



The Oxygen Advantage: The Simple, Scientifically Proven Breathing Techniques for a Healthier, Slimmer, Faster, and Fitter You

By Patrick McKeown

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The Oxygen Advantage: The Simple, Scientifically Proven Breathing Techniques for a Healthier, Slimmer, Faster, and Fitter You By Patrick McKeown

A simple yet revolutionary approach to improving your body's oxygen use, increasing your health, weight loss, and sports performance--whether you're a recovering couch potato or an Ironman triathlon champion. With a foreword by New York Times bestselling author Dr. Joseph Mercola. Achieve more with less effort: the secret to weight loss, fitness, and wellness lies in the most basic and most overlooked function of your body--how you breathe. One of the biggest obstacles to better health and fitness is a rarely identified problem: chronic over-breathing. We often take many more breaths than we need--without realizing it--contributing to poor health and fitness, including a host of disorders, from anxiety and asthma to insomnia and heart problems. In *The Oxygen Advantage*, the man who has trained over 5,000 people--including Olympic and professional athletes--in reduced breathing exercises now shares his scientifically validated techniques to help you breathe more efficiently. Patrick McKeown teaches you the fundamental relationship between oxygen and the body, then gets you started with a Body Oxygen Level Test (BOLT) to determine how efficiently your body uses oxygen. He then shows you how to increase your BOLT score by using light breathing exercises and learning how to simulate high-altitude training, a technique used by Navy SEALs and professional athletes to help increase endurance, weight loss, and vital red blood cells to dramatically improve cardio-fitness. Following his program, even the most out-of-shape person (including those with chronic respiratory conditions such as asthma) can climb stairs, run for a bus, or play soccer without gasping for air, and everyone can achieve: Easy weight loss and weight maintenance Improved sleep and energy Increased concentration Reduced breathlessness during exercise Heightened athletic performance Improved cardiovascular health Elimination of asthmatic symptoms, and more. With *The Oxygen Advantage*, you can look better, feel better, and do more--it's as easy as breathing.

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Editorial Review

Review

“McKeown introduces readers to the “Oxygen Advantage,” an innovative but complex breathing technique that purportedly improves overall health... McKeown’s confident attitude should help his book appeal to a wide audience.” (Publishers Weekly)

“I’m an NFL wide receiver and my Bolt Score was 13. Three weeks later it’s 30 and improving; running has gotten so much easier. I’m in better shape for another opportunity because I’m so much better at the simple act of breathing. It really does add up!” (Jay Wisner, NFL Free Agent)

“Patrick McKeown, breathing trainer and author of *The Oxygen Advantage*, recommends breathing through your nose...It’ll feel weird, but within a few weeks, you’ll notice you can exercise longer and don’t tire as quickly.” (Dr. Oz *The Good Life*)

From the Back Cover

THE SECRET TO HEALTH, FITNESS, AND WEIGHT LOSS LIES IN HOW YOU BREATHE.

One of the biggest obstacles to your health and fitness is a rarely identified problem—and one that is unknown outside of medical journals: chronic overbreathing. We can breathe two to three times more air than required without even knowing it, and chronic overbreathing leads to loss of health and poor fitness and contributes to problems such as anxiety, asthma, fatigue, insomnia, heart problems, and even obesity.

Within minutes you can improve the amount of oxygen delivered to active muscles and organs by changing how you breathe, using the simple and easy-to-apply techniques in this book. Whether you’re an elite athlete looking to simulate high-altitude training or an everyday person looking for more daily stamina and health benefits, these revolutionary, scientifically validated breathing exercises have the potential to maximize and drastically improve your current performance level.

About the Author

Patrick McKeown is a breathing specialist for respiratory problems, sleep-disordered breathing, and sports performance. He was educated at Trinity College, Dublin, and later studied under the founder of the Buteyko Method for optimal breathing, the late Dr. Konstantin Buteyko. After receiving accreditation from Dr. Buteyko, Patrick has spent the past thirteen years training health professionals and athletes as well as helping thousands of child and adult sufferers of asthma. To date he has written several books, including *Close Your Mouth, Anxiety Free: Stop Worrying and Quieten Your Mind* and *Asthma-Free Naturally*. In addition to running workshops in his native Ireland, each year he gives workshops in North America, Europe, and Australia.

Alan Smyth has worked as a professional actor for more than fifteen years. He has toured extensively in Ireland and the United States, and has worked with such companies as the BBC, Paramount Films, and

Showtime Productions.

Users Review

From reader reviews:

Christopher Olsen:

Why don't make it to be your habit? Right now, try to prepare your time to do the important take action, like looking for your favorite publication and reading a book. Beside you can solve your problem; you can add your knowledge by the e-book entitled The Oxygen Advantage: The Simple, Scientifically Proven Breathing Techniques for a Healthier, Slimmer, Faster, and Fitter You. Try to face the book The Oxygen Advantage: The Simple, Scientifically Proven Breathing Techniques for a Healthier, Slimmer, Faster, and Fitter You as your good friend. It means that it can to be your friend when you experience alone and beside those of course make you smarter than previously. Yeah, it is very fortunated to suit your needs. The book makes you a lot more confidence because you can know every thing by the book. So , we should make new experience and knowledge with this book.

Troy Riley:

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Donnie Matthews:

People live in this new day of lifestyle always try to and must have the spare time or they will get large amount of stress from both lifestyle and work. So , once we ask do people have spare time, we will say absolutely of course. People is human not a robot. Then we ask again, what kind of activity have you got when the spare time coming to you of course your answer will unlimited right. Then do you try this one, reading textbooks. It can be your alternative inside spending your spare time, the particular book you have read is definitely The Oxygen Advantage: The Simple, Scientifically Proven Breathing Techniques for a Healthier, Slimmer, Faster, and Fitter You.

Della Francis:

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