Disclaimer

The information contained in this book is for guidance purposes only. The user of this book should not change or alter any medications without consultation of professional medical advice.

Before the user acts on any of the information contained in this book, they should first consult their family doctor and use the information within this book under the supervision of a doctor or respiratory specialist.

While the author has made all efforts to include current and accurate information within this book, no guarantee and no warranties can be given about the effects and treatment of any health condition. The author assumes no liability for the contents of this book which may or may not be followed by the user. Thus, any liability of impact to the user is expressly disclaimed. Please be aware that these exercises and methods discussed in this book can have powerful and severe effects on health in the event of improper application. This warning is especially important for people with serious health issues. Breathing exercises can cause changes in blood flow to vital organs as well as changes in blood concentrations of certain hormones. Such changes can result in adverse effects.

Warning for Diabetics & Others with Serious Health Issues

Please note that the breathing training described in this book will cause your blood sugar levels to decrease. This may interact with your medications and further drop your blood sugar levels to lower than recommended levels. If you are diabetic and are to undertake this training, it is recommended that you seek supervision from an experienced respiratory practitioner.

These effects can be especially dangerous for people with other serious existing health issues such as renal disease, chronic acute gastritis, intestinal ulcers, Crohn’ disease, inflammatory bowel disease, irritable bowl syndrome, acute brain traumas, any bleeding or acute injury, pregnancy and more.
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Foreword

My name is Cullen Adams. I developed Asthma as a child after being hospitalized by an asthma attack. My Asthma tended to be either nocturnal (night-time) or exercise induced, but can remember my first asthma attack and it happened out of the blue without warning and didn’t seem to be induced by anything at all.

That was the first of many attacks throughout my childhood and early adulthood. Two led to hospitalizations and others would subside relatively quickly. Some of them brought on by sport or exercise but most came on in the middle of the night. One particularly severe one from just breathing some car exhaust fumes while walking down the street. All of them were frightening experiences which I never wanted to experience again. There is absolutely nothing more terrifying than struggling for breath, something which we normally do effortlessly and sub-consciously thousands of times every day.

For the rest of my life I resolved would include daily inhalation of corticosteroids morning and night. For further peace of mind I would need to carry a relieving inhaler around with me wherever I went and I would not be able to play sport or do anything requiring physical exertion without fear of an asthma attack.

Health & fitness along with natural living has always been a passion of mine, often avoiding headache tablets when headaches strike. The fact I was inhaling these asthma drugs into my lungs everyday was horrible but unavoidable. Drug-free was my goal, like normal healthy people. In my late twenties, fed up with my affliction, fed up with my doctor’s inability to find an answer, I started to read up and further research my asthma. I wanted to know what could be done to minimize my asthma so that it would have the minimalist impact on my life. Better yet, even though I thought it was impossible, I wanted to rid myself of asthma altogether; I wanted a cure.

After reading about all the side effects of my asthma medications, it made me even more determined than ever to cure my asthma. I knew that inhaling drugs everyday into my lungs couldn’t be good and it was something I wasn’t comfortable doing for the rest of my life.

I started reading and researching discoveries on breathing and the respiratory system, scientific discoveries over the last 100 years by some of the world’s leading respiratory doctors. I learned about the science of breathing and natural techniques my doctors NEVER told me about and I had no idea existed. These techniques not only could help asthmatics but could help sufferers of bronchitis, COPD, even emphysema. What I learned was fundamentally different than the traditional methods of asthma treatments implemented by the mainstream medical fraternity.
It focuses on the root cause of asthma and other breathing abnormalities, as opposed to treatment or masking the symptoms.

The best part is that it is not drug based

After learning all I could about this techniques and the science behind the technique and after 5 years of living with a better handle on my asthma than ever before, I have decided to write this program. It is a definitive guide on how you too can eliminate your asthma symptoms and have total control over it. After reading “How To Cure Asthma Naturally” you will have few or no asthmatic episodes at all. You will still be prone to asthma, but you can live a life free of all asthmatic symptoms. In fact I guarantee it! I can’t guarantee that you will never have symptoms for as long as you live, but I do guarantee that you will have a dramatic improvement within 30 days.

As an asthmatic you’re airways are more sensitive to changes in breathing rate, atmospheric conditions, such as cold or dry air, pollution, dust or pollens. While this sensitivity will be with you for life, it doesn’t mean that you will have asthma symptoms for life. You do not have to live with restrictions regarding sports or exercise, activities that you can participate in, pets you can own or work that you can undertake. With the knowledge contained in this program, you can do anything and be asthma free.

After learning the strategies in this program many people will be able to kiss their medications goodbye for good. Others may not need to rely on medications daily or can dramatically reduce their medications both preventative and relieving. It will depend on how severe your asthma currently is and how well you can follow and implement the strategies contained in this program.

The program is simple to learn and implement. It offers lifelong benefits to controlling asthma without drugs, surgery or machines. Once learned and with a good balance of proper breathing techniques, proper diet, adequate and proper sleep technique and exercise, you will most certainly be on the right path to being free of your asthma symptoms.

Today, I no longer need to rely on inhalers. I own an inhaler in case of emergencies but I never take it out with me and I doubt I will use it in the near future. I sleep soundly at night, can confidently play any sport or participate in any type of physical activity without a thought about having an asthma attack. If I feel short of breath I know the proper breathing techniques to utilise in order to restore normal breathing. My state of health is exactly where I want it to be,
How To Cure Asthma Naturally

DRUG FREE and it is all due to the techniques and tips contained in this program that you are about to read and learn for yourself.

The health system is a complex system which involves doctors, governments, pharmaceutical companies. It has many political and economical implications. Although I do believe that traditional medicines have their place in fighting asthma, I strongly believe so much more could be done to minimize the reliance and frequency that they are being used. The problem is that whilst a large majority of funding for clinical trials into different ways to manage asthma comes from pharmaceutical companies, trials into new drug free alternatives are not likely to become popular options for mainstream medicine.

Simply put, the medical fraternity are going to keep prescribing drugs which don’t treat the root cause of asthma for a long time to come, perhaps forever, without ever mentioning to you other safer natural alternatives that have no side effects and actually tackle the cause rather than the symptoms.

Many doctors are not aware of these techniques. But for the first time in history, the leading respiratory doctors around the world have uncovered the science and the link between the respiratory process and how it relates to asthma. As a result, doctors have made a revolutionary breakthrough in asthma management. Asthma is no longer considered a disease but rather an imbalance of the respiratory system, more specifically the rate, depth and method of breathing.

The way we breathe is a habit that we develop over a lifetime. Fortunately we have the power to overcome the bad habit of incorrect breathing and restore normal breathing.

With the techniques in this program you will have better control and more confidence over your asthma than you perhaps would have ever thought possible. You will have improvement in your quality of life, sleep, nutrition and general health and well being. More than any medication can offer. You will learn for the first time how your breathing works and how it directly relates to your asthma along with many other important bodily functions.

While this program is not a huge advocate of asthma treatment drugs, it recognizes the role that drugs play in the management of asthma. Medications should continue to be used whilst undergoing this program and only reduced with doctor supervision when symptoms have improved.

In the 1950’s Russian physician’s started researching how changing a person’s breathing was responsible for dramatic improvements in the airways. Inflammation was reduced; mucus production stopped and airways were less constricted. Many other improvements were noted, including strength, energy levels, heart rate, pulse rate, blood pressure, metabolism,
circulation, sleep, reduction in snoring and sleep apnea, medications were reduced or eliminated.

One of the pioneers of these techniques was Dr Konstantin Buteyko a Russian respiratory specialist. His therapy has helped countless people worldwide but still to this day his therapy’s principles are struggling for acceptance by the established medical authorities around the world.

This program is based on breathing training and methods used and benefited by countless thousands perhaps millions of people around the world by now.

This program is unique in that it offers a holistic and simplified approach to asthma management with the latest research on proper breathing techniques, diet and environmental issues that affect all asthmatics. The program examines complex medical subject matter, but has been made easy to understand for the reader.

The evidence is undisputed and various clinical trials around the world have proven the science contained within this program is beneficial for a number of medical complications including asthma.

This program has all the information you will ever need to dramatically reduce your asthma symptoms if not eliminate them completely. I am very grateful that you have found it and I hope you enjoy the massive improvements in your asthma and life that I trust that you will!
Chapter One:

What Causes Asthma?

Asthma is a common chronic inflammatory disease of the airways, whereby the airways are prone to narrowing and increased mucus production during an attack. A sufferer will experience difficulty in breathing, tightness in the chest, wheezing and coughing. It affects hundreds of millions of people worldwide. It is not restricted to geographical zones or environmental conditions, its occurrence is evident in all corners of the globe and its prevalence is on the rise. Thousands more people every year are dying from asthma, or its medications and hundreds of thousands more are diagnosed with the disease. Medical specialists around the world are predicting that trend is not about to be reversed.

