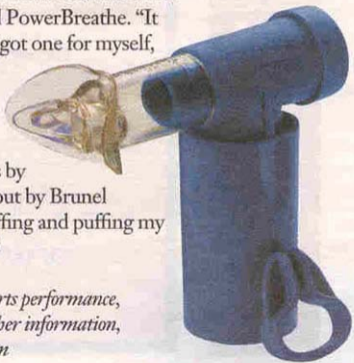

THE  INDEPENDENT

Body Lung power

I enjoy long-distance running and I'm constantly trying to find new ways to improve, so I was intrigued when a friend told me of her boyfriend's obsession with a new product called PowerBreathe. "It makes him sound like Darth Vader," she said. I got one for myself, and have been using it as you would an inhaler for 30 breaths, twice a day. A spring inside the device makes breathing in a little harder, which strengthens the diaphragm and chest muscles. It can help improve asthma symptoms by up to 75 per cent (according to a study carried out by Brunel University), but in my case, it simply makes huffing and puffing my way along a 10-mile course that bit easier. ■ *RP*

There are three different types of PowerBreathe: sports performance, fitness and wellness, and each costs £49.95. For further information, call 01926 816 177, or visit www.powerbreathe.com





Natural Health

6. BEAUTY

POLLUTION PROTECTION

Many air pollutants, such as ozone, can affect us more in the summer as temperature and humidity soars. If you suffer from lung soreness, coughing, breathlessness and asthma symptoms, or just want to protect your body from potential damage, try these three solutions:

Boots' Living With Pollution capsules £7.99 for 30

Pollutants such as ozone are associated with certain diseases. This supplement contains a 'breakthrough formula' of antioxidants which fight free radical damage.



Nasal Air Guard, £7 for ten, The Healthy House

Especially good for people with severe allergies, this small plastic device is worn in the nose and claims to filter out airborne pollutants. It's less conspicuous than a face mask (only a thin plastic strip is visible below the nose)



POWERbreathe, £49.95, powerbreathe.com

This device looks a bit like a large inhaler. As you breathe through it, your diaphragm and chest muscles are forced to work harder. Do this regularly, say the manufacturers, and your respiratory system will get stronger and you'll experience fewer breathing problems caused by ozone and other pollutants.



woman

Take a deep breath...

POWERBREATHE can help you increase your stamina without even getting out of your seat. The hand-held device—it looks a bit like a larger version of an asthma inhaler—has a spring mechanism and pressure valve on the inside, and a mouthpiece on the outside. As you breathe through it, your respiratory muscles are forced to work harder because you have to produce enough pressure to open the valve. Used for four minutes every day, it can help you improve your stamina more quickly on an exercise regime. £49.95 from www.powerbreathe.com

