



Asthma-Free Naturally: Everything you need to know about taking control of your asthma

Patrick McKeown

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This is a highly effective programme for adults and children which incorporates the revolutionary Buteyko breathing method.

Patrick McKeown is a former chronic asthmatic who went on to become one of the very few accredited Buteyko practitioners in Britain. The Buteyko breathing method is the single most effective self-help treatment for asthma and can be used by adults and children.

With the programme, asthma sufferers can:

- stop persistent attacks and coughing
- reduce their dependency on medication
- unblock nose naturally with a simple exercise
- prevent attacks during sports
- explain breathing exercises to a child
- learn about diet, sleeping and other lifestyle factors

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Jerry Melgar:

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