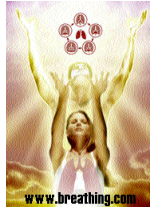


OPTIMAL BREATHING® PRODUCT ORDER FORM

Order line: 866-694-6425 • 828-456-5689
Fax: 828-454-5475 • **Cell:** 828-280-6320
<http://www.breathing.com> • mw@breathing.com

1



Optimal Breathing® • Michael G. White
P.O. Box 1551
Waynesville, NC 28786

Wholesale orders: 10 minimum - any product/program:
<http://www.breathing.com/programs.htm>
60% cost of retail price — plus 7% for quantity shipping in USA.

PRODUCTS • Descriptions • Formats	WEB PAGE	ITEM NO Circle Format	Circle Format (i.e DVD/CD)	PRICE	TOTAL
DVDs/Videos & Our Favorite Products http://www.breathing.com/programs.htm					
Optimal Breathing School. DVD/VHS/PAL	http://www.breathing.com/school/main.htm	169	CD/cas DVD/VHS/PAL	\$19.95 DVD/VHS \$22.00 PAL	
Fundamentals Of Optimal Breathing Development. plus strap, tape & E3 info	http://www.breathing.com/video-strap.htm	176	CD/cas DVD/VHS/PAL	\$49.00 DVD/VHS \$52.00 PAL	
Our Most Popular Program - Manual + DS DVD/VHS/PAL+ 4 CD/Cas + Grain Damage	http://www.breathing.com/250.htm	250	CD/cas DVD/VHS/PAL	\$99.95 DVD/VHS \$102.00 PAL	
Diaphragm Strengthener Helps expand rib cage & rebalance upper & lower lung hemispheres	http://www.breathing.com/ds.htm	808		\$21.00	

CDs • Cassettes • Digital Downloads

NOTE: Many products have a Digital Download option. **CIRCLE that option** and we will send you an email with a link where you can access the download. **Be sure to include your email on page 4.**

Better Breathing Exercise #1 Release tension, strengthen relaxation response	http://www.breathing.com/exercise1.htm	120	CD/cas Digital Dwnld	\$15.00	
Better Breathing Exercise #2 Develop a focused, energetic calm	http://www.breathing.com/exercise2.htm	130	CD/cas Digital Dwnld	\$27.00	
Breathing Self Esteem Develop a "feeling" sense of self esteem & self love	http://www.breathing.com/selfesteem.htm	140	CD/cas Digital Dwnld	\$15.00	
The Watching Breath Himalayan mind development for focus & awareness	http://www.breathing.com/watching.htm	150	CD/cas Digital Dwnld	\$15.00	
Peace Within Tibetan "singing" bowls help with self healing, meditation & deep relaxation	http://www.breathing.com/peacewithin.htm	160	CD/cas Digital Dwnld	\$15.00	
The Breath of Life & Vitality Key factors you must know to live the longest life	http://www.breathing.com/the-breath-of-life.htm	170	CD/cas Digital Dwnld	\$15.00	
Breathing Seminar Breathing seminar at raw & living foods festival	http://www.breathing.com/breathing-seminar.htm	173	CD/cas Digital Dwnld	\$15.00	
Detecting & Correcting Human Energy Dysfunction - Track 1-PDF Track 2-Powerpoint	http://www.breathing.com/obintro.htm	174	CD/cas Digital Dwnld	\$15.00 or FREEw/176	

Printed Manual/Books • Digital Downloads

NOTE: Many products have a Digital Download option. **CIRCLE that option** and we will send you an email with a link where you can access the download. **Be sure to include your email on page 4.**