An Asthma attack can be triggered by a number of factors including:

- Exercise
- Sleeping
- Pollution
- An allergy reaction
- Smoking
- Drugs
- Sudden change in air temperature
- Laughing

All of these factors can trigger an asthma attack, but they are not the cause. Take air borne pollution for instance; it can trigger an asthma attack, but it cannot be the cause of asthma in the first place. We have known about asthma for thousands of years, before cars and factories. Also, asthma is just as likely to be found in highly polluted areas or major cities as it is in rural, less populated areas without air pollution.
The following diagram illustrates what is happening internally during an asthma attack.

The airways known as bronchotubes swell and become narrow and mucus production further restricting air flow making it harder to breathe.

To this day, the mainstream medical community still has NO CURE and has failed to pinpoint the exact cause of asthma. The medicines prescribed by doctors’ only mask symptoms temporarily, therefore are ineffective and unsatisfactory.

Asthma is a breathing abnormality caused by hyperventilation. Asthma is the body’s defence mechanism against hyperventilation to be more specific.

When someone hyperventilates, their body is losing precious carbon dioxide. To counteract it, the body’s defences kick in and swell airways and produce mucus making it harder to breath and therefore retain the carbon dioxide that is getting lost.

A normal minute volume test which measures the volume of air one breathes per minute is between 4 and 6 liters or less for children. An asthmatic will typically breathe twice, triple or even quadruple that volume which is the cause of many health problems including asthma.

Just as over eating can be bad for health leading to obesity and heart disease, over breathing is equally bad
There is a common misconception amongst people that deep breathing is beneficial to health because it can increase oxygen in our bodies. However this is a MYTH and the complete opposite is true. The more you breathe, the less oxygen is getting to where you need it; in every cell within your body.

This may come as a complete shock to you. Some of you reading this may refuse to believe this fact. It is a scientifically proven fact known as “the Bohr effect” first described in 1904 by the Danish physiologist Christian Bohr. You can do your own research to learn about the Bohr effect and probably get a better explanation but let me explain the science behind it in simplified terms.

Bohr discovered that an increase in carbon dioxide in the blood will decrease pH levels and this will reduce the oxygen affinity of hemoglobin. The primary function of hemoglobin is to carry oxygen from the lungs to tissues. The Bohr effect aids this function by releasing oxygen to the tissues in your body when the concentration of hydrogen ions becomes large. At low pH the Bohr effect allows the blood to unload the oxygen for use by the muscles.

The more carbon dioxide present in the blood, the more oxygen will be released into your cells

The air we breathe is a mixture of gases including nitrogen, oxygen, water, argon, carbon dioxide (CO₂) and trace gases. It is carbon dioxide that is necessary for your body’s ability to uptake oxygen. Our bodies create carbon dioxide through a process called cellular respiration. Our lungs store carbon dioxide, and when we overbreath or hyperventilate, we can create a carbon dioxide shortage within our bodies. That’s because the air we breathe is lower in concentration of carbon dioxide than stored within our own bodies and essentially we are breathing out more than we are breathing in.

There is another common misconception that carbon dioxide is a waste product. In fact carbon dioxide is arguably the most important chemical regulators of the human body. It monitors the heart, blood vessels, pH levels and the entire respiratory system.
Oxygen is normally around 20 per cent in the atmosphere. It could double or even triple and we would probably not notice it because our bodies do not feel higher levels of oxygen. You would only notice when oxygen dropped below 15 per cent as it does in high altitude, that breathing would then become a little more difficult.

Compare this to carbon dioxide. A drop of 0.1 per cent could be enough for someone, whether they are asthmatic or not, to experience dizziness, heart palpitations, wheezing, blocked nose or even an asthma attack. These figures show that we are around 50 times more sensitive to changes in carbon dioxide levels than we are to changes in oxygen levels. Therefore carbon dioxide is far more important to us than oxygen.

Dr Haldane discovered in 1905 that the amount of carbon dioxide in the blood regulates the rate and depth of our breathing. When you remove carbon dioxide from the body by forced ventilation into the lungs, the heart and circulation will gradually stop and death will be the result.

Professor Yandell Henderson of Yale demonstrated this with an experiment he conducted with 6 dogs in 1909. The Professor and his team took 6 healthy dogs and forced them to hyperventilate which resulted in all 6 dogs dying in a short space of time. They found that one of the reasons that this happened was from low carbon dioxide levels.

Asthmatics are chronic hyperventilators. Studies have shown that people who suffer from asthma are breathing as much as 4 times the normal quantity of air. A normal person breathes between 4 and 6 liters of air per minute while at rest. An asthmatic will breathe between 2, 3 or even 4 times that quantity and this is what is causing asthma.

Why some of us are prone to asthmatic symptoms is most likely to be genetic, but all of us who suffer from asthma can, at the very least, dramatically reduce or better still completely eliminate the symptoms of asthma. If you understand the science behind what causes your symptoms you can understand how you can naturally defend yourself against them.

This is achieved by relearning how we breathe. It is that SIMPLE.

**Asthma is your body’s defence mechanism to stop you from losing anymore carbon dioxide through hyperventilation. Just as pain is your body’s defence to stop you doing that which is causing pain.**
Chapter Two:

Traditional Ways To Manage Asthma & Their Side Effects

There are constantly improvements in asthma medications and new products being trialled, sometimes with disastrous consequences. In the 1960s and 1980s medications were released which caused a dramatic rise in asthma related deaths and those products were later withdrawn.

Basically there are two main types of asthma treatments and they are preventers or corticosteroids and relievers or bronchodilators.

They both have their place, but both have known side effects which users should be aware of. There are most likely a number of unknown side effects with long term excessive use. Do you really believe doctors’ or pharmaceutical companies know of all the effects that medications have on our bodies?

Preventers

Steroids, more specifically corticosteroids were developed for asthma around the mid 1900s. It was first developed from the human hormone cortisol which is naturally produced in the body. All modern corticosteroid drugs are chemically very similar to the natural hormone. The scientists who isolated and purified cortisone were awarded the Nobel Prize for Medicine in 1950 for their work.

Initially steroids were developed to treat rheumatoid arthritis but soon a host of medical problems were being treated with steroids with remarkable success. It was soon realized that steroids could combat some pretty severe cases of life threatening asthma.

Steroids work by supplementing your body’s natural steroid production. As levels of carbon dioxide in the body drop as a result of hyperventilation, it has an effect on steroid production and you are likely to develop a steroid deficiency. This is where supplementation of steroids can help.
Steroids like all powerful drugs have proven to have many side effects ranging in severity. Inhaled steroids have fewer side effects because the dose is very small. The problem with side effects generally arises when people are prescribed more steroids that they are deficient in.

**Common Side Effects Include:**

- Irritation of the throat and mouth resulting in hoarseness and candida
- It can suppress growth in some children

Oral steroids have more severe complications or side effects than inhaled steroids which includes:

- Suppression of the body’s production of natural steroids (a dependency)
- Reactivation of latent infections
- Aggravation of stomach and adrenal ulcers
- Excessive weight gain due to an increased appetite
- Excessive hairiness and a moon like face

Also oral steroids can worsen:

- Diabetes, osteoporosis, glaucoma and cataracts
- They may even cause schizophrenia

However, you should not be too alarmed. These side effects will only be a concern to you if you are taking too much. Steroids have a bad reputation because of the possibility of overdose and the terrible side effects that come with it. However they are effective at tackling asthma before it appears and therefore if you are having symptoms of asthma regularly you should be on steroids daily. With the breathing techniques you will learn after studying this material you will be able to reduce your dose of steroids gradually and after due course even eliminate them altogether in many cases.
Relievers

Known as bronchodilators and developed in the early 1900s. They act by opening up the airways by relaxing muscle spasms. They are used in emergencies and temporarily relieve symptoms immediately. They will do nothing to prevent an asthma attack from occurring in the first place and should not be used for any other reason except during an asthmatic episode. They are often misconceived as being a better option than preventative steroids but this is not true.

The following list is the most common reliever drugs on the market:

<table>
<thead>
<tr>
<th>Drug Name</th>
<th>Length of Time to Act &amp; Duration</th>
</tr>
</thead>
<tbody>
<tr>
<td>Salbutamol / Ventolin / Aerolin / Ventorlin / Asthalin / Teva / Proventil / Asmol – inhaled via puffer or nebuliser</td>
<td>Works very quickly and lasts approx. 4 hrs</td>
</tr>
<tr>
<td>Terbutaline / Brethine / Bricanyl / Brethaire</td>
<td>Works very quickly and lasts approx. 4 hrs</td>
</tr>
<tr>
<td>Ipratropium bromide / Atrovent / Apovent</td>
<td>Slower to work and lasts approx. 8 hrs</td>
</tr>
<tr>
<td>Theophylline / Dimethylxanthine</td>
<td>Slow to work and duration of action varies</td>
</tr>
<tr>
<td>Salmeterol Xinafoate</td>
<td>Very slow to work and lasts up to 12 hrs</td>
</tr>
</tbody>
</table>

These drugs are marketed under many different names across the world and it’s possible that the drug or drugs that you take are not on the list. Ask your medical practitioner to guide you.

