

Optimal Breathing®

For Living Life and Loving It www.breathing.com

CUSTOM PROGRAMS (circle choices)

PLUS Recommended Program Options

Web pages are provided for more information or go to the BREATHING STORE page at

<http://www.breathing.com/programs.htm>

#814 The Breathing Kit

Basic diaphragm, lung and chest development \$70.00

<http://www.breathing.com/breathingkit.htm>

#713. Asthma

http://www.breathing.com/no-more-asthma.htm	Amount
Program basics	\$80.00
Recommended program options:	
#910 Blue Velcro Strap	\$24.00
#555 Optimal Immune (ThyMune) 60 caps	\$21.50
#571 Optimal Digestion 90 caps	\$19.95
#501 Oxy-Cleanse 75 caps	\$18.99
#402 KingBio Asthma Clear	\$15.95
#299 Grain Damage	\$ 9.95
#599 E3Live 90 Caps	\$24.95
#173 Optimal Breathing Seminar	\$15.00
Total	

#715. Bronchitis

http://www.breathing.com/no-more-bronchitis.htm	Amount
Program basics	\$110.00
Recommended program options:	
#501 Oxy-Cleanse 75 caps	\$18.99
#602 ProFlora Liquid Concentrate	\$23.00
#575 ProEFA 90 soft gels	\$23.00
#555 Optimal Immune (ThyMune) 60 caps	\$21.50
#571 Optimal Digestion 90 caps	\$19.95
#403 KingBio Lungs and Bronchial	\$15.95
#603 CalMag tablets	\$13.95
#299 Grain Damage	\$ 9.95
#173 Optimal Breathing Seminar	\$15.00
Total	

#721. Emphysema

http://www.breathing.com/emphysema.htm	Amount
Program basics	\$80.00
Recommended program options:	
#501 Oxy-Cleanse 75 caps	\$18.99
#602 ProFlora Liquid Concentrate	\$23.00
#575 ProEFA 90 soft gels	\$23.00
#555 Optimal Immune (ThyMune) 60 caps	\$21.50
#571 Optimal Digestion 90 caps	\$19.95
#403 KingBio Lungs and Bronchial	\$15.95
#603 CalMag tablets	\$13.95
#299 Grain Damage	\$ 9.95
#601 Oregano Oil (Oregacillin) 30 caps	\$29.00
#173 Optimal Breathing Seminar	\$15.00
Total	

#200. Deepest Calm for Anxiety & Panic Reduction, Relaxation, Emotional Balance, Headaches, Migraines, Stress Management, Blood Pressure Reduction, Hyperventilation or Over-breathing

http://www.breathing.com/deepest-calm.htm	Amount
Program basics	\$85.00
Recommended program options:	
#910 Blue Velcro Strap	\$24.00
#555 Optimal Immune (ThyMune) 60 caps	\$21.50
#749 BrainOn 75 caps	\$36.95
#407 KingBio Calm	\$15.95
#603 CalMag tablets	\$13.95
#192 Building Healthy Lungs Naturally	\$15.95
#130 Better Breathing Exercise #2 CD	\$24.00
#173 Optimal Breathing Seminar	\$15.00
Total	

#177. Energy/Depression/Attitude

http://www.breathing.com/energy.htm	Amount
Program basics	\$87.00
Recommended program options:	
#597-1 Oxygen Concentrator – O2E2	\$457.00
#130 Better Breathing Exercise #2 CD	\$24.00
#749 BrainOn 75 caps	\$36.95
#299 Grain Damage	\$ 9.95
#571 Optimal Digestion 90 caps	\$19.95
#192 Building Healthy Lungs Naturally	\$15.95
#555 Optimal Immune (ThyMune) 60 caps	\$21.50
#505 OxyLift	\$26.95
#140 Breathing Self Esteem CD	\$15.00
#599 E3Live 90 caps	\$24.95
#173 Optimal Breathing Seminar	\$15.00
Total	

