

# THREE WAYS TO BEAT ASTHMA NATURALLY

**1 The Buteyko method** Most people don't know how to breathe properly – according to the founder of this treatment – which is why so many of us have asthma. Buteyko teaches you exercises to help control symptoms. Visit [www.buteyko.co.uk](http://www.buteyko.co.uk) and read Patrick McKeown's *Asthma Free Naturally*, which features the Buteyko method.

**2 Quercetin** Try taking this supplement every day

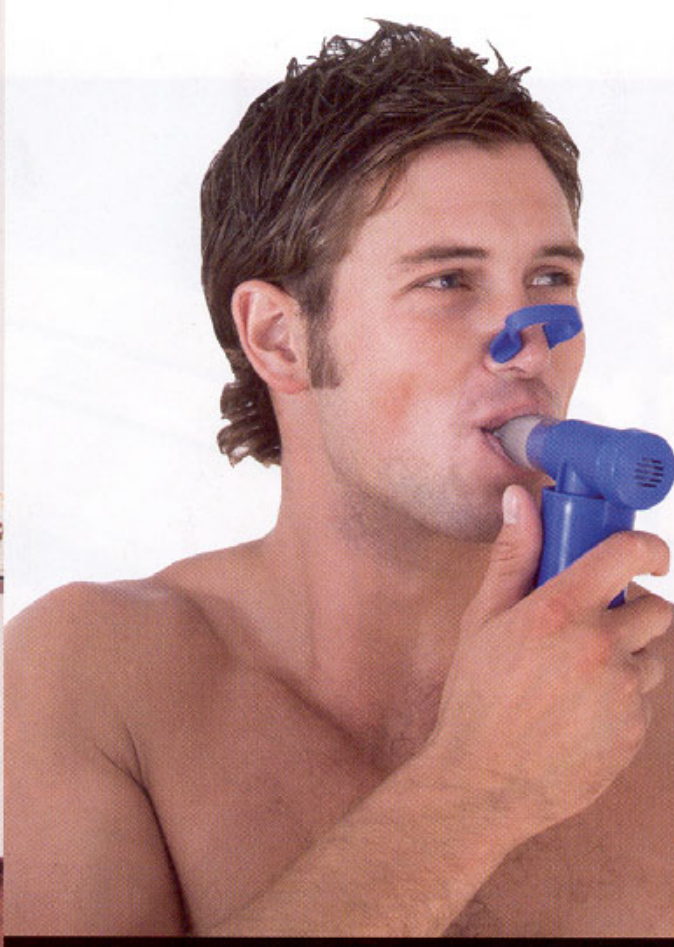
(250mg). It's a tiny crystal extracted from fruit and veg such as apples and onions, and helps prevent the inflammation that leads to asthma.

**3 Powerbreathe** This hand-held device exercises and strengthens the muscles we use to breathe. Just 30 breaths twice a day improves breathing. Visit [www.powerbreathe.com](http://www.powerbreathe.com) or tel: 01926 816177.



## DID YOU KNOW?

Drinking more water could solve fluid retention. If you've not been drinking enough, your body sees it as a threat and stores it.



## Power Breathe Fitness

No, not something you're required to use if you're pulled over by the police having imbibed too much alcohol, but a gadget to work the respiratory muscles. And if you're wondering, the respiratory muscles are just like any other muscles, in that they can be trained to perform more effectively. But then - again like other muscles - they too tire out when worked hard. So, using the basic principles of resistance training to give your lungs a workout, it's a simple matter of taking 30 deep breaths with it each morning and night, and then adjusting to suit over time.

Price: £50

Stockists: +44 (0)870 745 2000

[www.boysstuff.co.uk](http://www.boysstuff.co.uk)



Body+**Sole**



### Joining forces

Ironman joins forces with POWERbreathe by Gaiam in New Sponsorship deal that makes POWERbreathe the Official Inspiratory Muscle Trainer of Ironman.

POWERbreathe by Gaiam are proud to announce a major new multi-year partnership with Ironman Triathlon. As of January 2006 POWERbreathe is the "Official Inspiratory Muscle Trainer of Ironman".

POWERbreathe the World leader in Inspiratory Muscle Trainer's has been developed by leading Human Performance and Sports Scientists at Birmingham, Loughborough and Brunel Universities in the UK.

POWERbreathe can, and does, provide a drug free edge to any training schedule – whether your aim is to be able to walk up a flight of stairs without gasping for breath or to compete in demanding performance sports like the Ironman triathlon's to achieve a personal best.

Incorporate POWERbreathe as a vital training aid and feel the benefits after just 4 weeks.

For further information or for your nearest stockist call **01926 816177** or log onto **[www.powerbreathe.com](http://www.powerbreathe.com)**

