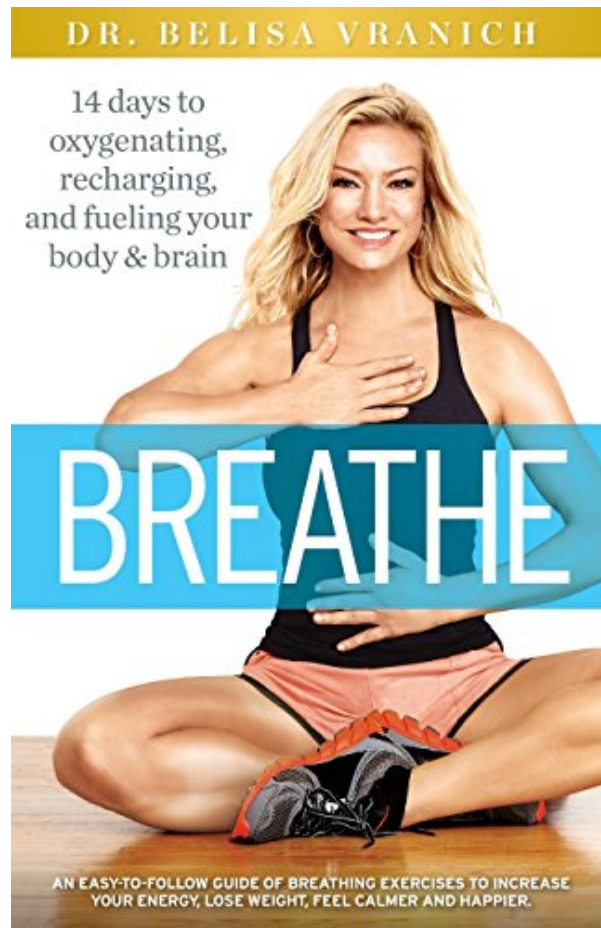


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Review

This book combines life-changing information in an easy to read way. The writing and descriptions are so fluid. If you want to read the footnotes you can -- I am the type who loves the brainy information they contained, but not everyone does. You finish it wondering why something that is so important and so effectively changes our health for the better has not been focused on in this way, until now. In the 14 days I committed to BREATHE, my energy, concentration and overall mood changed significantly. --Anthony Phillips

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About the Author

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BREATHE BY DR. BELISA VRANICH PDF

Using straightforward jargon-free language, BREATHE presents Dr. Belisa's unique approach to breathing exercises. It is a book for people who are looking to address their fatigue, sleeping problems, anxiety, and stress all of which are worsened by shallow, erratic inefficient breaths and, consequently, suboptimal oxygenation of the body and brain at a cellular level. In addition, the exercises and theory taught in BREATHE will result in better endurance in sports. You'll be taking care of yourself from the inside out. Dr. Belisa's method teaches you to relearn or remember how you used to breathe rather than teach you a skill requiring the attention and motivation that it takes to acquire a new habit. Dr. Belisa asks you put aside ten minutes a day for fourteen days, working from your baseline, and pushing yourself just as you would in a gym or in physical therapy. The result: more energy, less pain, lower cortisol (and control of belly fat), less GI problems, and a better immune system. The explosion of technology, longer hours spent seated at a desk or car, and high levels of daily stress everyone accepts as normal have had a tremendous effect on the way people breathe. This in turn has created or exacerbated medical problems such as high blood pressure, irritable bowel, and insomnia. BREATHE is a primer that covers all the critical core issues related to oxygen, your lungs, and your breathing patterns. It teaches you how to breathe in an anatomically congruous way that maximizes inhaled and exhaled, lung expansion, and ribcage flexibility. Finally, BREATHE is perfect for someone wanting to explore concepts of mindfulness and meditation. If you are looking to improve such brain functions as focusing and problem solving, or if you just want to relax and rejuvenate by quickly ridding yourself of oxidative stress of the day, this book is for you.

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6 of 6 people found the following review helpful.

A life-changer and priceless guide

By Dr. Robert Zembroski

Many dysfunctions in the body and nervous system can be related to abnormal and dysfunctional breathing. Conditions including anxiety, panic attacks, poor sleep patterns, fatigue, muscle cramps, exaggerated startle response, and brain fog can all be related to the way we breathe. Reshaping and retraining the way you breathe can improve functions of the brain and nervous system, improve blood health, reduce the "fight or flight" response in the body, and improve immune function. As a functional neurologist, I have found Dr. Belisa's BREATHE to be a priceless guide not only for my patients who suffer from these issues, but for those who search for greater alertness and invigoration.

5 of 5 people found the following review helpful.

Learning how to breathe again

By Ms Shoppaholic

This book was an interesting and quick read, it is well written and easy to follow. I took breathing for granted most of my life and quickly realized that I have been breathing incorrectly for years. Recently faced with a stressful job, I have recently been finding myself full of anxiety and sleepless. While I haven't tried the methods laid out in this book for the full 14 days yet, I have been practicing breathing daily and while at work. It has been helping to calm my my nervous system and clear my mind. Hoping with regular practice, Dr. Belisa's tips will help cure my insomnia. The idea that breathing is healing makes so much sense!

3 of 3 people found the following review helpful.

Could be much more succinct

By Born in the USA

I would give this a 3.5 if I could. The book has good information, once you finally get through the interminable chapters selling the author's idea. The actual meat of the book, for which I was looking, could have been a pamphlet.

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