

The book was found

The FREE Cure For Sleep Apnea: You Can Stop Using CPAP

The FREE Cure
for Sleep Apnea,
You Can Stop
Using CPAP



Synopsis

"I have discovered An All Natural Method That Permanently Eliminates Snoring And Gives You Awesome Sleep Every Night" As a person who had been suffering from extreme sleep apnea, I first started using the Cpap machine and it worked for almost 2 years, but then I started to have feelings of claustrophobia and suffocation when wearing the facemask. I just couldn't use Cpap anymore... This made me talk to a few Nose, Ear & Throat specialists who told me that going through surgery to stop snoring is usually less than 50% effective...Not guaranteed to stop the snoring! So I talked to a few Sleep Apnea/Snoring patients and one of them showed me something that only takes fifteen minutes or less to practice. I do this just before I fall asleep and my snoring has really stopped! This easy-to-follow method will stop your Sleep Apnea and Snoring if you actually apply the simple techniques in this book...you only need a mirror and the ability to move your head and open your mouth and move your tongue. You will feel great when your partner notices that your loud snoring has gone away after just 3 days!The small price that my book costs will save you hundreds or thousands of dollars with Cpap and other stop-snoring devices.

Book Information

File Size: 218 KB

Print Length: 12 pages

Simultaneous Device Usage: Unlimited

Publication Date: October 5, 2012

Sold by:Â Digital Services LLC

Language: English

ASIN: B009MHLRRM

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #300,301 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #21

inÂ Kindle Store > Kindle eBooks > Medical eBooks > Allied Health Professions > Respiratory

Therapy #24 inÂ Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diseases & Physical

Ailments > Respiratory #50 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments

> Lung & Respiratory Diseases

Customer Reviews

Both my husband and I suffer from sleep apnea, I got this book to help us get rid of the cpaps. Was not impressed with this book, we have done everything that it said but still have to wear our cpaps.

First of all, snoring and sleep apnea are not synonymous. Sleep apnea is when you stop breathing during sleep. Technically, a pause longer than 10 seconds. Snoring is just the throat vibrating. Yes, many people that snore do have sleep apnea. Not all. Conversely, many people that rarely or never snore have sleep apnea including severe (more than 30 events per hour). The only way to know for sure is via a sleep study. That's also the only way to know how many of the apneas are being caused by a collapse of the throat (obstructive) and how many are from a brain signal problem (central). Here's what you should expect if you let your sleep apnea go untreated. Chronic fatigue, Poor memory. High probability of work or vehicle mishaps, diabetes, stroke, heart failure. Now to the book. Numerous studies have shown that muscle exercises are NOT a cure for sleep apnea. There is a very slight chance you may reduce the number of apneas per hour. I repeat very slight. You will not cure it and you will still need a sleep study. In summary, if you have chronic fatigue or someone tells you that you stop breathing in your sleep then talk to your doctor about a sleep study. There are numerous forums on the internet with more information and people willing to help.

A total waste of money, time and data. Just a bunch of muscle toning exercises. If you have OSA, no amount of exercise is going to help you. You need a CPAP machine, dental appliance or surgery as your sleep specialist determines.

Don't Bother. The information in here is available everywhere and it really doesn't help much. Don't waste your time here.

"cause of throat collapse is poor muscle tone inside of the throat." Paul Szilvasi provides information in this book on how to do throat exercises. They are simple things like raising your head and pointing your tongue towards the ceiling. Simple things like that. Once I did the exercises I could really feel like my throat had done a workout. While these exercises are simple, I'd still consult with a sleep doctor if you have major issues like you stop breathing during the night at times. I'm going to keep doing these exercises once a day and see if it works. ~The Rebecca Review

Very practical. There is hope to give up the dreaded clap machine!! Thank you. These seem simple

and easy to do

I recently got married and wife told me that I have sleep apnea and she had to sleep with ear plugs. Before taking more conventional route, we've decided to try some natural methods. Before trying the exercises mentioned in the book, I used to be around 8-10 on 10 scale of my snoring loudness. After several weeks, I've gone down to 4-5, now wife says I'm around 0-2, definitely a huge improvement and some nights without a single sound. No need for sleep study and CPAP machine. I would highly recommend the book as the 5-10 minute exercises mentioned in the book have helped me quite significantly. It's a 10-minute read and hope it'll change your life (or wife's life).
1 Year Update: I initially wanted to delete this review due to negative feedback, but decided to provide an update instead. Exercises did help and my snoring has been greatly reduced. I still snore, but much less now, need to get back to doing exercises more often. This book may be helpful to those with moderate issues and CPAP may be better for those with more serious problem.