**Asthmatics often use their bronchodilators in instances such as:**

- Before exercise
- When they have a low peak flow reading (tool to measure lung capacity)
- Before taking steroids to further open up the airways
All of these reasons and more are not sufficient reasons to use a reliever. Its use should be avoided as much as possible. Take only in times where you have asthmatic symptoms and take one puff at a time. What is the point of taking a double dose when it may be totally unnecessary? Take one puff and wait at least a minute before deciding on whether or not you need another.

**What Relievers Do In The Long Term**

If you are having asthmatic symptoms more than 3 times per week, you should be taking prescribed steroids daily. It is better to be taking preventative steroids daily than to be relying on bronchodilators or relieving drugs every other day.

It is most important to minimize the use of bronchodilators as much as possible for very good reasons. Prolonged use of these particular drugs can actually compromise lung function. They do not cure asthma they simply relief it by acting on the symptoms and not the cause.

In the long term your body will become more serious about preserving the lost of carbon dioxide. Your body knows that if it loses too much carbon dioxide you will not get enough oxygen to your vital organs and you will die. Therefore your body will do everything in its power to correct this by worsening your symptoms of asthma or new symptoms being developed. This will put you in what can be described as a vicious circle of more drugs in more quantities and in stronger doses.

Doctors will be prescribing you everything on the market as they battle on, not knowing the simple cause and only attempting to mask the symptoms temporarily and inadvertently making your asthma worse.

**Common Side Effects Include:**

- Dizziness
- Nausea
- Raising pulse rate
- Irregular heartbeat
They can also increase hyperventilation. It does this by acting against your body’s defence mechanism, i.e. the asthma attack, which is designed to preserve carbon dioxide levels. Once the airways are opened up again, hyperventilation will reoccur and so will asthmatic symptoms.
Chapter Three:

How Asthmatic Are you?

How to Measure Your Breath Health

There is a simple and very effective way that you can measure your breathing health right now. It is an exercise that is known as the “Controlled Pause” or the “Measured Pause”.

The Control Pause is a measure of how long you can go holding your breath until you first feel the urge to breathe. It is not how long you can hold your breath, gasping for air at the end.

To Measure Your Control Pause

- Sit comfortably upright in a chair, relax and take a normal in breath without overfilling
- Release a small breath gently so your lungs are neither full nor empty, pinch your nostrils closed and hold your breath
- Count the seconds on a stopwatch until you feel the first urge to breathe
- Release your nostrils and re-commence normal nasal breathing without gasping for breath and note the time

The number of seconds you counted will give you your control pause. An ideal control pause is 60 seconds; however anything above 40 would be considered good and denotes good breath and general health. This is a measurement of how much carbon dioxide is in your lungs. If your control pause is 30 you are breathing enough for 2 people whilst a control pause of 15 means you are breathing enough for 4 people.
The following table gives an accurate measurement of carbon dioxide (CO2) in your lungs:

<table>
<thead>
<tr>
<th>Control Pause</th>
<th>CO2 in Lungs (Alveoli)</th>
</tr>
</thead>
<tbody>
<tr>
<td>60 seconds</td>
<td>6.5%</td>
</tr>
<tr>
<td>30 seconds</td>
<td>5.0%</td>
</tr>
<tr>
<td>20 seconds</td>
<td>4.5%</td>
</tr>
<tr>
<td>15 seconds</td>
<td>4.0%</td>
</tr>
<tr>
<td>10 seconds</td>
<td>3.5%</td>
</tr>
</tbody>
</table>

This exercise will give you an estimation of your breath health currently. Do not worry if your results aren’t good and you are breathing far too much, you are probably already aware that your breath health is less than ideal. This is just a starting point and will help you track your progress as you learn the techniques to improve it.

It is also important to know that you don’t have to have a 60 second control pause to be free from asthma. Many people will be free of asthma with a control pause of above 20, perhaps even 15. Personally if my control pause is above 25, I’m content and will not experience any asthmatic symptoms.

Do not be too concerned if you don’t ever achieve a control pause of 40 or above. The only thing you should concern yourself with is achieving the highest number as you can. This number will fluctuate all of the time so it is important to take a measurement regularly, especially before exerting yourself.
Chapter Four:

Golden Rule # 1:

Your Nose is for Breathing

There are numerous reasons why the nose is made for breathing, as opposed to the mouth. There are both many positives for nasal breathing and many negatives for mouth breathing.

It is now known that mouth breathing is associated with hyperventilation and therefore causes asthma. Not only can it cause asthma, but it is known to cause other health complications including: high blood pressure and could even cause heart disease and potentially many other health problems.

If you are a mouth breather, you will need to retrain yourself to breathe only through your nose 24 hours of the day if you wish to live the longest and healthiest life possible along with being free of asthma. This may seem extremely difficult when you first try to make that transition. You may be only able to do in for small periods of time when you are focused and find yourself slipping back into mouth breathing when you are not focused.

But don’t worry; it will take some effort to correct a bad habit you have developed over your entire lifetime. The good news is it will soon become normal and second nature for you to breathe through your nose and will require no effort at all.

The nose is a filter and air conditioner for your lungs

Your nose is a perfectly evolved appendage which filters the air you breathe from dust, pollens, bacteria, pollutants and any other foreign matter before it reaches your lungs. Your lungs like clean air. These things can cause severe health problems if they are allowed into your lungs and your nose is your body’s best defence against them. If you breathe through your mouth, you
will bypass this defence mechanism and make it much more likely for yourself to become sick or allergic.

Your nasal passage takes the air you breathe on a longer delivery path to your lungs; therefore it arrives at your lungs at a temperature more consistent with your body temperature. Your lungs do not like extreme changes in temperature. Nasal breathing also increases the humidity of the air that reaches your lungs. Your lungs like humid air because they are nearly 90% water. Dry air causes dry lungs.

Nasal breathing is healthier and better asthmatically than mouth breathing because it is much harder to hyperventilate with nasal breathing. Not impossible, but much more difficult. That’s because your nasal passages are much smaller, therefore the volume of air you breathe will be much less. It also slows the escape of air on the exhale creating back pressure, so that the lungs have more time to extract the oxygen and retain carbon dioxide. As you know if carbon dioxide is lost in larger than required quantities as it is with mouth breathing, oxygen absorption is decreased.

Mouth breathing is unhealthy and not advised because it can also cause snoring which can lead to a serious condition known as Sleep Apnea. Sleep Apnea is a condition whereby a person periodically stops breathing in their sleep. This can lead to brain damage, heart problems and even dying in your sleep.

If you or your partner is a snorer, you may be very pleased to know that once you retrain yourself to be a nasal breather 24 hours a day; you will be also cured of snoring and the potentially fatal condition of Sleep Apnea.

You should avoid mouth breathing because it also increases the chance of dehydration due to an increase in water loss.

Further, think of all the beautiful smells we enjoy when breathing through our nose. Mouth breathers will miss out on the simple joy in life and one of our five senses; Smell!

Smell influences our behavior, memory and automatic nervous system functions of our subconscious. This is because the receptors in the nose, known as the Olfactory bulbs, are a part of the brain known as the hypothalamus and is responsible for many functions which are considered automatic like: heartbeat, blood pressure, thirst, appetite and cycles of sleeping. The hypothalamus is also responsible for generating chemicals that influence our memory and emotions.
You can lessen the common cold also by nasal breathing. The mucous (white blood cells that kill germs) membrane lining the nose extends from the inner linings of the nostrils down the trachea to the bronchi then into the lungs. Germs get caught up and die in the mucous.

The last reason why you should not breathe through your mouth is because it simply makes you look stupid! Think of James Bond or somebody cool. Can you imagine them standing around with their mouth open? Now think of somebody who is not as cool or somebody dumb. You will automatically think of them with their mouth open. I think you get the point!

Your nose will not block if you keep your mouth closed

How To Unblock A Blocked Nose

A blocked nose is your body trying to correct an imbalance. It is your body’s defence mechanism which is triggered by excessive loss of carbon dioxide, the same as an asthma attack. Your nasal passage becomes swollen in an attempt to prevent further loss of carbon dioxide.

If you have a blocked or runny nose you can easily unblock it or stop it running. All that you need to be clear on is that your blocked or runny nose is a result of more carbon dioxide being lost than you are producing. So to clear your nose you need to correct this imbalance and produce more carbon dioxide than you release.
To do this:

- Simply try holding your breath after an out breath in which you should release about half to three quarters of the air out so your lungs are neither full nor empty
- Pinch your nose closed, keep your mouth closed and hold your breath until you first feel the urge to breathe
- Don’t try to hold your breath for as long as you can because that will make it harder for you to control your breathing once you release your nose and take a breath
- Breathe as little as possible, gently and shallowly through your nose. Repeat this until you start to feel your nose getting clearer. Repeat once approx. every 30 seconds
- Resist the urge to mouth breath and keep your mouth closed. Keep still.

