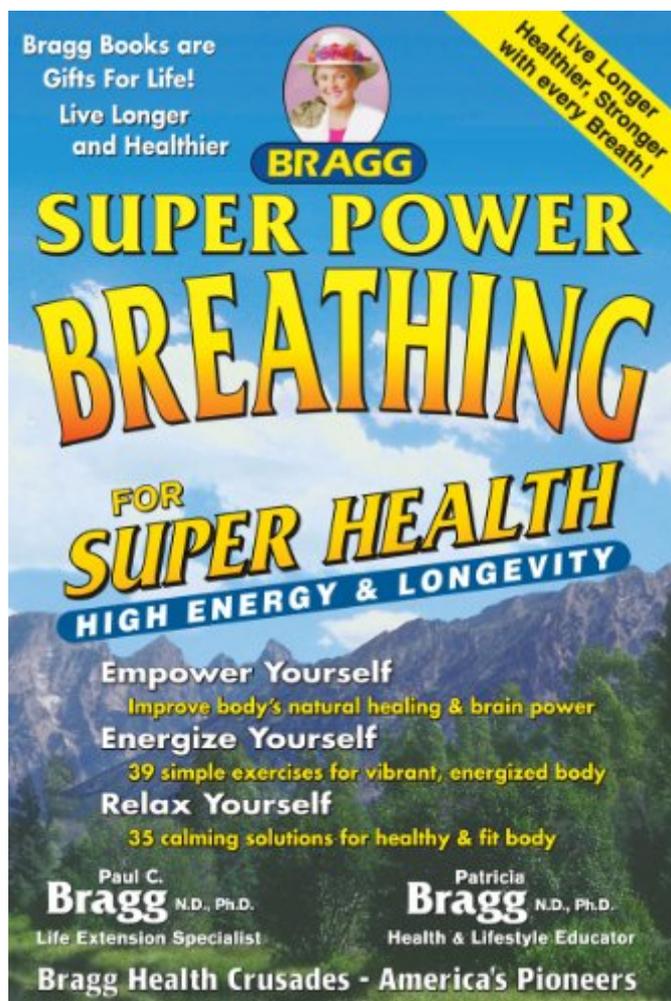


The book was found

Super Power Breathing For Super Energy



Synopsis

Live Longer, Healthier and Stronger with every breath. This text covers every aspect of the body's breathing functions. Exercises for proper breathing, posture alignment, and the effects of diet and drink on your body's ability to metabolize properly.

Do You Know How to Breathe? The breath of life means exactly what it says: To breathe is to live; not to breathe is to die. A human can exist without food for weeks, go without water for days, but one can't exist for more than a few minutes without air! This fact is so obvious and breathing is so automatic that most people take it for granted. Yet, do you really know how to breathe? Stop and think about it. Do you really know how your lungs function? Do you use these marvelous organs to their fullest? The way you use your lungs controls your life, your health, your looks, your energy, your resistance to disease your very life span!

Super Power Breathing – “The Path To High Vibration Energy Living” As health specialists with over a century of combined effort, we have developed techniques for measuring mental and physical energy in humans. Everyone lives at a certain rate of vibration. The human body is capable of reaching a high vibration energy level; unfortunately very few ever master what it takes to achieve it. Why? Because only a few know how to generate, utilize and replenish their full capacity of body and mind energy. High vibration energy people are doers and achievers. They display seemingly inexhaustible vitality and stamina, creative power and/or athletic ability of the highest quality. They never seem to tire. They perform mental and physical tasks without strain or excessive emotion. To high vibration achievers, everything seems easy and effortless because they have more vital power.

Breathing is the most basic of bodily functions! The Bragg Super Power Breathing habit of taking longer, slower, deeper breaths helps to produce more energy and a more vital, youthful, longer life for you!

– Paul C. Bragg, ND, PhD, Life Extension Specialist, Originator of Health Stores

High Vibration Energy Produces Achievers This natural energy produces contented people who see the humorous side of life: full of personal magnetism and enthusiasm, high vibration energy people are a joy to be with because they have happy dispositions. They are free from depressions and mental blocks, and are well-adjusted people who enjoy more fulfilling, healthy and happy lives. What is their secret? How do they live at a superior rate of high vibration energy? The answer is simple: such people consume large amounts of oxygen. They breathe deeply and fully, utilizing every square inch of their lung capacity. Ample oxygen combined with a healthy lifestyle does bring miracles. The more oxygen you breathe into your lungs, the more energy you will have. This creates a higher rate of vibration. It is very much like a fire in an open burning fireplace, the more oxygen the fire gets, the brighter it will burn! The less oxygen it gets, the less heat and more unwanted smoke it generates and soon the fire dies.

Most Live at Low to Medium Vibration People who live at a

low to medium rate of vibration attain limited levels of vitality, both mentally and physically. While they may have a capacity for work and play, they aren't capable of the sustained effort achieved by those who have high vibration energy. Low to medium vibration energy people easily tire and lack endurance, particularly when under stress. Exhaustion induced by tension and strain forces this type of person to stop and rest and even give up. People living even at a medium vibration rate simply don't get enough vital oxygen to give them that extra push to keep going under physical, mental or emotional pressures. Under extreme pressure they run out of gas and lack the high vibration energy that deep power breathing and healthy living provides to make this additional effort.