Sleeping & Snoring - S.L.E.E.P. Printed / Digital Download	http://www.breathing.com/sleepbook.htm	179	Print / digital	\$5.95	
The Secrets of Optimal Natural Breathing 30 years of studies & information on breathing	http://www.breathing.com/secrets.htm	191	Print / digital	\$29.00	
Grain Damage Printed	http://www.breathing.com/grain-damage.htm	299	Print / digital	\$7.00	
12 Steps to Raw Printed	http://www.breathing.com/12-steps-to-raw.htm	309	Print / digital	\$13.00	
Nutrition & Athletic Performance Printed	http://www.breathing.com/nap.htm	340	(print only)	\$15.00	
Free Your Breath - Free Your Life Printed	http://www.breathing.com/free-your-breath-free-your-life.htm	341	(print only)	\$13.00	
Green for Life Printed	http://www.breathing.com/green-for-life.htm	559	(print only)	\$14.00	
Holistic Health Questionnaire (HHQ) Comes with 250, weight loss, emphysema programs	http://www.breathing.com/250.htm http://www.breathing.com/weight-loss.htm	589	(print only)	\$10.00	
YOU Are the Target Printed / also in Stop Smoking Program	http://www.breathing.com/you-are-the-target.htm	710	(print only)	\$13.00	

OPTIMAL BREATHING® PRODUCT ORDER FORM

PRODUCTS • Descriptions • Formats	WEB PAGE	ITEM NO <small>Circle Format</small>	Circle Format <small>(i.e. DVD/CD)</small>	PRICE	TOTAL
Printed Manual/Books • Digital Downloads					
<small>NOTE: Many products have a Digital Download option. CIRCLE that option and we will send you an email with a link where you can access the download. Be sure to include your email on page 4.</small>					
Free to Speak (Overcoming Spasmodic Dysphonia) You CAN regain your "lost" voice!	http://www.breathing.com/freetospeak.htm	714	Print / Digital	\$14.⁰⁰	
The Way You Breathe Can Make You Sick or Make You Well! Detecting UDB	http://www.breathing.com/theway.htm	194	Print / Digital	\$13.⁹⁵	
Building Healthy Lungs, Naturally Biochemical & environmental aspects of breathing	http://www.breathing.com/bhln.htm	192	Print / Digital	\$15.⁹⁵	
Nutritionals / Digestion / Internal Cleansing					
http://www.breathing.com/programs.htm		<u>QTY</u>			
PURE Nutrient 950 180 vege. capsules	http://www.breathing.com/pure.htm	174 <small>180 veg caps</small>		1- \$31.⁰⁰ 4- \$115.⁰⁰	
Oxy-Cleanse (Oxygenated colon cleanser)	http://www.breathing.com/oxy-cleanse.htm	501 <small>75 caps</small>		1- \$22.⁰⁰ 12- \$180.⁰⁰ 4- \$68.⁰⁰ 36- \$468.⁰⁰	
Oxy-Lift (Super concentrate) Daily oxygen & mineral booster.	http://www.breathing.com/oxylift.htm	505 <small>1 fl.oz.</small>		1- \$26.⁰⁰ 12- \$168.⁰⁰ 4- \$88.⁰⁰ 36- \$468.⁰⁰	
Optimal Immune	http://www.breathing.com/immune.htm	555 <small>60 caps</small>		1- \$31.⁰⁰ 4- \$115.⁰⁰	
Supreme Digestive Enzymes w/E₃ Live! 1-90- \$19.⁹⁵ 1-270- \$50.⁰⁰ 3-270- \$150.⁰⁰	http://www.breathing.com/optimal-digestion.htm	571 <small>90 or 270 caps</small>		90 cap 270 caps 1- \$19.⁹⁵ 1- \$50.⁰⁰ 3- \$150.⁰⁰	
Pro EFA 1- \$23.⁰⁰ 4- \$73.⁹⁵	http://www.breathing.com/efa.htm	575 <small>90 caps</small>		1- \$31.⁰⁰ 4- \$115.⁰⁰	
Vitamin C (Cranberry Emer'gen-C) 36 pkt	http://www.breathing.com/vitamin-c.htm	576 <small>36 packets</small>		1- \$31.⁰⁰ 4- \$115.⁰⁰	
E3 Live! All-in-one live food source. Frozen, crystal flakes, capsules, truffles!	http://www.breathing.com/e3live.htm	599 <small>Frozen caps flakes</small>		1- \$31.⁰⁰ 4- \$115.⁰⁰	
Oil of Oregano (Oregacillin)	http://www.breathing.com/oregano-oil.htm	601 <small>30 caps</small>		1- \$31.⁰⁰ 4- \$115.⁰⁰	
ProFlora	http://www.breathing.com/probiotics.htm	602 <small>2 fl.oz.</small>		1- \$31.⁰⁰ 4- \$115.⁰⁰	
Calcium & Magnesium	http://www.breathing.com/cal-mag.htm	603 <small>250 tabs</small>		1- \$31.⁰⁰ 4- \$115.⁰⁰	
Blue Phenalmin w/PEA, the "molecule of love" - enhance concentration, attention, well being from E3Live!	http://www.breathing.com/phenalmin.htm	749 <small>2 fl.oz.</small>		1- \$31.⁰⁰ 4- \$115.⁰⁰	
Respiratory Enhancer (essential oil blend) Topical- \$35 Inhaler - \$45 (Quantity discounts)	http://www.breathing.com/re.htm	850-T 850-I <small>2 fl.oz. bottles</small>	T=Topical I=Inhale	1- \$31.⁰⁰ 4- \$115.⁰⁰	
L-Tryptophan	http://www.breathing.com/tryptophan.htm	851 <small>60 caps</small>		1- \$37.⁰⁰ 4- \$130.⁰⁰	
Homeopathics (Quantity Discounts)					
		<u>QTY</u>			
King Bio Snore Control Comes w/SLEPPProgram or order separate	http://www.breathing.com/8/kb/snore.htm	401 <small>2 fl.oz.</small>		\$11.⁹⁵	
King Bio Asthma Freee	http://www.breathing.com/8/kb/asthma.htm	402 <small>2 fl.oz.</small>		\$11.⁹⁵	
King Bio Lungs & Bronchial Relief	http://www.breathing.com/8/kb/lungs.htm	403 <small>2 fl.oz.</small>		\$11.⁹⁵	
King Bio Smoke Control Comes w/STOPSMOKING Program or order separate	http://www.breathing.com/8/kb/smoke-control.htm	404 <small>2 fl.oz.</small>		\$12.⁹⁵	
King Bio Allergies & Hay Fever	http://www.breathing.com/8/kb/allergies.htm	405 <small>2 fl.oz.</small>		\$11.⁹⁵	
King Bio Addiction Control Comes w/Stop Smoking Program or order separate	http://www.breathing.com/8/kb/addiction-control.htm	406 <small>2 fl.oz.</small>		\$11.⁹⁵	