Another way you can do this is by increasing your carbon dioxide production by walking, marching on the spot or even squatting. However it is important to keep your breathing the same and don’t increase your rate of breathing. If you find yourself becoming breathless and your breathing becomes deeper or faster whilst doing those things it will be counterproductive.

With this simple technique you will never need to rely on nasal sprays or decongestion pills again. You can unblock your nose quickly and effectively and best of all without drugs or cost
I have discussed in earlier chapters that asthma is a breathing disorder and is caused by over breathing or hyperventilation. So in order to control or cure your asthma you will need to retrain the way you breathe because you are not breathing correctly.

In the previous chapter we talked about the importance of nasal breathing for general health and controlling your asthma, however that is only half of the solution. The second part and equally or more important is your breathing rate, depth and breathing technique.

The very rate and volume of air you breathe will have a direct impact on your asthma or asthma symptoms. When you hyperventilate (breathe too much or too fast) for a prolonged period of time, your lungs will receive air which hasn’t been filtered, is cold and dry. Because asthmatics lungs are very sensitive to changes in air quality or volume, the lungs react in defence and airways will start become inflamed or swollen and mucus may be produced. This will make breathing much more difficult as the air struggles to pass in and out of the lungs.

**Learn to breathe using your diaphragm**

You want to relax your waist as you take in an in breath. This will require some effort initially but like nasal breathing will become automatic with regular practice.

Your diaphragm is positioned in between your lungs and your abdomen, by focusing on this point it helps me to breathe using this large muscle.
To ensure you are using your diaphragm to breathe, place one hand on your chest and one hand on your stomach. Breathe in gently through the nose and pay close attention to which of your hands moves the most. If you are using mainly your diaphragm to breathe, the hand on your stomach will be pushed upwards or outwards as your belly expands.

If you are mainly using your chest muscles to breathe, then your hand on your chest will be the one that is pushed upwards or outwards and you are breathing incorrectly.

Rate of Breathing

Normal resting rates of breathing are approx:

10-14 per minute for adults

15-25 per minute for children

25-50 per minute for toddlers and babies

Time yourself for 1 minute and see what your current breathing rate is. You will need to have your breathing rate as close as possible to the above guidelines in order to avoid hyperventilation and all of the problems that it causes including asthma. When we feel tense or anxious, we tend to breathe a little faster and heavier. Therefore it is important to relax when breathing, sit upright if seated and slow down by pausing a moment before the next in breath. Just the act of slowing down your breathing will have a dramatically calming effect on you very quickly. It is much easier to change our breathing rate when we are conscious or aware of it.
Also keeping fit and healthy is a way to ensure your breathing rate is optimized. Fit and healthy people tend to have lower breathing rates, whilst overweight and unhealthy people have much higher breathing rates.

**Volume of Breathing**

It is important to point out that a good deep breath with a good stretch occasionally is good to relax and will not cause you any problems. You will only experience problems if this is repeated over and over again and you develop a significant shortage of carbon dioxide. This can be experienced by unknowingly breathing slightly deeper than you need to, rather than deliberately deep breathing. If your respiratory center is programmed incorrectly you may be doing this right now and you would not have a clue that you are.

If your respiratory center is set to over breathe, which will be the case if you’re asthmatic and you regularly experience asthmatic symptoms, you are also quite accustomed to lower levels of carbon dioxide within your lungs. The good news is that it is quite simple to reverse this and reset your respiratory center and boost your levels of carbon dioxide to levels consistent with good health and more specifically being asthma free. The way to do this is to simple breathe less by breathing less deeply.

To do this effectively you will need to gradually reduce your breathing volume or your breathing depth and relax all of your breathing muscles and focus mainly on the diaphragm and stomach.

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**You must become used to a slight shortage of air but not a large one whereby you are suffocating or not comfortable enough to continue for a long time.**

**Realize that you don’t have to breathe constantly in and out without taking a pause**
The information contained in these last 2 chapters is the basis of the program. If you can master these techniques, you will live a life free of asthma. The other benefits or improvements to your general health are unlimited. Every aspect of your life and health will improve. All of your body’s functions are linked and breathing is the most important function of all.

These techniques may seem foreign and difficult when you first start. But I am pleased to tell you that you will soon become accustomed to your new way of breathing. Fairly soon, reverting back to your old way of breathing will seem foreign.

You may feel like you’re suffocating or not getting enough air. It is because you are trapping in extra carbon dioxide into your lungs. Because your body is not used to the higher levels of carbon dioxide, it will want to expel it. But it will get used to it very quickly and breathing will become much easier!
Chapter Six:

What To Do When You’re Having

An Asthma Attack

Asthma attacks can occur suddenly or gradually when one experiences a sufficient loss of carbon dioxide within the lungs which will cause narrowing of the airways. It will be very tempting to try and breathe deeper, however this is the worse thing you can do and will worsen the symptoms which can be fatal.

To eradicate the symptoms of an asthma attack, you will need to relax and reverse it by building back up the carbon dioxide levels within your lungs. When you do this, your bodily defences will retreat and your airways will re-open to their normal size and normal breathing will be restored.

Anti Asthma Attack Strategy

Below are the exact steps that you should follow, following the development of asthmatic symptoms or an asthma attack. It is not a good idea to reach straight for your reliever puffer when symptoms begin. Being reliant on drugs can only lead to other health issues. What happens if you don’t have a puffer with you at the time? It is crazy to be so dependent on a drug to bring your symptoms under control when it is within your power to control the symptoms yourself naturally.

Just knowing this technique alone will give you so much more confidence over your asthma. It will help you understand the science of asthma better than ever before.
Here is exactly what you should do:

Obviously stop what you are doing if the activity is bringing on an asthma attack

1) Relax. Reduce breathing rate and depth and implement shallow breathing through the nose. Do not exhale forcefully.

2) Do an extended breath hold or extended control pause

To do an “Extended Control Pause,” breathe in and out through the nose then pinch your nose closed whilst keeping your mouth closed and hold your breath. At the first need to breathe, unlike the normal control pause, resist the urge and keep holding your breath after the first need to breathe until you must breathe.

3) Walk around a little or march on the spot if you can and then stop walking or marching and resume shallow breathing through the nose. If you can’t walk or march simply stand or sit. Walking or marching will help you build up your carbon dioxide levels faster because your muscles when engaged will produce more carbon dioxide

4) Resume shallow breathing through the nose for approx. 2 minutes then do another extended control pause

5) Repeat these steps until you have your symptoms under control

6) Take 1 puff of your reliever medication only if you need it. If you do take a puff of your reliever, combine it with the anti attack breathing strategies discussed here. Repeat the processes for maximum effectiveness of the drug
7) Only if needed take another puff of your reliever after trying the breathing strategies again.

8) If you still have not improved and your symptoms persist, proceed to use your nebuliser if you have one or get yourself to hospital. Once again with the nebulizer, use only as much as you need to which is until you have relief from symptoms. As soon as you have relief, remove the mask from your head. You don’t need to finish the whole dose if you don’t need it.

It may be tempting to reach for reliever drugs as soon as you experience symptoms; however drugs have dangerous side effects. Drugs will ultimately cause your airways to be dependent. They work against your body’s natural defences and therefore will worsen your asthma in the long term even though they will relief your symptoms very quickly.

You have a relieving bronchodilator at your disposal and it's completely natural, carbon dioxide.

It is always better to use a natural remedy as opposed to a chemical one. You may not have access to a reliever one day and if you can’t control your asthma symptoms naturally you may have a real problem!

You will feel a lot more confident with everything you do in life with the knowledge that you can overcome asthmatic symptoms by yourself and not be so dependent on chemicals to do the job for you. This strategy can only lead you to feel helpless against your asthma.

Remember it will be much easier to overcome your asthma naturally at the first sign of an attack or the development of symptoms. If you leave it until you are experiencing a full blown attack, it may be very hard to resist the urge to reach for your relieving drugs.

You may find yourself really in need of your reliever drugs in certain instances. You will need to exercise your own discretion and not be so diligent that you never use it even when you do need to. It may be doing you more harm than good to deny yourself of the quick relief your drugs can provide you. Just try to always use the natural approach before the chemical one wherever possible.
Chapter Seven:

Asthma & Exercise

For many people, exercise goes hand in hand with asthma symptoms. Any type of vigorous exercising can trigger asthma. Doctors have even named this a particular type of asthma which they refer to as “Exercise Induced Asthma”.

However exercise is important for everyone including asthmatics. Sufferers will find that their asthma is usually improved when they are actively participating in sport or exercise.

When carbon dioxide levels increase, such as when engaging in exercise or sport, there is an increase in hydrogen ions. This stimulates the breathing rate to remove the excess carbon dioxide. Once the carbon dioxide levels are lowered the breathing rate is lowered and breathing returns to normal. It is a natural bodily function that breathing increases in both depth and rate during exercise. Greater amounts of oxygen are needed to reach our muscles and tissues.