[Download to continue reading...](#)

Sleep Apnea: The Ultimate Guide How To Manage And Treat Your Sleep Apnea (Sleep Apnea Machine, Sleep Apnea Guide, Sleep Apnea Cure, Sleep Apnea Treatment, Sleep Apnea Solution, Book 3) Sleep Apnea: The Most Effective Sleep Apnea Cure: Discover a Sleep Apnea Treatment in 7 Days or Less! (Sleep apnea, anxiety management, insomnia, diabetes, snoring, sleep disorders, respironics) Sleep Smarter: The Ultimate Guide To Sleep Better, Feel Better By Having Healthy Sleeping Habits (sleep smarter, sleep better, healthy sleep habits, sleep ... healthy sleep, sleep apnea, feel better) The FREE Cure for Sleep Apnea: You Can Stop Using CPAP NO CPAP NEEDED: CPAP Alternative Sleep Apnea Cure My Child Won't Sleep Through the Night: 5 No-Cry Solutions to Solve Your Child's Sleep Issues (Baby Sleep Solutions, Toddler Sleep Problems, Child Sleep Solutions, No-Cry Sleep Solution) Life With CPAP: Central and Obstructive Sleep Apnea, Recent Advances in Therapy Hacking Sleep Apnea: 19 Strategies to Sleep & Breathe Easy Again Sleep: Discover How To Fall Asleep Easier, Get A Better Nights Rest & Wake Up Feeling Energized (The Best Sleep Solutions Available From All Natural To ... Treatments To Cure Insomnia & Sleep Easy) The Ultimate Herpes Cure - How to Eliminate Herpes for a Life Using Natural Cure Methods (Herpes Cure, Herpes Protocol, Herpes Cure Treatment, Herpes Treatment, Herpes Zoster, Herpes Simplex Virus) The Allergy Self-Help Cookbook: Over 350 Natural Foods Recipes, Free of All Common Food Allergens: wheat-free, milk-free, egg-free, corn-free, sugar-free, yeast-free Stuttering - The Ultimate Stuttering Cure: How To Stop Stuttering, Control Your Stutter For Life Through Free Stuttering Therapy (Stutterer, Stuttering Cure, Stuttering Free) Stop Smoking: Now!! Stop Smoking

the Easy Way!: Bonus Chapter on the electronic cigarette! (Quit Smoking, Stop Smoking, Blood Pressure, Heart Disease, Lung Cancer, Smoking, Stop) Change Your Habits Change Your Life: Break Your Bad Habits, Break Your Addictions And Live A Better Life (Change Your Life, Stop Smoking, Stop Drinking, Stop Gambling, Stop Overeating) What you should know about sleep apnea. An easy to understand guide. The Sleep Lady's Good Night, Sleep Tight: Gentle Proven Solutions to Help Your Child Sleep Well and Wake Up Happy The Promise of Sleep: A Pioneer in Sleep Medicine Explores the Vital Connection Between Health, Happiness, and a Good Night's Sleep Sleep Hypnosis Bundle: Hypnosis Collection to Fall Asleep Instantly, Induce REM Sleep, Get Better Sleep and Wake up Refreshed Herpes: Herpes Cure: The Natural Herpes Cure Method To Eliminate Genital Herpes For Life! (Herpes Cure, Herpes, Genital Herpes, Cold Sore, Eliminate Herpes, How To Cure Herpes, Herpes Treatment) Fatty Liver :The Natural Fatty Liver Cure, Proven Strategies to Reverse, Cure and Prevent Fatty Liver Forever ! (Fatty Liver Cure,Fatty Liver diet,Fatty ... Cure, Detox, Fat Chance, Cleanse Diet,)

[Dmca](#)