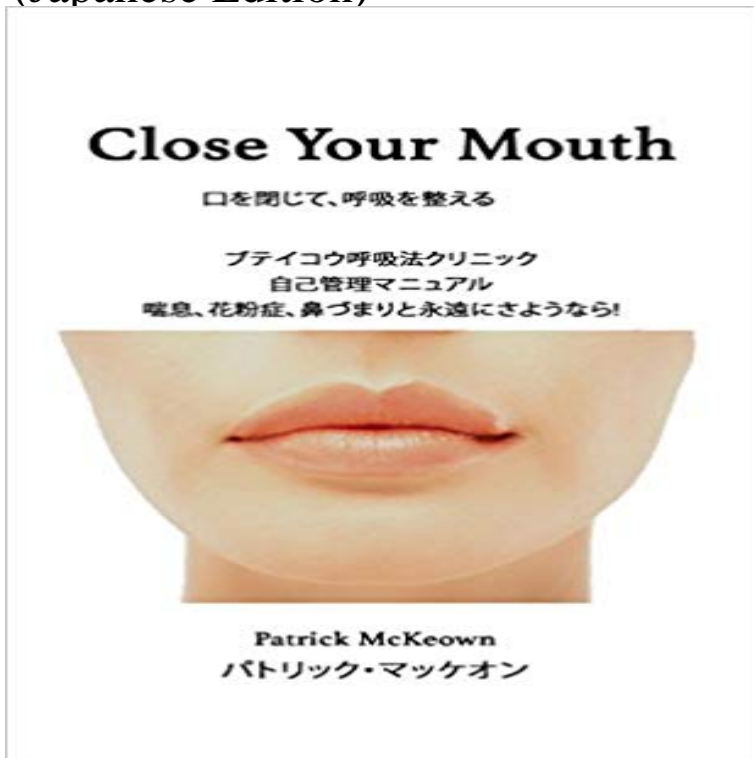


# Close Your Mouth: Buteyko breathing Clinic Self-management manual (Japanese Edition)



From the Author My name is Patrick McKeown. I was a chronic asthmatic and constantly wheezed and coughed for over twenty years, until I learned the Buteyko Method. I have been free of symptoms and medication since 1998. In 2002, I travelled to Russia and qualified as a practitioner under the Late Professor Buteyko. The book, Close Your Mouth, is based entirely on my experience of reversing my asthma and teaching thousands of others how to achieve the same result. This book is the manual provided to each patient attending my AsthmaCare clinics. Each exercise is described in step-by-step detail to enable all readers to apply them and experience their benefits. Typical results to expect are a 50% reduction in coughing, wheezing and breathlessness within two weeks. In addition, nasal congestion is eliminated, energy levels and sleep improve and snoring is significantly reduced. I can honestly say that correcting my breathing and applying simple lifestyle guidelines completely transformed my life. Now you can achieve the same by following my book, Close Your Mouth. Wishing you the best of health, Patrick McKeown

From the Inside Flap What do former patients say? We cannot believe the difference in our child, which is attributed to changing his breathing. I do not hesitate in recommending this method to anybody. Father of fourteen-year-old child with severe asthma quoted in The Irish Times, 25 May 2004. It absolutely is unbelievable. I have been on drugs for fifteen years and to think that something as simple, cheap and effective as this method could be so widely available. Everybody should be doing it. Give it a go; you have nothing to lose and everything to gain. Jean McConnell, schoolteacher with asthma who was selected by RTE as part of its Health Squad series shown on 2 October 2003 I could not wake up in the morning without using my nebuliser. I have not

touched my nebuliser since November and have used my reliever inhaler only three times since then. Chronic severe asthmatic, speaking on RTE 1s Open House programme on 26 February 2003. He gave me a number of exercises that he said I should go and do. I have found that it has improved beyond all recognition. I can now talk for quite a period of time without having to cough. Retired school teacher, Galway, speaking on RTE 1s Nationwide on 16 September 2002. Generally, I would wheeze or sense a tightness in breathing, particularly when training. I might have to use my inhaler about two or three times per day. I have been going to Pat for six weeks now and am have gone almost a month without having to use my inhaler. Sports world champion also speaking on same programme From the Back Cover Bestselling author and former chronic asthmatic Patrick McKeown has transformed the lives of thousands of asthma sufferers in Ireland, the UK and abroad using this innovative and natural approach. He is one of the few Western experts accredited and authorised by the late Professor Konstantin Buteyko to teach this method. Easy to learn, easy to apply and noticeable results within seven days. Clinical trials at respected hospitals in Australia and New Zealand showed that asthma sufferers had 70% less symptoms, 90% less need for reliever medication and 50% less need for preventer steroid medication within three months. Suitable for adults and children with respiratory complaints. About the Author Former asthmatic, Patrick McKeown, is a graduate of Trinity College Dublin and the late Dr Buteyko. Since 2002, he has worked tirelessly through his books, DVDs and clinics to teach children and adults with asthma, nasal congestion and snoring how to reverse their condition naturally and safely. His books include: Asthma Free Naturally, Close Your Mouth, ABC to be Asthma Free, Anxiety Free: Stop Worrying and Quieten Your Mind, Buteyko meets Dr Mew and Sleep with Buteyko. Patricks latest book The Oxygen Advantage is

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