



Buteyko Breathing Manual: The Holistic & Drug-Free Buteyko Breathing Method

Dr. Andrey Novozhilov

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The Buteyko Breathing Manual is an introduction to the Buteyko Breathing Method. It is intended for medical professionals as well as people who suffer from breathing difficulties, including all forms of asthma and COPD. The book describes breathing exercises, which are a highly effective and drug-free way to get rid of all asthma symptoms. The book is full of useful suggestions, including techniques on how to prevent hyperventilation during sleep, or how to accurately gauge your Control Pause. In addition, there is a comprehensive guide to steroid therapy, and how to practice it in combination with Buteyko breathing. The techniques described in the book are for both children and adults. The author, Dr. Andrey Novozhilov, is the Medical Director of the Buteyko Clinic (Moscow). He has practiced the Buteyko Breathing Method for over forty years. Foreword by Thomas Yakovlev-Fredricksen.

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