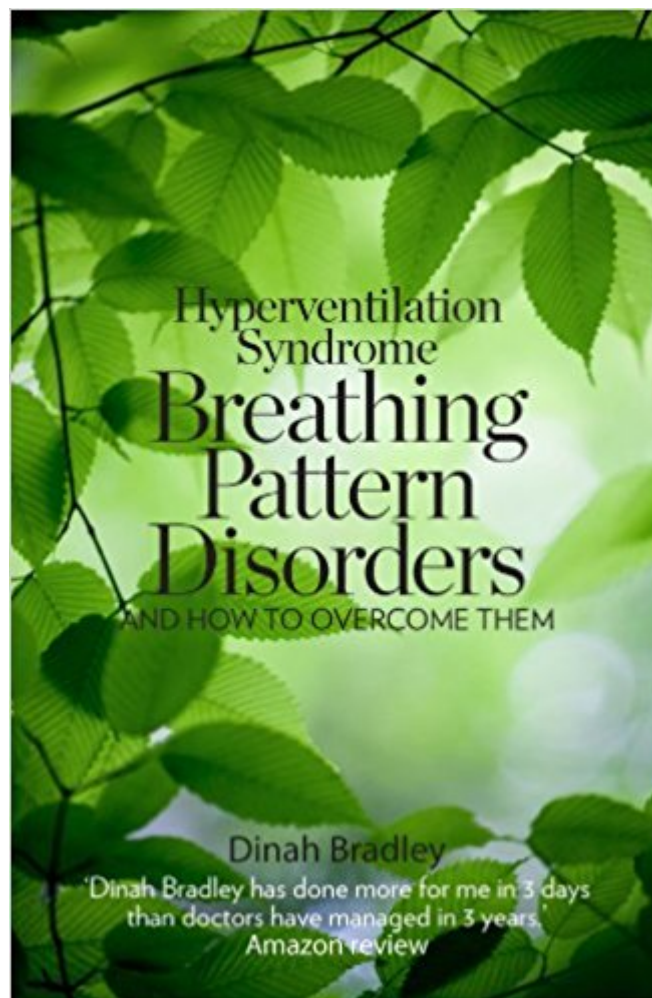




The book was found

Hyperventilation Syndrome: Breathing Pattern Disorders And How To Overcome Them



Synopsis

Are you suffering from unrelated symptoms, like nausea, breathlessness when resting, or lack of concentration? These are just some of the symptoms that could mean you have Hyperventilation Syndrome. HVS is a breathing disorder that involves rapid breathing from the chest, rather than the stomach. It is usually a side effect of prolonged stress and is often untreated. Dinah Bradley explains exactly what hyperventilation is and how to overcome it. There is also a plan and a workbook to help you manage your stress levels and other symptoms. This book will literally make you breathe more easily.

Book Information

Paperback: 128 pages

Publisher: Kyle Books - Canada Only; New edition edition (May 16, 2012)

Language: English

ISBN-10: 0857830295

ISBN-13: 978-0857830296

Product Dimensions: 5.2 x 0.4 x 7.8 inches

Shipping Weight: 6.4 ounces

Average Customer Review: 5.0 out of 5 stars 2 customer reviews

Best Sellers Rank: #604,082 in Books (See Top 100 in Books) #73 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Lung & Respiratory Diseases #80 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Respiratory #131 inÂ Books > Medical Books > Allied Health Professions > Respiratory Therapy

Customer Reviews

Dinah Bradley is a New Zealand trained and qualified respiratory physiotherapist with over 30 years' experience working in Britain, Australia and New Zealand. Dr. Mike Thomas is a GP and hospital practitioner, recent Research Fellow Asthma UK.

I am glad I ordered this book, and the delivery was quicker than I expected. The book is very informative and helpful; easy reading, and I would definitely recommend it! The Ordering of it was a Good Experience!

I was tormented with a breathing disorder for 4 years. This book was a tremendous help. I started out hyperventilating 4 years ago and then without me realizing, it turned into a different breathing

disorder where I was breathing too slowly. Using the breathe timing and relaxation techniques in this book I was able to identify the issue and expedite my recovery. I've gone from years of almost going out of my mind until now I'm 90% back to normal. I have read a lot of books on the subject, and no other book other than the Bible helped me this much. I hope it will help you. God bless!

[Download to continue reading...](#)

Hyperventilation Syndrome: Breathing Pattern Disorders and How to Overcome Them Self-Help for Hyperventilation Syndrome: Recognizing and Correcting Your Breathing Pattern Disorder Chronic Fatigue Syndrome And Your Emotions: How To Successfully Treat Chronic Fatigue Syndrome In The Natural Way-A Key For Recovery (Chronic Fatigue Syndrome, ... Syndrome Fibromyalgia, Lupus, Book 3) Adrenal Fatigue: Overcome Adrenal Fatigue Syndrome, Boost Energy Levels, and Reduce Stress (Adrenal Fatigue Syndrome, Reduce Stress, Adrenal Fatigue Diet, Adrenal Reset Diet Book 1) Breathing: Breathing Techniques: For Happiness and Healthy Living (For Anxiety, Stress, Energy, Focus, Depression) Super Power Breathing: For Super Energy, High Health & Longevity (Bragg Super Power Breathing for Super Energy) Breathing Free: The 5-day Breathing Programme That Can Change Your Life Barely Breathing (The Breathing Series, Book 2) Irritable Bowel Syndrome: Cure Irritable Bowel Syndrome Naturally And Live Free From Irritable Bowel Syndrome For Life (Natural Health Healing And Cures) Flavored Butters: How to Make Them, Shape Them, and Use Them as Spreads, Toppings, and Sauces (50 Series) Tourette Syndrome (USA Today Health Reports: Diseases and Disorders) (USA Today Health Reports: Diseases & Disorders) Essential Spices and Herbs: Discover Them, Understand Them, Enjoy Them Think...like a Bed Bug: A Guide To Knowing What Bed Bugs Are, Who's At Risk, How You Get Them, How To Spot Them Early, Health Implications, Prevention ... Tips, And What To Do If You Get Them! Shyness: How To Overcome Shyness and Social Anxiety: Own Your Mind, Confidence and Happiness (Personal Transformation, Confident, Shy, Overcome Fear, Low ... Gain Control, Boost Your Confidence Book 2) Understand and Overcome Gambling Addiction (Understand & Overcome) Gambling Addiction: The Ultimate Guide To Gambling Addiction Recovery: How To Finally Overcome Gambling Addiction And Problem Gambling Forever (Overcome ... Sports Gambling, Fantasy Sports, Poker) Yoga Beats Asthma: Simple exercises and breathing techniques to relieve asthma and respiratory disorders 300+ Mathematical Pattern Puzzles: Number Pattern Recognition & Reasoning (Improve Your Math Fluency) crochet wedding dress pattern pdf Nr25: crochet wedding dress pattern pdf Nr25 18 Inch Doll Crochet Mermaid Costume Pattern Worsted Weight Fits American Girl Doll Journey Girl My Life Our Generation: Crochet Pattern (18 Inch Doll Whimsical Clothing Collection Book 2)

Contact Us

DMCA

Privacy

FAQ & Help