More muscles will become involved in the breathing process including the chest and shoulders and mouth breathing patterns may emerge.

The only reason why you will develop asthma during exercise is hyperventilating or low carbon dioxide levels when starting exercise, which is caused by hyperventilation.

There are other theories such as the water loss theory or the respiratory heat exchange theory; however you will not develop asthma symptoms if you control your breathing, before, after and during exercise.

It is important to control your breathing before, during and after exercise because asthmatics can develop symptoms during any of these stages. Even after exercising, when your body stops mass producing carbon dioxide, if you continue to hyperventilate you may find yourself developing asthma due to the development of a carbon dioxide shortage.

Exercise will naturally increase your breathing rate and this is a time where asthmatics tend to lose control of the breathing and develop asthmatic symptoms. Asthmatics will start breathing above the required level and then very quickly the body develops a shortage which will result in airways being constricted in an attempt to stop further loss of carbon dioxide.
The Second Wind Phenomenon

Most asthmatics will not have sufficient levels of carbon dioxide in their lungs to handle very long exerting themselves. Their levels are so low to begin, once the levels further deplete the body immediately switches on the defence mechanism – Asthma. If you can get past this stage, your body will speed up production of carbon dioxide and consequently open up your airways. This is often referred to as the “Second Wind”. This is when (approx. 10-15 minutes after commencement of exercise) the body starts to produce enough carbon dioxide to re-open airways and you can breathe much easier. You can exercise or exert yourself much harder without becoming breathless.

Before exercising:

- Do a control pause. If your control pause is less than 15, exercising would not be recommended. So ensure that is it above 15 before commencement. Do this by doing some breathing exercises as discussed in the related chapter.

- Not only warm up your muscles but warm up your breathing

- Start off slowly, the time when most asthmatics will find themselves beginning to have difficult breathing is shortly after commencement of exercise. This is because you will be likely to be hyperventilating in anticipation of physical exertion before the body has a chance to build up carbon dioxide levels

- You want to try and get that second wind during your warm up whilst you are gradually increasing intensity, you don’t want to be having a full blown attack because you started out with high intensity before your body was producing the required carbon dioxide. Especially if it’s during competitive sport.

- Before starting out the first thing to do is to check that you are breathing through your nose
- Start out with low intensity such as walking slowly, gradually increasing the pace whilst maintaining control of your breathing keeping it as shallow as possible

- Ensure that your mouth is closed, this is crucial during exercise because your natural instinct will be to mouth breathe

- If you feel yourself becoming out of breath or finding it hard to maintain nasal breathing, stop immediately, sit down, stand still or walk around slowly. Focus on bringing your breathing back under control in and out only through your nose

- If you develop asthmatic symptoms stop and immediately implement the asthma attack strategy (see Chapter 6)

When exercising:

- Breathe through your nose (If you feel the need to breathe through your mouth then you should stop, until you can return to nasal breathing)

- Never allow your breathing to become out of control

- Do not try to increase your breathing rate, but do the opposite and try and slow it down

- If you develop asthma symptoms stop and immediately implement the anti asthma attack strategy

- Have your reliever spray close by just in case

If you follow these simple guidelines or rules you will not have to worry about playing sport or exercising and having asthmatic symptoms.

When you master these rules and are an accomplished nasal and shallow breather, you will enjoy all of the added benefits in addition to being asthma free.
These include:

- Increased oxygenation at the cellular level, resulting in better performance both mentally and physically, stronger endurance and speedier recovery time

- Minimize lactic acid build up

- Minimize dehydration by eliminating mouth breathing which causes excess water loss

- More open and relaxed airways as your carbon dioxide levels are optimized

- Increased stamina and general fitness
Chapter Eight:

Proper Huffing Techniques to Clear Your Lungs

All healthy lungs produce mucus. It is designed to defend against dirt, germs and bacteria which cause infections. However, when the mucus becomes too thick you will experience a lot of discomfort, shortness of breath, coughing and wheezing.

Airway Clearance Techniques (ACTs) will improve lung function and make life a lot more comfortable.

The following techniques are exactly the way in which you should clear your lungs. Improper technique can aggregate your lungs and throat as well as not being that effective in clearing your lungs of mucus.

Controlled cough

Sit comfortably in a chair with your feet planted firmly on the ground.

Control your in breath, so that you are breathing gently through the nose. Inhale deeply and lean forward in the chair with your arms crossed in your lap and pressing against your stomach as you lean forward.

Open your mouth in an O shape like you are fogging up a window and cough approximately 2 or 3 times gently. Your coughs should be short and sharp. Your first cough should loosen up the mucus whilst the second and/or third cough should help bring it up. The sudden and high speed airflow will clear your lungs.

If you are having an asthma attack, it may be a better option to keep your mouth closed to retain maximum carbon dioxide.
Huffing Technique

The huffing technique should be used when the mucus is very thick and difficult to remove and extended coughing may be aggravating your lungs and make you feel worse. Huffing is less forceful therefore is considered a better option. Sit comfortably in a chair and basically follow the same steps as above but instead of coughing you place your mouth in the same O shape and huff, similar to a cough but less forceful.
Chapter Nine:

Asthma & Diet

Although asthma is a breathing disorder there are certain foods which can both trigger asthma or prevent asthma from striking. Fortunately, if you maintain a good diet with plenty of fresh natural foods, you shouldn’t have too many problems.

There are certain foods that will increase hyperventilation. So they should be limited if you suffer from severe asthma. Proteins, particularly animal proteins are one of the biggest culprits. When starting out on this program and your lungs are still conditioned to a low level of carbon dioxide it is a good idea to avoid all animal products.

When you first begin this program, in order to give yourself the best possible head start I recommend eliminating or at least significantly reducing certain foods from the diet for 1 week (7 days). After this time you can include them in your diet providing your symptoms are under control. Just be aware that certain foods are less friendly to your asthma condition.

Foods To Avoid For 7 Days

- All meats (Beef, Lamb, Goat, Chicken, Turkey, Pork, Bacon, Ham, Fish)

- All Dairy (Milk, Yoghurt, Cheese)

- Eggs

- Limit Sugar Consumption – Avoid: Cakes, Cookies, Ice-Cream, Sweet Drinks, Chocolate

- Alcohol & Drugs (Other Than Your Essential Prescribed Drugs)
Do not avoid protein altogether as it is an essential part of the diet which will help growth, repair and fight diseases. There are many non animal sources of protein, including vegetables (especially sprouts), nuts, seeds and grains.

Another important rule to live by would be, only eat when you are hungry and do not overeat. Overeating will cause you to hyperventilate. Overeating is also unhealthy for a number of other reasons so it shouldn’t be a big surprise to hear that overeating is bad for your asthma too.

Your metabolism will function normally once you stop hyperventilating. Contrary to popular belief, eating multiple (6-8) meals a day (as opposed to the standard, breakfast, lunch and dinner) has no scientific proof that it will increase your metabolism. This misconception has become very popular throughout the world and even I have to admit I believed it myself for many years. However it is complete nonsense. In fact scientific studies have proven it to be a myth. This diet myth was created by the fitness and bodybuilding world.

Many bodybuilders take this myth to the extreme and even set their alarm clocks to wake them up, sometimes more than once to eat or drink a protein shake so they can stay anabolic whilst sleeping and maintain their “furnace-like” metabolisms.

In reality your metabolism is directly related to what you eat and how many calories you eat not when you eat or how often. You should always eat only when you are hungry, your body will let you know when it is time to eat. Don’t even eat when you first get out of bed if you aren’t hungry. Wait until your body tells you that it is ready for food. If you have to take tablets in the morning, whether they are vitamins or medications, have a glass of water, tea, coffee or juice. When your body is ready for food, it will digest it much easier than force feeding yourself just because somebody told you and made you believe that you must eat at a particular time.

Superfoods For Asthma

There are a number of foods which are known to help asthmatics due to their anti-inflammatory properties, their impact on cardiovascular and general health. For optimum freedom from your asthma, it would be a good idea to get as many of these foods into your diet on a daily or weekly basis as possible.

There are several more out there which you should research and may work better for you; I have included my Top 10 superfoods which I consume that work best for me.
1. Probiotics

2. Spices (Especially: Ginger, Turmeric, Liquorice, Black Pepper, Iodized Sea Salt, Mustard, Paprika, Cumin & Cloves)

3. Chlorella and Spirulina

4. Garlic/Onion

5. Chilli

6. Walnuts

7. Sprouted Vegetables

8. Green Apples

9. Green Vegetables

10. Coffee

Number 10 may be a little controversial. Caffeine is known to cause hyperventilation, however it is also a very effective bronchodilator and has always worked for me. Moderation is probably the key. Everybody is different so I encourage you to find out what is going to work best for you. Plain old water is hard to beat too. You should be drinking sufficient quantities of water based on your weight and physical activity. Especially, when consuming coffee. Coffee acts as a diuretic which increases the excretion of water out of your body.
Probiotics

Probiotics are only now being discovered to prevent or eliminate many health complications including asthma. Probiotics are live microorganisms or the friendly bacteria found in fermented foods. It can be found in fermented vegetables, yoghurt, kefir or in supplements such as capsules, powders or liquid.