PRODUCTS • Descriptions • Formats	WEB PAGE	ITEM NO	QTY	PRICE	TOTAL
Equipment & Special Devices					
Voldyne 5000 Volumetric Exerciser + (Free download of "The Way You Breathe")	http://www.breathing.com/voldyne.htm	565		\$13.00	
Oxygen Concentrator or Generator (Refurbished - 5 liter-per-minute Devilbiss or Invacare)	http://www.breathing.com/oxygen-concentrator.htm	597- 1 597- 2		\$434.00 incl. shipping	
Diaphragm Strengtheners Helps expand rib cage & rebalance upper & lower lung hemispheres	http://www.breathing.com/ds.htm	808		\$21.00	
Far-Infrared Saunas (Penetrates 3 inches for DEEPtissue cleansing - 2 & 4 person models)	http://www.breathing.com/sauna.htm	855 Print / Digital		Toll Free 866-694-6425	
Hearphones (Hear/improve your own voice - speech & hearing therapy, singing, speakers)	http://www.breathing.com/hf.htm	875		\$29.00	
Blue Velcro Strap (Focus on Breathing area) 36 & 48 inch long • 36 & 48 inch length	http://www.breathing.com/bvs.htm	910		\$21.00	
The N.A.D.A. Chair Wide variety of sizes & colors	http://www.breathing.com/nada-chair.htm	912		Toll Free 866-694-6425	
Sinus Cleansing (Sinu-Cleanse)	http://www.breathing.com/sinu-cleanse.htm	940		\$14.00	
Rebounders	http://www.breathing.com/rebounder.htm	995		Toll Free 866-694-6425	
Capno Breath Trainer (including heart rate variability monitor) \$2499.00	http://www.breathing.com/capno-breath-trainer.htm	1000		Toll Free 866-694-6425	