#813. Heart Beat Irregularity and/or Chest Pains

http://www.breathing.com/heartbeat.htm	Amount
Program basics	\$99.00
Recommended program options:	
#597-1 Oxygen Concentrator – O2E2	\$457.00
#120 Better Breathing Exercise #1 CD	\$15.00
#130 Better Breathing Exercise #2 CD	\$24.00
#749 BrainOn 75 caps	\$36.95
#299 Grain Damage	\$ 9.95
#571 Optimal Digestion 90 caps	\$19.95
#603 CalMag tablets	\$13.95
#403 KingBio Lungs and Bronchial	\$15.95
#501 Oxy-Cleanse 75 caps	\$18.99
#555 Optimal Immune (ThyMune) 60 caps	\$21.50
#601 Oregano Oil (Oregacillin) 30 caps	\$29.00
#602 ProFlora Liquid Concentrate	\$23.00
#173 Optimal Breathing Seminar	\$15.00
Total	

#891. Mental Focus, Concentration, Memory, Meditation, Intuition

http://www.breathing.com/focus-concentrate.htm	Amount
Program basics	\$84.00
Recommended program options:	
#749 BrainOn 75 caps	\$ 36.95
#778 Heavy Metal Detox	\$ 59.95
#575 Pro-EFA 90 caps	\$ 23.00
#501 Oxy-Cleanse 75 caps	\$ 18.99
#299 Grain Damage	\$ 9.95
#559 Green For Life	\$ 14.95
#199 Oxygen and Aging	\$ 19.95
#597-1 Oxygen Concentrator – O2E2	\$457.00
#173 Optimal Breathing Seminar	\$ 15.00
Total	

#816. Shortness of Breath, Shallow, Tightness in Chest or Unsteady Breathing

http://www.breathing.com/sob-program.htm	Amount
Program basics	\$79.00
Recommended program options:	
#501 Oxy-Cleanse 75 caps	\$18.99
#602 ProFlora Liquid Concentrate	\$23.00
#575 ProEFA 90 soft gels	\$23.00
#555 Optimal Immune (ThyMune) 60 caps	\$21.50
#571 Optimal Digestion 90 caps	\$19.95
#403 KingBio Lungs and Bronchial	\$15.95
#603 CalMag tablets	\$13.95
#299 Grain Damage	\$ 9.95
#173 Optimal Breathing Seminar	\$15.00
Total	

#999. Singing and Speaking

http://www.breathing.com/singingandspeaking.htm	Amount
Program basics	\$75.00
Recommended program options:	
#875 HearFones	\$30.00
#915 Cervical Collar	\$17.95
#192 Building Healthy Lungs Naturally	\$15.95
#173 Optimal Breathing Seminar	\$15.00
Total	

#179P. Sleep Program

http://www.breathing.com/sleep-program.htm	Amount
Program basics	\$84.00
Recommended program options:	
#851 Tryptophan 60 caps	\$37.00
#401 KingBio Snore Control	\$15.95
#603 CalMag tablets	\$13.95
#622 MindFold	\$18.95
#571 Optimal Digestion 90 caps	\$19.95
#559 Green For Life	\$14.95
#407 KingBio Calm	\$15.95
#199 Oxygen and Aging	\$19.95
#597-1 Oxygen Concentrator – O2E2	\$457.00
#173 Optimal Breathing Seminar	\$15.00
Total	

#700. Smoking Cessation

http://www.breathing.com/stop-smoking-program.htm	Amount
Program basics	\$70.00
Recommended program options:	
#404 KingBio Smoke Control	\$15.95
#501 Oxy-Cleanse 75 caps	\$18.99
#602 ProFlora Liquid Concentrate	\$23.00
#575 ProEFA 90 soft gels	\$23.00
#555 Optimal Immune (ThyMune) 60 caps	\$21.50
#571 Optimal Digestion 90 caps	\$19.95
#576 Vitamin C	\$13.95
#192 Building Healthy Lungs Naturally	\$15.95
#299 Grain Damage	\$ 9.95
#406 KingBio Addictaplex	\$15.95
#601 Oregano Oil (Oregacillin) 30 caps	\$29.00
#173 Optimal Breathing Seminar	\$15.00
Total	