Book Information

File Size: 2981 KB

Print Length: 309 pages

Publisher: Health Science (April 21, 2011)

Publication Date: April 21, 2011

Sold by: Digital Services LLC

Language: English

ASIN: B004XNVYN2

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #48,940 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #1 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diseases & Physical Ailments > Respiratory Diseases #4 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Lung & Respiratory Diseases #5 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Respiratory Diseases

Customer Reviews

Years ago I tried deep breathing on the way to work (traffic was stressful then also). I was amazed that an embarrassing facial tic went away. I thought I would do a bit more research by reading this book. The only time I have seen this many quotes is in a book of quotations! Also, the constant religious comments were very distracting and off-putting. I may go back and try to read it but it is annoying when authors use lots of quotations as fillers.

Excellent information! As one who has disciplined myself with a healthy life style since the birth of my first child (now have 7 grandchildren), I found this to be NEW INFORMATION I was totally unaware of. It's a book I will reference again and again. A permanent book in my collection!

A great book about the necessity and many benefits of breathing fully and deeply. Filled with easy to understand explanations of how most people breathe incorrectly and tips on remedying this problem this book turned out to be much better than I expected. Of course, there was a healthy amount of fluff and repetition throughout (theres only so many ways you can say fully oxygenating your body is important) but I didn't find it too annoying. The information in this book immediately took an effect on me as I found myself practicing the breathing exercises, taking notes and even correcting my posture while I read. I already knew the importance of practicing deep breathing for health and vitality but this book took it to a whole new level for me. I highly recommend this book for anyone concerned about their health and overall well-being. Tony Rogers Jr Author of Visionary: Making a difference in a world that needs YOU

Very informative and helpful. Haven't read the entire book because of time. However, I have purchase other medicinal books from braggs as well as their brand of AVC. However, i like what i have read so far!!

What a practical book to have in one's first aid kit or maybe alongside your fitness books. I have friends who have breathing problems and I purchased this so that I could offer some practical advice instead of just shaking my head in pity. Well I even got some tips that I can use while doing my daily walks. This is a winner.

I work in a health food store so when I found this book I was very excited as we sell the vinegar. I have been using it for awhile and like the benefits it gives you.

Good health starts with deep breathing!!! Most of us are shallow breathers. I notice I have more energy when I breathe deeply. Great book to have!!

Excellent book on breathing and energy. Much of the information I have not seen before. But, does have a number of ads for products.

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

Super Power Breathing: For Super Energy, High Health & Longevity (Bragg Super Power Breathing for Super Energy) Super Power Breathing For Super Energy Super Power Breathing: For Super Energy High Health & Longevity Super Mario: Ultimate Jokes & Memes for Kids! Over 150+ Hilarious Clean Super Mario Jokes! (Nintendo Memes, Nintendo Jokes, Super Mario Jokes, Super Mario Memes, Super Mario Bros) Reiki: The Healing Energy of Reiki - Beginner's Guide for Reiki Energy and Spiritual Healing: Reiki: Easy and Simple Energy Healing Techniques Using the ... Energy Healing for Beginners Book 1) Solar Power: Proven Lessons How to Build Your Own Affordable Solar Power System: (Energy Independence, Lower Bills & Off Grid Living) (Self Reliance, Solar Energy) Solar Power: How to Save A LOT of Money the Easy Way (Solar Power, Save Money, Solar Energy, Solar, Sustainable Energy, Sustainable Homes, Sustainability) Wind Power Guide - how to use wind energy to generate power (OneToRemember Energy Guides Book 1) Power Training: For Combat, MMA, Boxing, Wrestling, Martial Arts, and Self-Defense: How to Develop Knockout Punching Power, Kicking Power, Grappling Power, and Ground Fighting Power Luigi: Ultimate Jokes & Memes for Kids! Over 150+ Hilarious Clean Luigi Jokes! (Nintendo Memes, Nintendo Jokes, Super Mario Jokes, Super Mario Memes, Super Mario Bros, Luigi Memes, Luigi Jokes) Solar Electric Power Generation - Photovoltaic Energy Systems: Modeling of Optical and Thermal Performance, Electrical Yield, Energy Balance, Effect on Reduction of Greenhouse Gas Emissions Solar PV Off-Grid Power: How to Build Solar PV Energy Systems for Stand Alone LED Lighting, Cameras, Electronics, Communication, and Remote Site Home Power Systems Power Conversion and Control of Wind Energy Systems (IEEE Press Series on Power Engineering) Grid Integration and Dynamic Impact of Wind Energy (Power Electronics and Power Systems) The COPD Solution: A Proven 10-Week Program for Living and Breathing Better with Chronic Lung Disease Asthma-Free Naturally: Everything You Need to Know to Take Control of Your Asthma - Featuring the Buteyko Breathing Method Suitable for Adults and Children Yoga Beats Asthma: Simple exercises and breathing techniques to relieve asthma and respiratory disorders Breathing For a Living: A Memoir Breathing Should Never Be Hard Work: One Man's Journey With Idiopathic Pulmonary Fibrosis Hyperventilation Syndrome: Breathing Pattern Disorders and How to Overcome Them

[Dmca](#)