NOTE: FREE SAMPLES with every order — E3Live! Super Green Booster Food Capsules.
<http://www.breathing.com/e3live.htm>

SEVERE Respiratory Health Challenges Programs

Circle Format
(i.e. DVD/CD)

No More Asthma Greatly reduce or eliminate asthma in 7-10 days	http://www.breathing.com/no-more-asthma.htm	713	CD/cas DVD/VHS/PAL	\$179.00 DVD/VHS \$182.00 PAL	
No More Bronchitis Eliminate acute or chronic bronchitis & keep it away	http://www.breathing.com/no-more-bronchitis.htm	715	CD/cas DVD/VHS/PAL	\$225.00 DVD/VHS \$230.00 PAL	
Emphysema Improvement Improve emphysema - guaranteed!	http://www.breathing.com/emphysema.htm	721	CD/cas DVD/VHS/PAL	\$299.00 DVD/VHS \$306.00 PAL	
COPD Improvement - private sessions best Combination of conditions that can often improve	http://www.breathing.com/copd.htm	727	CD/cas DVD/VHS/PAL	\$299.00 DVD/VHS \$306.00 PAL	
Private Sessions with Mike White in western North Carolina	http://www.breathing.com/consultating.htm	Private sessions		Hourly or Day rates	

SPECIALIZED Numbered Programs

OPTIMAL ENERGY Breathing produces over 90% of your energy!	http://www.breathing.com/energy-program.htm	177	CD/cas DVD/VHS/PAL	\$99.00 DVD/VHS \$102.00 PAL	
SLEEP Program Lack of sleep can cause many health challenges	http://www.breathing.com/sleep-program.htm	179	CD/cas DVD/VHS/PAL	\$86.00 DVD/VHS \$89.00 PAL	
DEEPEST CALM Deepen relaxation. Conquer anxiety!	http://www.breathing.com/deepest-calm.htm	200	CD/cas DVD/VHS/PAL	\$65.00 DVD/VHS \$68.00 PAL	
OPTIMAL SPORTS PERFORMANCE Energy, stamina, recovery & inner rhythm	http://www.breathing.com/sports-performance.htm	208	CD/cas DVD/VHS/PAL	\$89.00 DVD/VHS \$92.00 PAL	
SHORTNESS OF BREATH Mild to medium S.O.B. For severe/extreme see SEVERE above	http://www.breathing.com/sob-program.htm	816	CD/cas DVD/VHS/PAL	\$76.00 DVD/VHS \$79.00 PAL	

