



Every Breath You Take: Revolutionary Asthma Treatment

Paul J. Ameisen

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Sixteen million Americans suffer from asthma, and traditional research has failed to explain why. *Every Breath You Take* gives new hope for an effective treatment of this disorder. It presents a simple, useful breathing technique called the Buteyko Method, which is based on the theory that asthma is caused by habitual, hidden overbreathing (hyperventilation). By preventing overbreathing, the Buteyko Method relieves both children and adult sufferers of their symptoms. It is a safe, natural treatment that offers hope to everyone who suffers from asthma.

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Irvin Ehlers:

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