#208. Sports Performance

http://www.breathing.com/sports-performance.htm	Amount
Program basics	\$89.00
Recommended program options:	
#597-1 Oxygen Concentrator – O2E2	\$457.00
#130 Better Breathing Exercise #2 CD	\$24.00
#749 BrainOn 75 caps	\$36.95
#299 Grain Damage	\$ 9.95
#571 Optimal Digestion 90 caps	\$19.95
#192 Building Healthy Lungs Naturally	\$15.95
#505 Oxyllift	\$26.95
#599 E3Live 90 caps	\$24.95
#173 Optimal Breathing Seminar	\$15.00
Total	

#310 Weight Loss

http://www.breathing.com/weight-loss-program.htm	Amount
Program basics – Level 1	\$79.00
Program basics – Level 2	\$99.00
Program basics – Level 3	\$99.00
Recommended program options:	
#559 Green For Life	\$14.95
#501 Oxy-Cleanse 75 caps	\$18.99
#950 PURE Dietary Supplement 180 caps	\$34.50
#597-1 Oxygen Concentrator – O2E2	\$457.00
#599 E3Live 90 caps	\$24.95
#173 Optimal Breathing Seminar	\$15.00
Total	

#250 Advanced Breathing Kit

20 year study of breathing plus over 170 health conditions and goals not included in these 13 programs **\$99.00**
<http://www.breathing.com/250.htm>