OPTIMAL BREATHING® PRODUCT ORDER FORM

PRODUCTS • Descriptions • Formats	WEB PAGE	Item No.	Circle Format (i.e. DVD/CD)	PRICE	TOTAL
SPECIALIZED Numbered Programs					
NOTE: Some products are special order only. Please CALL Mike White at 866-694-6425 to discuss sizes & options & price. Be sure to include your email on page 4 if you wish to correspond by email.					
OUR MOSTPOPULAR PROGRAM DVD+ 4 audios, manual, DS + 5 bonus items	http://www.breathing.com/250.htm	250	CD/cas DVD/VHS/PAL	\$99. ⁰⁰ DVD/VHS \$102. ⁰⁰ PAL	
WEIGHT LOSS PROGRAM (1-lose 20 lbs; 2-lose 21-40 lbs; 3-lose 41 lbs & more)	http://www.breathing.com/weight-loss-program.htm	310	CD/cas DVD/VHS/PAL	1-\$79. ⁰⁰ 2-\$99. ⁰⁰ 3-\$199. ⁰⁰	Price same for PAL
MEDITATION, PEACE OF MIND How your breath takes in oxygen critical to relaxation	http://www.breathing.com/meditation-program.htm	775	CD/cas DVD/VHS/PAL	\$59. ⁹⁵ DVD/VHS \$62. ⁰⁰ PAL	
You Are the BOSS - STOP Smoking + books, nutritionals, HHQ	http://www.breathing.com/stop-smoking-program.htm	700	CD/cas DVD/VHS/PAL	\$183. ⁰⁰ DVD/VHS \$186. ⁰⁰ PAL	
AEROBIC BREATHING More energy, stamina, mental clarity	http://www.breathing.com/aerobic-breathing.htm	740	CD/cas DVD/VHS/PAL	\$99. ⁰⁰ DVD/VHS \$102. ⁰⁰ PAL	
MEMORY IMPROVEMENT Oxygen supports brain neurotransmitters which improves memory	http://www.breathing.com/memory-program.htm	750	CD/cas DVD/VHS/PAL	\$99. ⁰⁰ DVD/VHS \$102. ⁰⁰ PAL	
TIGHTNESS IN CHEST Use DVD, strap & DS to loosen chest muscles, improve relaxation	http://www.breathing.com/tight-chest.htm	814	CD/cas DVD/VHS/PAL	\$70. ⁰⁰ DVD/VHS \$73. ⁰⁰ PAL	
HEARTBEAT IRREGULARITY Our exercises strengthen heart performance & relaxation	http://www.breathing.com/heartbeat.htm	813	CD/cas DVD/VHS/PAL	\$99. ⁰⁰ DVD \$102. ⁰⁰ PAL	
CHEST PAINS Exercises strengthen muscles, improve relaxation, reduce chest tightness/pain	http://www.breathing.com/chest-pains.htm	819	CD/cas DVD/VHS/PAL	\$89. ⁰⁰ DVD \$92. ⁰⁰ PAL	
FOCUS & CONCENTRATION & STRESS MANAGEMENT Breathe better--reduce stress	http://www.breathing.com/focus-concentrate.htm	891	CD/cas DVD/VHS/PAL	\$75. ⁰⁰ DVD/VHS \$78. ⁰⁰ PAL	
OPTIMAL BREATHING SCHOOL Apprentice, Advanced, Speaking & Singing	http://www.breathing.com/school/main.htm	828	CD/cas DVD/VHS/PAL	1-\$599. ⁰⁰ 5+\$550. ⁰⁰	
SINGING & SPEAKING + Hearphones DS + BHLN "Listen" with practice & improve!	http://www.breathing.com/singingandspeaking.htm	999	CD/cas DVD/VHS/PAL	\$75. ⁰⁰ DVD/VHS \$78. ⁰⁰ PAL	
Book a private session with Mike White	http://www.breathing.com/consulting.htm			Hourly or Day Rate	

Mail orders: complete order forms and mail with check, money order or credit card information to:
Mike White • P.O. Box 1551 • Waynesville, NC 28786. Toll-free: 866-694-6425 USA
 International: 1-828-456-5689

FAX orders to: 828-454-5475

For your convenience, we accept:
VISA • Master Card • PayPal
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Wire Transfers
 Check # _____ Money Order _____
NO C.O.D. orders!

Orders are normally shipped within 48 hours
Within USA - Priority Mail
Outside USA - Global Priority Mail - AirMail
Overnight - Fed. Ex.

Shipping	U.S.A.	Foreign
\$25 & under	\$5	\$8
\$25-\$49.99	\$8	\$13
\$50-\$79.99	\$9	\$15
\$80-\$99.99	\$11	\$15
\$100-\$124.99	\$12	\$17
\$125-\$149.99	\$15	\$22
\$150 & up	Free	\$27

Your BILLING, SHIPPING & PAYMENT information goes here ↓

NAME _____ DATE _____

eMAIL _____

BILLING ADDRESS _____ PHONE _____

CITY _____ ST _____ ZIP _____

SHIPPING ADDRESS (if different) _____ PHONE _____

CITY _____ ST _____ ZIP _____

Shipping Preference: Priority Mail _____ Fed. Ex. _____ Overnight _____ Ground _____ Parcel Post _____

CREDIT CARD NO _____ EXPIRES _____

YOUR SIGNATURE _____

How did you find Breathing.com? _____ Referred by _____

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Date Entered _____

Date Shipped _____

How Shipped _____

Fed Ex # _____

Tracking No. _____