

The Essential Breath™ Breathing for Health

MASTERCLASS



What is the Essential Breath™ - Breathing for Health program?

It's a set of scientifically proven breathing techniques that improve the symptoms of dozens of common health issues including:

- Asthma
- Allergies/Hay-fever
- Sinusitis/Rhinitis
- Poor sleep
- Insomnia
- Snoring/Sleep Apnea
- Anxiety & Panic
- Brain Fog/Concentration
- Headaches/Migraines
- **Many others**

I've not heard my doctor talk about this. How does it work?

- In 1952, a Russian medical doctor and scientist discovered a link between how we breathe and health. Other scientists have found the same.
- Science shows breathing pattern disorders govern several important body biochemical processes.
- When you address the breathing pattern disorders and balance the body's biochemical processes, symptoms are lessened and eventually relieved.

How long does it take to learn the breathing techniques and relieve symptoms?

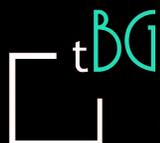
- Most master the Essential Breath™ breathing exercises during the 6 hour masterclass.
- Symptom relief varies based on health history. Sixty min/day of breathing exercises for 4-8 weeks is common with progress starting the first week.

What will I take away from the Essential Breath™ Masterclass?

- An understanding of how breathing impacts the body and can result in common health issues.
- Mastery of the Essential Breath™ breathing techniques.
- A breathing training road-map and custom plan to address any breathing pattern disorders and health concerns.
- Two weeks of email support.

What topics are covered in the Essential Breath™ Masterclass?

- The myths and truths about breathing
- The science of breathing and how breathing impacts the biochemistry of the body
- Breathing pattern disorders
- Breathing mechanics
- Breathing gases and their role in governing body processes and systems
- The importance of breathing volume
- How common health problems are impacted by breathing
- The suite of Essential Breath™ breathing techniques and how to tailor them to your health situation



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