We are still in the early stages of our understanding, but new research in recent years is showing that by boosting our immune system, probiotics can help considering asthma is an autoimmune disease. Probiotics have been proven to provide many health benefits and without going off on a tangent on the magic of probiotics I would encourage you to investigate the benefits for yourself.

Supplementation

The amount of nutrition we obtain from our foods depends solely on the quality of the foods that we eat. Sometimes with the very best intentions, we can experience malnutrition in some form simply because the nutrients we are seeking are not present in the foods we are eating. Modern farming is a major factor in this. Soil condition is one factor. Another factor is that we don’t eat fresh fruit and vegetables until days, weeks or even months after they have been picked, can you believe? During this time, they are losing nutritional value everyday.

To ensure we are getting all of the vital nutrients we need to sustain a healthy life along with being asthma free, a good idea would be take a supplement. A good quality multiple vitamin is your best strategy to defend yourself against malnutrition. Asthmatics especially need to ensure that they are not deficient in Vitamin D or B. These vitamins especially Vitamin D, are said to be important for the immune system.

Personally, I like to get a good dose of safe sunshine everyday and I also take Bee Pollen. However, again this may be controversial due to the fact that bee pollen has caused severe allergy reactions in some people especially some asthmatics. It has never caused any problems for me; it is completely natural unlike multiple vitamins which have been manufactured in factories. It is superior to standard multiple vitamin pills, because it contains other elements such as protein, carbohydrates, amino acids and enzymes. It is also suggested by some that it can actually be beneficial for asthma and cardiovascular health.
If you do decide to give bee pollen a try, I would urge you to exercise caution by starting out on a low dose before building up to the recommended daily dose, just in case of any intolerance you may have.

**Food Allergies**

Foods, food additives and chemicals are not particularly common triggers for asthma; they only affect a small percentage of people with asthma who are susceptible to food allergies. They trigger asthma either as part of a food allergic reaction or a chemical intolerance.

It is important to understand how your own body responds to particular foods, because we are all different. Some of us have less to worry about, whilst some will have food allergies or intolerances which can be severe even life threatening.

An allergy is when the body’s immune system overreacts to a substance that is normally harmless to most people. These substances are also known as “allergens”. Being exposed to an allergen may cause irritation or swelling in areas of the body such as the nose, eyes, lungs and air passages. A severe food allergic reaction is known as anaphylaxis and can be life-threatening.

**Other symptoms include:**

- Skin Rash
- Hives
- Nausea
- Diarrhea
- Vomiting
- Itching, burning and swelling around the mouth
- Wheezing as airways become constricted
Chapter Ten:

Asthma & Sleep (Nocturnal Asthma)

Along with exercise induced, nocturnal asthma is the most common type of asthma affecting an estimated 80% of all asthmatics. The cause of nocturnal asthma is exactly the same as what causes asthma in all other circumstances; a decrease in carbon dioxide levels brought on by hyperventilation.

When we sleep we are in a deep state of relaxation and completely inactive. We do not need to breathe much. Contrary to the popular belief of many doctors and the general population, during sleep we breathe deeper. We breathe deeper due to the horizontal position of the body and the fact that the body becomes less resistant to deeper breathing. As we become unconscious, as in sleep, our breathing becomes deeper and deeper and can lead to snoring or sleep apnea.

It is also much easier to slip into the wrong habit of mouth breathing during sleep. Even nasal breathers can sometimes find it hard to nasal breathe during sleep, especially after over eating or drinking alcohol.

The most dangerous times for asthmatics are within the first 2 hours of sleep particularly for children or between the hours of 3AM and 5AM, when sleep is at its deepest, which causes breathing to be at its deepest.

Asthmatics will often wake in those hours with symptoms. They will have feelings of constriction in their airways and wheezing. This can have a huge impact on health because of the disrupted sleep pattern which reoccurs over and over every night.

How to Stop Nocturnal Asthma

The first thing you need to remember is that the only reason you will experience nocturnal asthma is because of hyperventilation. So you simply need to stop hyperventilating.
To do this you need to practice shallow breathing and optimize your breathing center during the day to ensure that your breathing is optimized during the night.

I discuss exactly how to do that in the chapter in Chapter 5 on “How To Breathe”. You can also refer to Chapter 13 on “Breathing Training”.

Below are some additional things to remember for a better night sleep. They will make it less likely for you to hyperventilate.

1. Sleep on your side or stomach
2. Don't drink too much alcohol
3. Don’t smoke
4. Don’t overeat
5. Keep your mouth closed

By far the most important thing to remember is to keep your mouth closed. The points on the list are only designed to make it easier to keep your mouth closed. So all you need to do is keep your mouth closed.

By practicing nasal breathing throughout the day, it will become much easier to continue during the night or during your sleep. However, it may take extra time and more discipline to master this skill set; as with exercising it is much more difficult to do.

There are some things that you can do to help you in your endeavors to keep your mouth closed. They may seem a little radical but will be well worth it if you can break the habit of mouth breathing while you sleep.

The first would be to have somebody watch over you for a couple of nights and observe you sleeping. This will be a lot easier if you have a partner. If you can’t persuade your partner to stay up all night, get them to observe you for the first few hours of your sleep. Tell them to wake you up if or when your mouth drops open.

You could also have a dental plate made, designed to keep your mouth closed. It may be uncomfortable at first but you will soon get used to it or discard it when you have retrained your sleep breathing pattern and become accustomed to sleeping with your mouth closed. After this you won’t need to wear it, unless you want to or feel the need to of course.

The last thing you can do is tape your mouth closed. As long as your hands are free there will be no risk of suffocating. Remember that your nose will not completely block up unless your mouth is open. Ensure the tape is easy to remove in the middle of the night by folding the ends of the tape to form easy to lift tabs. **DO NOT** apply tape to small children who cannot easily
remove the tape themselves. The tape that you want is medical or surgical tape, other tapes such as electrical or masking tape will be harder and more painful to remove.

It is going to be difficult the first few nights to go the whole night without removing the tape. You may find it particularly difficult around 2am or 3am when you are in the deepest sleep when your breathing is at its deepest. However resist the urge to remove the tape. If you wake up and it has become unstuck or you feel you need to remove it, bring your breathing under control and reapply it before returning to sleep. Resist the temptation to go without the tape for the last 2 or 3 hours. This is the time of sleep which will be of the most benefit to keep your mouth closed.

Personally, I never had to tape my mouth shut or implement any of these strategies to keep my mouth shut. I didn’t even know about these strategies when I learned how to beat my asthma. I found that once I became an accomplished nasal breather throughout the day, I could do the same at night.

I think if I did implement one or more of these strategies, I could have achieved the results that I enjoy today a little faster. Like I said, you need to do what is going to help you beat nocturnal asthma, and the faster the better.

You should do what is right for you. I know of people who swear by the tape and continue to use the tape every night after many years of using it because of the remarkable difference that it makes to their quality of sleep and consequently the quality of their life. So I would encourage you to give it a try to see if it makes a difference for you.
Chapter Eleven:

Dust Mites

Dust mites are micro-organisms with eight legs which are distantly related to spiders. You can’t see them with the naked eye. They are relatively harmless but are known to trigger allergies and asthmatic symptoms. They thrive in hot and humid environments and are commonly found in almost all homes around the world. Many people are allergic to dust mites’ decayed bodies and fecal material, which become components of airborne household dust.

One of the most, if not the most highly allergenic and asthmatic triggering contaminants found indoors is house dust, often heavily contaminated with the fecal pellets and skins of dust mites. Some estimates are that dust mites may be a factor in up to 80% of asthma cases, as well as in countless cases of eczema, hay fever, and other allergic ailments. Studies have shown that 90% of people who suffer allergies are allergic to dust mites or dust mite fecal matter.

In order to eliminate the potentially hazardous impact that dust mites can have on your asthma, you must be vigilant in controlling their populations. We may not be able to eliminate them all together but we can certainly control their numbers.

A typical mattress or pillow can have tens of millions of dust mites living inside of it. Mites love warm, moist environments such as in a mattress. Their favorite food is skin flakes, which is in plentiful supply in a mattress on account of how much skin we shed on our mattress every night. These reasons are what make beds prime real estate for dust mites.

Other populated areas include, carpeting, curtains, cushions, blankets and furniture such as sofas and chairs. Because they are so small and translucent they are completely invisible to the naked eye. To be able to see dust mites, you will need to observe them magnified by 10 times
their size through a microscope. This is why they are easily ignored and their populations often multiplying into many millions, which can cause serious allergic reactions to many people sometimes resulting in asthmatic symptoms.

