

Power Breathing.

. is not more breathing, but better breathing with the Breather

- a serious, powerful resistive breathing device recommended by health care practitioners. It is the only **FDA approved breathing device** with both inspiratory and expiratory resistance training. The principle of the intake of air and the release of air against resistance is essentially the same principle used as in weight training. The Breather is weight training for your respiratory muscles.



- ✓ Optimizes lung power
- ✓ Induces relaxation via slow, deep breathing
- ✓ Improves cardiovascular endurance
- ✓ Clears phlegm from the airways
- ✓ Improves voice and swallowing
- ✓ Reduces stress

How is the Breather therapeutic? As you breathe in and out of the Breather, it is a powerful therapeutic exerciser for the lungs and breathing muscles. Resistance to inhalation (breathing in) strengthens the diaphragm, the major muscle of breathing, and the accessory muscles of the neck. Resistance to exhalation (breathing out) develops strength and tone in the abdominal muscles. Additionally, exhalation resistance mimics pursed lip breathing and helps to keep the airways clear of phlegm.

How often do I need to use the Breather? Try to train on a daily basis for it usually takes 2 - 4 weeks to begin feeling results. However, the relaxation benefits will occur immediately.

Where and when can I use the Breather? The Breather can be used any time and in most places. . . watching TV, reading a book, or anytime you feel you need to relax.

How does the Breather compare to Incentive Spirometry (IS) devices? While IS encourages deep breathing, there is *no resistance* to the intake of air through the device. To increase the strength and endurance of your breathing muscles, you need to inhale and exhale through the Breather. Incentive Spirometry does, however, remind you to take in a deep breath and can be used to measure your progress with the Breather.

Will the Breather help my panic attacks? When you suddenly realize you're upper chest breathing at an exceptionally fast rate and can't seem to slow down, you may find inhaling and exhaling through the Breather especially helpful. Daily practice in breathing awareness has been used by thousands who suffer from panic attacks.

Why is the Breather so important? Ask yourself these questions. . . Do I always breathe correctly? Is it always under control? Am I a superficial, upper-chest breather? **Take this simple test** and find out for shallow, superficial, upper-chest breathing undermines your health. . .

Find Your Diaphragm. . . Place one hand on the upper portion of the stomach just a few inches above the navel but below the breast bone. Sniff in several small inhalations per breath through the nose. The movement in that area is the diaphragm working at its best.

Test Your Breathing Technique. . . The next time you feel short of breath in need of your inhaler, stressed out, or breathing rapidly, place one hand on your upper chest and the other on your stomach. If you are breathing correctly (diaphragmatically) your stomach should feel as if it is expanding (filling up, as if with air). But, if your chest is rising, you are breathing superficially. (Continue test on back page.)

Why Is Superficial Breathing So Harmful??? The average breath rate is up to 12 times per minute and many of us breathe faster than that. Rapid, shallow breathing can reduce the level of carbon dioxide in the blood which causes the arteries to constrict, reducing the flow of blood throughout the body. When this constriction occurs, even though the lungs are breathing in more oxygen than the body needs, the brain and body will experience a shortage of oxygen. This lack of oxygen can play havoc with the sympathetic nervous system, making us feel tense or anxious and less likely to think clearly. Regular Power Resistive Breathing Training can cancel superficial breathing.

Testimonials from unsolicited users. . .

The Breather has opened my lungs to give me a much more satisfying life. Upon the first week of using the Breather, it was difficult to feel any change, then all of a sudden it truly felt like something broke loose, and now I am enjoying much freer breathing. Thanks to the Breather - maybe in time I will be able to play the trumpet; trouble is, I never could. - *Joann Humphries, Wayne, MI*

In reference to a practicing clinician as myself (primary patient care as well as training elite athletes), I see a tremendous variety of applications with the Breather on patients with COPD/restrictive lung disorder, post operative patients necessitating incentive spirometry, as well as the athletes' desire to enhance their breathing efficiency and performance. Subjective comments and exclamations were reported as the following: "I had a greater ability to hold my breath while scuba diving;" "I felt I was able to run further with less breathing effort;" "I had more stamina during the day at work;" "I really felt like there was a lesser feeling of stress at work after two weeks use of the Breather - this thing is incredible."

- *Lester L. Lee, M.D. a former member of the American College of Sports Medicine*

We've been instructing the use of the Breather in our cardiopulmonary rehab program since 1993. For those patients who seriously use it, we see remarkable results. One patient said it was the best thing he got from rehab, another said it really helped to keep her breathing under control, and one woman with severe emphysema ties it around her neck with a string so she's never without it. The Breather will always be a part of our rehab program. - *Joan Morlan, RN, Riverview Healthcare, Crookston, MN*

Patients have noticed using their Breather prior to their routine MDI or aerosol treatment helped them focus on taking deeper "diaphragmatic" breaths, and they felt that they were getting better medication delivery.

- *Spartanburg Regional Medical Center, Spartanburg, SC*

The Breather provides our patients with concrete feedback and motivation as they advance through the Breather's numbers. Patients may struggle with breath control or strategies but they understand and are able to successfully use the Breather. We have experienced more rapid and complete recovery in patients with voice disorders, dysarthria, and dysphagia resulting from traumatic brain injury, a variety of neurological disorders and degenerative diseases. *If only hospitals would throw out incentive spirometers which are only measuring devices, the Breather is so much more effective and simple to use!*

- *Cally R. Stone, MS, CCC-SLP, The Talk Shoppe Meridian, ID*



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