ADDITIONAL PRODUCTS
NOT Checked off on the CUSTOM PROGRAM & OPTIONS page

QTY.	Total	QTY.	Total
AUDIO BREATHING EXERCISES		Nutrition cont'd	
___ #120 Better Breathing Exercise #1 CD -----	\$15.00	___ #602 ProFlora -----	\$23.00
___ #130 Better Breathing Exercise #2 CD -----	\$24.00	___ #603 Calcium Magnesium -----	\$13.95
___ #140 Breathing Self Esteem Exercise CD -----	\$15.00	___ #850 Respiratory Enhancer Inhalant -----	\$35.00
___ #150 The Watching Breath CD -----	\$15.00	___ #601 Oregano Oil (Oregacillin) -----	\$29.00
___ #160 Peace Within CD -----	\$15.00	___ #851 Tryptophan (60 caps)-----	\$37.00
BREATHING RELATED BOOKS AND CDs		___ #555 Optimal Immune (ThyMune) (60 caps) -----	\$21.50
___ #191 The Secrets of Optimal Natural Breathing-----	\$29.00	___ #749 BrainOn (75 caps)-----	\$36.95
___ #192 Building Healthy Lungs Naturally -----	\$15.95	___ #950 PURE Dietary Supplement (180 caps) -----	\$34.50
___ #179 Sleeping and Snoring -----	\$ 7.95	INTERNAL CLEANSING	
___ #194 The Way You Breathe Can Make You Sick...Or Make You Well-----	\$12.95	___ #778 Heavy Metal Detox -----	\$59.00
___ #199 Oxygen and Aging by Majad Ali, MD -----	\$19.95	___ #940 Sinus Cleansing -----	\$14.95
___ #341 Free Your Breath, Free Your Life by Dennis Lewis -----	\$13.00	OXYGEN BOOSTERS AND RELATED BOOKS	
___ #714 Free To Speak: Overcoming Spasmodic Dysphonia (book) by Connie Pike -----	\$14.00	___ #597 Oxygen Concentrator (O2E2) USA -----	\$457.00
___ #170 The Breath of Life CD-----	\$15.00	___ #597 Oxygen Concentrator (O2E2) AK/HI/CAN ---	\$577.00
___ #174 Detecting & Correcting Obvious and Hidden Breath 150+ slide Power Point CD -----	\$15.00	___ #501 Oxy-Cleanse (75 caps)--	\$18.99
___ #173 Breathing Seminar CD-----	\$15.00	___ #505 Oxylift -----	\$26.95
___ #337 Breathe Into Being (book) by Dennis Lewis ----	\$15.95	___ #850 Respiratory Enhancer - Aromatherapy -----	\$25.00
___ #339 The Oxygen Protocol For The Treatment Of Cancer (book) by Majid Ali, MD -----	\$28.95	___ #852 Mental Clarity – Aromatherapy -----	\$25.00
___ #325 Unstoppable (book) by Cynthia Kersey -----	\$14.95	___ #321 RDA: Rats, Drug, and Assumptions (book) by Majid Ali, MD -----	\$19.95
___ #322 Feel the Fear....And Do It Anyway (book) by Susan Jeffers, PhD -----	\$13.95	___ #339 The Oxygen Protocol For The Treatment Of Cancer (book) by Majid Ali, MD-----	\$28.95
NUTRITION AND RELATED BOOKS		___ #333 The Oxygen Answer For Health And Healing (book) by Tonita d"Raye -----	\$ 4.50
___ #192 Building Healthy Lungs Naturally -----	\$15.95	HOMEOPATHY	
___ #299 Grain Damage: Rethinking the High Starch Diet (book) by Doug Graham-----	\$ 9.95	___ #401 KingBio Snore Control -----	\$15.95
___ #332 The 80/10/10 Diet (book) by Douglas Graham, MD -----	\$26.95	___ #402 KingBio Asthma Clear -----	\$15.95
___ #334 Alkalize or Die (book) by Theodore A. Baroody, MD-----	\$13.95	___ #403 KingBio Lungs and Bronchial Relief -----	\$15.95
___ #559 Green For Life (book). by Victoria Boutenko----	\$14.95	___ #404 KingBio Smoke Control -----	\$15.95
___ #571 Optimal Digestion (90 caps) -----	\$19.95	___ #405 KingBio Allergies and Hay Fever -----	\$15.95
___ #575 ProEFA (90 soft gel caps)-----	\$23.00	___ #406 KingBio Addictaplex -----	\$15.95
___ #576 Vitamin C-----	\$13.95	___ #407 KingBio Calm -----	\$15.95
___ #333 The Oxygen Answer For Health And Healing (book) by Tonita d"Raye -----	\$ 4.50	SPECIAL DEVICES AND EQUIPMENT	
___ #321 RDA: Rats, Drug, and Assumptions (book) by Majid Ali, MD -----	\$19.95	___ #910 Blue Velcro Strap -----	\$24.00
___ #339 The Oxygen Protocol For The Treatment Of Cancer (book) by Majid Ali, MD -----	\$28.95	___ #622 MindFold-----	\$18.95
		___ #875 HearFones -----	\$30.00
		___ #915 Cervical Collar -----	\$17.95
		___ #912 NADA Chair. www.breathing.com/nada-chair.htm	
	TOTAL Column A		TOTAL Column B
TOTAL Columns A & B			
Transfer total to BILLING AND SHIPPING PAGE			

BILLING & SHIPPING

If you are having trouble deciding on a program or already have a program and need some personal direction you can always ask us via email assist@breathing.com or phone Toll Free 866.694.6425 International 704.597.6775

Total Cost of **PROGRAM** and **PROGRAM OPTIONS** _____
 Total Cost of **ADDITIONAL PRODUCTS** _____
 Total _____
 Shipping and handling _____
 TOTAL amount due _____

Shipping and Handling

BASIC PROGRAM	USA	FOREIGN
\$25 - \$49.99	\$7	\$12
\$50 - \$79.99	\$10	\$15
\$80 - \$99.99	\$12	\$18
\$100 - 124.99	\$15	\$25
\$125 - \$174.99	\$17	\$30
\$175 & up FREE	FREE	\$30

NAME _____ DATE _____

EMAIL _____ PHONE _____

BILLING ADDRESS – Street _____

CITY _____ ST _____ ZIP _____

SHIPPING ADDRESS (if different) _____

CITY _____ ST _____ ZIP _____

CREDIT CARD NO _____ EXPIRES _____

YOUR SIGNATURE _____

How did you find Breathing.com? _____

Referred by: _____

FAX # 704.597.3927

or

Mail entire list with check, money order or credit card information to:
 Optimal Breathing • 1820 Sunhaven Court, Charlotte, NC 28262

Toll-free: 866.694.6425 USA

International: 704.597.6775

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

Orders are normally shipped US Mail within 48 hours usually arrive within 3 - 7 business days
Overnight - Fed Ex with special pricing. Call us for charges first.