**How To Control Dust Mites**

*Keep a clean house!*

- Use a HEPA vacuum weekly. A HEPA, Which Stands for “High-Efficiency Particulate Air” (filter) is a vacuum which is much more effective at containing dust mites than regular vacuum cleaners. If you don’t have a HEPA vacuum cleaner, GET ONE! Ordinary vacuums will just stir up the smaller dust particles. Only a HEPA vacuum cleaner will contain and remove them.

- Use an allergen barrier for your mattress and pillows. Use the barrier under your ordinary pillow case. Dust mites love to live in pillows and it is their prime breeding ground. Unless you want millions of allergen causing micro-organisms sleeping right under your nose every night, you must be vigilant

- Replace pillows regularly. Replace mattresses every 5 years or less if you live in a humid environment and can afford to.

- Vacuum your mattress and pillows regularly

- Avoid lying on your pillow or bed with wet hair. Remember dust mites love moist and humid environments
- Wash pillows cases and sheets weekly. Dust mites will not survive water temperatures exceeding 130°F (55°C)

- Keep indoor relative humidity levels below 50%. Dust mites as well as mould and other micro-organisms that cause allergies thrive in humid environments. Air conditioned homes or homes with dehumidifiers are known to have fewer populations of these harmful micro-organisms.

- Use a high efficiency air filter. The ordinary, inferior air filters are not capable of trapping mites and their by-products. You should shop around for a filter which has anti-microbial features. Otherwise your filter becomes a breeding ground for allergens.

- Minimize carpeting. Opt for hard floors wherever possible
Chapter Twelve:

Children & Asthma

Many children will grow out of asthma when they stop hyperventilating without knowing how or why. More will grow out of asthma when they are aware of that and learn the techniques and strategies within this program as early as possible.

For Children above the age of approximately 10, the adult program will suffice. However for children between the ages of about 5 and 10, there are some different techniques which will be discussed here which makes it easier for children to understand and adapt to the proper breathing techniques and strategy to manage their asthma or asthma attacks.

The good news is that for children the bad habits of breathing incorrectly will be much easier to reverse than for adults, that is because they have had less time to develop these bad habits. However, it may take children a little longer to learn and comprehend the correct breathing techniques, so as parents you will need to exercise patience and be able to relay the information contained in this program in a way that they can understand.

Is It Safe?

As a parent you are probably concerned about whether or not the program is safe for children. You may be concerned about your child finding the program traumatizing. You will be pleased to know that not only is the program perfectly safe for children but they actually will find it a lot of fun.

In the past and still today, many doctors are too quick to diagnose asthma. They take any child who has a slight wheeze or a touch of bronchitis and say “asthma”. Consequently asthma medications are prescribed to the child and soon the child really does become asthmatic as the medications they are taking worsen the breathing process and the child becomes reliant on the prescribed drugs or need stronger doses.

If a child has a wheeze, you should not attempt to give the child drugs. The wheeze is another of the body’s defense mechanism, sending a message that there is an imbalance and the child is
not breathing correctly. The wheeze by itself is not dangerous, however administering drugs incorrectly is. Only when serious breathing difficulties are apparent should reliever drugs be administered. Before anything you should always remember to try natural drug free approaches to help combat and reverse the root cause of your child’s asthma and not administer drugs which merely mask the symptoms.

With this program, you as a parent can give your child a solid fountain of health which will serve them well throughout their lives by teaching them early in life proper breathing techniques.

**Asthma Medication & Children**

Do not make any changes to your child’s asthma medications without doctor consultation. This should be a gradual process and you should not expect to have an asthma free child immediately. Your doctor will be glad to reduce medications when it is safe to do so, usually after approximately 30 days of applying this program depending on the severity of asthma.

- If your child is taking a steroid medication, do not stop administering these medications to your child without your doctor’s supervision. Steroid reduction is something that needs to be done gradually with your doctor’s involvement. If your child is still experiencing asthmatic symptoms frequently, it is not recommended to reduce steroids.

- Only administer the fast acting bronchodilators such as ventolin when there are obvious symptoms and not as preventer.

- Most doctors prefer not to use the long lasting reliever medications on children. Use only a short acting reliever drug when symptoms are present. Long lasting medications will increase the breathing rate and lead to hyperventilation, the very cause of asthma.

- Opt not to use a nebulizer machine whenever possible. If you must use it, use only enough to eliminate symptoms and do not finish the dose if it is not required.
Techniques For Children

The techniques or strategies for children are similar to the adult program with a few variables to make it more enjoyable and easier to comprehend for children.

Children love to play games, so if you can incorporate the breathing techniques and strategies into some sort of game, then you will be sure to make your job of instilling proper breathing techniques into your children much easier.

One game that you can play with your children is to stand with your back to your child and ask them to sneak up from behind you. If you can hear them breathing as they approach send them back and start again. Another one is hide and seek, with the emphasis on quiet breathing to avoid detection.

At the core of the children’s program is an exercise called “steps”. It is similar to a measurement pause but has been adapted especially for children. It is used both as a guide to measuring your child’s breath health and as part of the training. The goal for your child should be to be able to do 100 steps which is equivalent to a control pause of 50-60. But it is a gradual process and do not expect it straight away. Frequency and persistence will pave the way to achieve it.

Steps

- Stand next to your child and ask them to breathe gently out but not fully as the lungs are neither full nor empty.

- Ask them to pinch their nose closed whilst they are keeping their mouth closed and holding their breath.

- Once holding their breath, ask them to take as many steps as possible until they need to breathe again. A brisk walk is ok but no running.

- When they resume breathing ensure that they are only breathing through their nose as gently as possible. Also ensure that they are standing still.
A long hallway or driveway will be an ideal place to conduct the steps exercise. You can have your child walking up and when they reach the end they can turn around and walk back.

Upon resuming breathing, your child will have build up a lot of carbon dioxide to a level that they will not be accustomed to. Consequently they will feel the desire to breathe very deeply to expel the excess carbon dioxide. Of course you will need to prevent that otherwise the exercise is pointless. The whole purpose of the exercise is to produce an increase in carbon dioxide levels and then retain it.

If the breathing after the steps exercise is not controlled, it has the risk of reducing below the level at the starting point and can even cause asthmatic symptoms or a full blown asthma attack.

For children, a suggested method to control the breathing after the steps exercise is to ask them to breathe like a mouse as opposed to an elephant. This is a good analogy for children to understand the concept of gentle, quiet breathing.

Explain to them that they are breathing a bit like an elephant and that is why they are having asthma symptoms. Explain to them that if they breathe like a mouse, they can stop getting the asthma that they are experiencing.

As always, ensure that they have their mouth closed and are not breathing with their mouth at all. If they do sneak a breath through the mouth, blame the air for sneaking in and not your child.

They may start to raise their shoulders as they are breathing, so gently place your hands on their shoulders and tell them to relax their shoulders or lower them downwards and relax their breathing.

By placing a finger under their nose you can closely monitor their breathing. The less you can feel and hear the breath the better. When you ask your child to check their breathing, ask them to place their finger under their nose to see if they can feel their breath. You will want to encourage them to breathe as gently and softly as possible so that they can neither hear nor feel their breath, just like a mouse.

Keep a record of their steps and use this information as a guide to measure their progress. Also record all medications along with quantities taken each day with the record of steps. This breath holding exercise will enable your child to quickly build up their carbon dioxide levels and increase their breath health. As your child’s breath health improves, a longer breath hold (or more steps) will be achieved.
It is important to do these exercises frequently. When starting out on this program, for the first 30 days you will want to do this exercise 2-3 times a day – morning, perhaps in the afternoon and definitely before bedtime, to help combat nocturnal asthma. You can do up to 2-5 sets each time with several minutes recovery between each set.

You can substitute the step exercises for any exercise that requires a little exertion, but not too much. Other examples include: skipping, jumping jacks or trampoline jumping. Remember it is not the actual exercise but the breath holding and breath controlling that is the important part of the training.

Day One

When starting out on this program on the first day, you will want your child to concentrate only on nasal breathing. If you haven’t already read the chapter on nasal breathing and its importance, you must read this chapter immediately.

When starting out, nasal breathing can feel awkward and even a little suffocating. You or your child may think that they cannot do it. But rest assured this feeling is only temporary and soon, when your child becomes accustomed to it, it will feel unusual to breathe through the mouth. It feels strange at first because they are used to lower levels of carbon dioxide. When breathing through the nose an increase in carbon dioxide levels is being produced which causes the desire to expel it until you are used to the new increased level.

The first day is the hardest. After just one day your child will find it much easier. All you need to do is ensure that your child is only breathing through their nose for one whole day. They should only open their mouth when talking, eating or drinking.

Asthma Attacks & Children

Sit the child down and calmly tell them to relax and slow their breathing down so they are breathing like a mouse solely through their nose.

Exercise discretion about whether or not they need an immediate puff of their fast acting reliever or you should try the step exercises first. It is always better to try and combat the
attack naturally before turning to medications. If you give your child a puff of their reliever medication, combine it with the steps for maximum effectiveness.

