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# The FREE Cure For Sleep Apnea: You Can Stop Using CPAP

**The FREE Cure**  
for Sleep Apnea,  
You Can Stop  
Using CPAP



## Synopsis

"I have discovered An All Natural Method That Permanently Eliminates Snoring And Gives You Awesome Sleep Every Night" As a person who had been suffering from extreme sleep apnea, I first started using the Cpap machine and it worked for almost 2 years, but then I started to have feelings of claustrophobia and suffocation when wearing the facemask. I just couldn't use Cpap anymore... This made me talk to a few Nose, Ear & Throat specialists who told me that going through surgery to stop snoring is usually less than 50% effective...Not guaranteed to stop the snoring! So I talked to a few Sleep Apnea/Snoring patients and one of them showed me something that only takes fifteen minutes or less to practice. I do this just before I fall asleep and my snoring has really stopped! This easy-to-follow method will stop your Sleep Apnea and Snoring if you actually apply the simple techniques in this book...you only need a mirror and the ability to move your head and open your mouth and move your tongue. You will feel great when your partner notices that your loud snoring has gone away after just 3 days!The small price that my book costs will save you hundreds or thousands of dollars with Cpap and other stop-snoring devices.

## Book Information

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## Customer Reviews

Both my husband and I suffer from sleep apnea, I got this book to help us get rid of the cpaps. Was not impressed with this book, we have done everything that it said but still have to wear our cpaps.

First of all, snoring and sleep apnea are not synonymous. Sleep apnea is when you stop breathing during sleep. Technically, a pause longer than 10 seconds. Snoring is just the throat vibrating. Yes, many people that snore do have sleep apnea. Not all. Conversely, many people that rarely or never snore have sleep apnea including severe (more than 30 events per hour). The only way to know for sure is via a sleep study. That's also the only way to know how many of the apneas are being caused by a collapse of the throat (obstructive) and how many are from a brain signal problem (central). Here's what you should expect if you let your sleep apnea go untreated. Chronic fatigue, Poor memory. High probability of work or vehicle mishaps, diabetes, stroke, heart failure. Now to the book. Numerous studies have shown that muscle exercises are NOT a cure for sleep apnea. There is a very slight chance you may reduce the number of apneas per hour. I repeat very slight. You will not cure it and you will still need a sleep study. In summary, if you have chronic fatigue or someone tells you that you stop breathing in your sleep then talk to your doctor about a sleep study. There are numerous forums on the internet with more information and people willing to help.

A total waste of money, time and data. Just a bunch of muscle toning exercises. If you have OSA, no amount of exercise is going to help you. You need a CPAP machine, dental appliance or surgery as your sleep specialist determines.

Don't Bother. The information in here is available everywhere and it really doesn't help much. Don't waste your time here.

"cause of throat collapse is poor muscle tone inside of the throat." Paul Szilvasi provides information in this book on how to do throat exercises. They are simple things like raising your head and pointing your tongue towards the ceiling. Simple things like that. Once I did the exercises I could really feel like my throat had done a workout. While these exercises are simple, I'd still consult with a sleep doctor if you have major issues like you stop breathing during the night at times. I'm going to keep doing these exercises once a day and see if it works. ~The Rebecca Review

Very practical. There is hope to give up the dreaded clap machine!! Thank you. These seem simple

and easy to do

I recently got married and wife told me that I have sleep apnea and she had to sleep with ear plugs. Before taking more conventional route, we've decided to try some natural methods. Before trying the exercises mentioned in the book, I used to be around 8-10 on 10 scale of my snoring loudness. After several weeks, I've gone down to 4-5, now wife says I'm around 0-2, definitely a huge improvement and some nights without a single sound. No need for sleep study and CPAP machine. I would highly recommend the book as the 5-10 minute exercises mentioned in the book have helped me quite significantly. It's a 10-minute read and hope it'll change your life (or wife's life).  
1 Year Update: I initially wanted to delete this review due to negative feedback, but decided to provide an update instead. Exercises did help and my snoring has been greatly reduced. I still snore, but much less now, need to get back to doing exercises more often. This book may be helpful to those with moderate issues and CPAP may be better for those with more serious problem.

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