4 easy steps to order

1. **PROGRAM AND OPTIONS**
 a. Choose a program from the Custom Programs page 1 or 2 **AND/OR** b. Check off any options that relate to the specific program and c. Add the total cost.
2. **ADDITIONAL PRODUCTS PAGE.**
 a. Chose ones you want. b. Add their cost in columns A, B, C, D
3. **ORDER PAGE**
 a. Transfer Program Number + Additional Products and costs to **BILLING AND SHIPPING** page.
4. **Fill out personal info and fax or mail pages 1 - 4.**

INDIVIDUAL PRODUCTS with brief descriptions. Go to the web page for more detail.

#176. Fundamentals Video. The Art, Science, and Fundamentals of Optimal Breathing Development.

Optimal breathing skills and diaphragm development techniques to rapidly improve ones breathing. The most basic yet inclusive/comprehensive place to begin. Guaranteed to immediately improve your energy, breathing ease, breathing strength, breathing depth, and breathing freedom. Transform bad breathing into better breathing and good breathing into great breathing. Includes free CD. <http://www.breathing.com/video-strap.htm> \$49.00

#808. Diaphragm Strengthener

A very special breathing resistance/training device to strengthen your primary breathing muscle. Augments 176 Fundamentals Video to optimize breathing development and to help strengthen breath support. <http://www.breathing.com/ds.htm> \$21.00

#814. The Breathing Kit

Fundamentals Video + Diaphragm Strengthener Combo. Most people begin with this combination. <http://www.breathing.com/video-ds.htm> \$70.00

AUDIO BREATHING EXERCISES

Most effective when combined with the 176 Fundamentals Video included in The Breathing Kit.

#120. Better Breathing Exercise #1

Relaxation isn't just a state of mind. The breath must be fully integrated as well. With this guided exercise your body will automatically initiate deeper easier breathing.. CD 51 minutes \$15.00 <http://www.breathing.com/exercise1.htm>

#130. Better Breathing Exercise #2

"The Tibetan Caffeine". Access the life force by engaging the breathing process. Develop focused, energetic, alert relaxation. For energy, stamina, vitality, and recovery. CD plus a special breathing exercise aid. 79 minutes. \$24.00
<http://www.breathing.com/exercise2.htm>

#140. Breathing Self Esteem Exercise

Breathing exercise, positive affirmations and Tibetan Bowls. For increasing self understanding and becoming more comfortable with personal expression. CD 50 minutes \$15.00 <http://www.breathing.com/selfesteem.htm>

#150. The Watching Breath

For mental focus, and deepened awareness and concentration. A special mind development practice handed down for 4,000 years from Himalayan monks and spiritual teachers. CD 53 minutes. \$15.00 <http://www.breathing.com/watching.htm>

#160. Peace Within

Sacred sounds of Tibetan "Singing" Bowls. For self healing, meditation, and deep relaxation. Helps you detach from tensions and worry and helps you access your deepest inner self. CD 53 minutes \$15.00 <http://www.breathing.com/peacewithin.htm>

BREATHING RELATED BOOKS AND CDs

#191. The Secrets of Optimal Natural Breathing

The art and science of developing breathing or speech without drugs or surgery. A 15 year long study. 150 page manual. Paperback book or digital download \$29.00 <http://www.breathing.com/secrets.htm>

#192. Building Healthy Lungs Naturally

Biochemical and environmental aspects of the Optimal Breathing Development System. 90+ page booklet also included in the Secrets Manual. Paperback book \$15.95 <http://www.breathing.com/bhln.htm>

#194. The Way You Breathe Can Make You Sick... Or Make You Well

Learn and share the importance of obvious and hidden breathing deterioration and the potential to improve ones breathing. 45 page booklet. \$12.95
<http://www.breathing.com/theway.htm>