Do not allow the child to lay down as that will increase hyperventilation. Do not give them sugary drinks or food immediately after an attack. Do not allow them to resume physical activity, instead encourage gentle movement and shallow, quiet breathing.

**Children & Colds & Flu**

Children are prone to experience more infections, more colds and flus each year because their immune systems are still developing. During these periods of infection, the breathing rate is likely to significantly rise and nasal breathing will become increasing difficult as mucus builds up in the nasal passage.

Begin breathing exercises as soon as an infection is apparent. Also increase the frequency to every hour or two. Also ensure that you conduct the nose clearing strategy regularly to ensure the nasal passage is not completely blocked.

Avoid problematic foods such as animal based proteins and sugary food and drinks and keep water intake up. Refer to the diet section for more information on diet.

**Sleep**

Refer to the chapter on nocturnal asthma for information and tips for asthmatic children and sleep.

**Asthma & Infants**

Obviously you cannot teach the breathing techniques to infants. So you must simply do things that will help them reduce their breathing rate until they are old enough to be taught the techniques.
Encourage them to keep their mouth closed by closing it with your fingers. Provide them with a dummy to suck on. If they refuse the dummy, suck on it first and let them see you with the dummy in your mouth. Also taste it to ensure that it doesn’t taste too bad. Put some honey on it to make it taste pleasant until they are in the habit of using the dummy.

Also it is important not to feed them too much, especially before putting them down to sleep. Alternate bottles of milk or formula, with water. Closely monitor the effect of each food that they have and notice if any coughs or a wheeze develops. If it does, limit or eliminate those foods which prove to be problematic.

Temperature is important as well. If your child becomes either too hot or too cold, they are more likely to develop asthmatic symptoms because of an increase risk of hyperventilation. Remember that the extremities are most important for body heat regulation. So ensure feet and head are bare unless it is very cold.

**Important Message for Pregnant Women**

Even if you are not asthmatic and have no history of asthma in your family, ensure that you do not hyperventilate during your pregnancy. Hyperventilation during pregnancy will reduce both your own carbon dioxide levels in your blood and your baby’s. A baby born with a low level of carbon dioxide in their blood supply is sure to be more susceptible to early onset of asthma or asthmatic symptoms.

Ignore advice to practice unfounded advice to breathe deeply during pregnancy. Deep breathing can induce dizziness, nausea and even hallucinations. Deep breathing can assist with pain tolerance; however controlled shallow breathing along with focus on muscle relaxation can have the same desired effect and assist you more effectively.
Chapter Thirteen:

Breathing Training

Once you become an accomplished shallow nasal breather, you will find that it can be done anytime of the day. It can be done whilst you are engaged in other activities such as walking, jogging, cycling, reading, writing, driving, eating, watching television, showering, shaving or just plain relaxing. It basically can be done with everything you do and this is recommended until you subconsciously are doing it all day long without any or very little effort at all.

This is what I call indirect training. You simply become aware of your breathing and then purposefully reduce it a little whilst continuing to do what you are doing. It is unlike direct training which I will discuss in detail over the page, where you are recording information taking measurements and the only thing that you are engaged in is the breathing training.

Indirect training will make it easy for you to do anywhere at any time because it will not take time away from your day.

After a while practicing the techniques, it will be the indirect training which will be of most importance. However, when you first start out with this program it is the direct training which is of the most importance. This must be the most important type of training that you engage in until you are free of symptoms and medications. You will naturally be doing the indirect training as well. As your breathing or asthma improves, you will focus less on the direct training and more emphasis will be on the indirect training.

If you find that after an improvement in your asthma symptoms, you stop the direct training that your asthma returns, simply start direct training again. It is very likely to do so within the first few months, even within the first year of beginning the training.

Asthma can flare up for a number of reasons, the change of seasons, especially spring or any of the trigger factors as previously discussed. It is very unlikely you will become a master of the training techniques straight away. You will notice improvements very quickly but it may take several months even a year or more before you can say that you have reached mastery level.

The important thing is that you stay with the training and make small progress everyday. As long as you stay with the training, you will be on the right track to saying goodbye to your asthma forever. That should be enough of a reason to stay motivated. When you see yourself
progress a little, let this be a reminder that you are doing everything correctly and you are
getting closer to your goal of being asthma free.

Not only will you be asthma free but you will have optimized many systems of your body and
your general health.

**Direct Breathing Training**

In the beginning, whilst you are still experiencing asthmatic symptoms and are relying on
medications, preferably you will be doing 3 sessions of training daily. Each session should last
approximately 30 minutes, however if you are experiencing severe asthma perhaps you should
try and do 45 minute sessions, perhaps 4 or 5 times daily.

If you can only manage a 15 minute session twice a day obviously that would be better than
total avoidance of breathing training. Just the more sessions and the longer the sessions are the
better!

**Direct Training Steps**

- Find a quiet place (if possible) where it is easy to relax with a comfortable chair and have
  a pen, diary and stopwatch

- Record the date and time in your diary

- Sit in the chair with emphasis on good breathing posture. Sit up and ensure your spine is
  straight, relax your shoulders, chest and abdomen

- Record your pulse in your diary

- Measure your carbon dioxide levels by doing a controlled pause and record it in your
  diary
- Do your breathing training for approximately 5 minutes whereby you are gradually experiencing a slight shortage of air. Gradually reduce the quantity of air you breathe by breathing gently only when required

- Repeat the last 2 steps until your session is up

- Take and record your pulse when you have completed your final controlled pause

The Diary

The diary is important to record your progress as you progress with the training. If you don’t have a diary, a notebook or some scrap paper will suffice. That’s not important but keeping a record is. Also keep a record of how much medication you are using and symptoms you are experiencing, so you can measure your improvements in this department as well. You will see variations in your recordings of your control pause and this is normal and expected. I have included a chart on the last page you can use for your diary.

How long between each Controlled Pause?

When you begin the training, approximately 3 minutes is recommended. After each week you can extend the time between pauses by 1 minute. When you have been participating in the training for a couple of months, you should be waiting approximately 10 minutes between each pause. As you progress your concentration will increase and extended periods will become easier. Also it will not be required of you to check your carbon dioxide levels so frequently.
The Goal of Breathing Training

The goal of the direct training exercises is to condition your lungs to a higher level of carbon dioxide than you are used to. You achieve this by following the rules outlined in how to breathe. Firstly you must only breathe when you have a desire to breathe. Secondly you must breathe very gently or unforced, especially the out breath. Ensure that your out breath is never forced but the air simply escapes by itself. Do not engage your deep breathing muscles to force it out.

When you have carbon dioxide levels building up higher than you are generally accustomed to, you will experience the urge to breathe deeply. This is a sign that you are trapping in a little more carbon dioxide than you are used to. It is not a sign of lack of oxygen. This is the sensation you are looking for.

It is important to remember that you are only looking for a slight shortage of air. You do not want to be suffocating at anyway. If you are suffocating, you are not breathing enough and you will not be effectively controlling your breath. You will also find it hard to keep it up. It is human nature to stop doing that which is difficult and torturous. The training is not meant to be torturous and if it is, you are not doing it correctly.

At the same time, you do want to be experiencing a slight shortage of air. If you are no longer feeling this slight shortage, it means that you are no longer trapping in more carbon dioxide than you are used to. Therefore you are no longer getting any benefits.

It is normal to experience all three states during your training. That is a slight hunger for air, a suffocating feeling and no hunger for air at all. It is your job to monitor your breathing throughout the training so as to ensure you are experiencing and maintaining a vast majority of the time with a slight hunger for air.

How Important Is The Direct Training?

In the beginning the direct training is crucial. It will give you a clear indication of where you are in regards to your breath health. Direct training will make it easy for you to measure your progress if you keep recordings of each session.
Your breathing health will improve a lot faster if you dedicate yourself to completing regular training. Because all of the systems within your body are linked, not only your breathing health, but all systems within your body will see improvement.

An increase in carbon dioxide levels will correlate in a lower pulse rate. The extra carbon dioxide will cause the muscle in the walls of your smaller arteries to dilate which will make the artery larger in circumference. Because of the larger circumference, your heart will not need to pump as hard or as frequently to pump blood around your body. This means your heart rate and pulse rate will be lowered. There are many benefits associated with a lower heart rate.

Your ability to manage stress will be greatly improved which will lead to a higher level of self confidence. Your immunity will be improved along with your digestion and metabolism. Your energy levels, your libido, your lust for life, everything will improve for the better!

Make it a priority for at least 30 days if you have mild asthma, 60-90 days if you have moderate asthma and 6 months to one year if your asthma is severe. If you are severely asthmatic you should be doing the exercises all day long!

ON THE LAST PAGE IS A CHART YOU CAN USE FOR DIRECT TRAINING TO RECORD YOUR PROGRESS
PHOTOCOPY IT AS MANY TIMES AS YOU NEED

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