

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.

## **Book Information**

Paperback: 140 pages

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Average Customer Review: 4.4 out of 5 stars (See all reviews) (56 customer reviews)

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## **Customer Reviews**

"Close Your Mouth" is a more concise version of "Asthma-Free Naturally" also by Patrick McKeown, with much repeated information. There's less information in "Close Your Mouth", but it's easier to read, and has a better quality cover while still providing enough information to learn the Buteyko exercises. Both books are highly recommended although I'd recommend buying one or the other, both aren't necessary. If you want more information get "Asthma-Free Naturally", if you're more

interested in simply learning the exercises, "Close Your Mouth" will be enough.

I have read a number of books on Buteyko breathing and I have found both this and Asthma Free naturally to be the most informative on the market. Some books claim to offer the solution but fail miserably, others are wonderful marketing inducements. This is honest, simple and a great little book.

The Buteyko clinic handbook- ground breaking stuff. I would advise readers to do their research on Buteyko especially if they have breathing related problems. The site of the book is [...] - look at the history, conditions, and scientific evidence from the New Zealand Medical Journal and Australia Medical Journal. It is incredible that this approach has not been adopted into mainstream medication - maybe this will happen but will surely take time. You can take the first steps now- read this book

I am getting some benefit from this book. However, the new book I ordered from this page does not have the same table of contents as what is listed here in "search in this book". I was hoping to see chapter 4 on how to breath correctly while speaking, and in my book, chapter 4 is something else. The mention on how to breath correctly while speaking is not addressed at all in the book I received, and I feel very disappointed about this. It was one of the main reasons I chose this book over any of the others, was because of what I saw in the table of contents in the description. The book is good, but not what I had thought I was ordering. Maybe there were updated editions of the book and I got an older version? I don't know, but I ordered new so was expecting new.

One thing this book taught me was how to recognise and manage my overbreathing. Essentially, we develop overbreathing due to influences from our normal daily lives. This develops a habit which can affect any organ or system. Symptoms that I had were disrupted sleep, snoring and coughing. This book has helped me to overcome these naturally and effortlessly. I really think this book is a great read for all the family.

Easy, understandable and honest. Of the many books on this wonderful therapy, this contains the essence without any marketing ploys as contained in others. Do your searches and if you wish to regain control of your asthma or fatigue- this book cannot be missed.

I have been an asthma sufferer since I was a kid. When I got into sports the asthma declined a bit due to increased lung capacity I'm assuming, but I still would have to use an inhaler at times. I got this book over a year and a half ago and have not once had to use an inhaler. Great read, and so much of it just makes sense. I wish doctors would look at the cause of the problem and not just medicate.

I can not believe it! 40+ years of asthma until the day I started to read "Close Your Mouth". From the very first exercise I felt different. I stopped my medication that day (23/10/2012) and have not used any since. (I was most recently on Symbicort, which I thought was marvellous!). I know you advise against coming off the medication as I did but I couldn't wait to be rid of it! I had mild digestive problems for a week or so, that's all. I find the feeling of air hunger a little unpleasant but I am welcoming that feeling because I know how much good it's doing me. This morning I ran for the first time with no medication - no problem! I cannot thank you enough. Regards, Michael.

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