#199. Oxygen and Aging by Dr. Majad Ali

Guidelines for aging healthfully. Includes shipping free with purchase of our favorite Home Model Oxygen Bar \$19.95
<http://www.breathing.com/oxygen-and-aging.htm>

#341. Free Your Breath, Free Your Life by Dennis Lewis

How conscious breathing can relieve stress, increase vitality, and help you live more fully. 200 pages. \$13.00
<http://www.breathing.com/free-your-breath-free-your-life.htm>

#170. The Breath of Life

Mike and Russell J. Martino, nationally syndicated radio talk show host and creator of Rip Roaring Health. They discuss several key breathing-related factors that you MUST know to live a LONG happy, healthy, life.
CD 53 minutes. \$15.00 <http://www.breathing.com/the-breath-of-life.htm>

#173. Optimal Breathing Seminar

Mike at the Living Foods Festival in Portland Oregon explaining why breathing is so important.
CD 50 minutes. \$15.00 <http://www.breathing.com/breathing-seminar.htm>

#174. Detecting & Correcting Obvious and Hidden Breathing Related Human Energy Dysfunction

150+ slide Power Point presentation. CD \$15.00 <http://www.breathing.com/detecting-correcting.htm>

BREATHING RELATED BOOKS AND CDs cont.

#179. Sleeping and Snoring

Included in the 179P Sleep Program. Addresses insomnia, fatigue, apnea, stress reduction, thoughts running amuck, preparation and recovery related to surgery, deepened sleep, snoring, and more. 14 pages. Booklet \$7.95 <http://www.breathing.com/sleepbook.htm>

#714. Free To Speak: Overcoming Spasmodic Dysphonia by Connie Pike

A non-drug holistic rehabilitation model. \$14.00 <http://www.breathing.com/freetospeak.htm>

NUTRITION

#192. Building Healthy Lungs Naturally

Biochemical and environmental aspects of the Optimal Breathing Development System. 90+ page booklet also included in the Secrets Manual. Paperback book \$15.95 <http://www.breathing.com/bhln.htm>

#299. Grain Damage: Rethinking the High Starch Diet by Doug Graham

The Chinese characters for "fasting" literally translate into "avoiding grains." "I believe there is a relationship between grain consumption, addictions and Alzheimer's disease." Michael Grant White 39 page booklet. \$9.95 <http://www.breathing.com/grain-damage.htm>

#559. Green For Life by Victoria Boutenko

In her search for the ideal raw food diet Victoria took a little closer to nature - resulting in some fascinating insights. "I predict this one single book will bring health to millions." 190 pages. \$14.95 <http://www.breathing.com/green-for-life.htm>

#571. Optimal Digestion

Supreme enzymes. Digestion is critical to healthy respiration. 90 capsules \$19.95 <http://www.breathing.com/optimal-digestion.htm>

#575. ProEFA

Pharmaceutical-grade fish oil. Best quality. Lungs must have it. Also good for heart health. \$23.00 <http://www.breathing.com/proefa.htm>

#576. Vitamin C

Cranberry Emergen-C. Good for acute and chronic colds and other respiratory ailments. 36 packets each \$13.95 <http://www.breathing.com/vitamin-c.htm>

#602. ProFlora

Build healthy bacteria. Good bacteria helps you digest your food and absorb key nutrients. Proper bacteria are essential for a strong immune system. \$23.00 <http://www.breathing.com/proflora.htm>

#603. Calcium Magnesium

Good and economic source. Lungs must have it. Mandatory for healthy cellular function. \$13.95 <http://www.breathing.com/cal-mag.htm>

#850. Respiratory Enhancer - Aromatherapy

Works best when combined with the basic combination of the 176 Fundamentals Video and Diaphragm Strengtheners. \$35.00 <http://www.breathing.com/re.htm>

#601. Oregano Oil (Oregacillin)

Fights unhealthy bacteria in the lungs. Flu virus destroyed in 20 minutes. \$29.00 <http://www.breathing.com/oregano-oil.htm>

#851. Tryptophan

An essential amino acid. Aids sleep and relaxation. \$37.00 <http://www.breathing.com/tryptophan.htm>

#555. Optimal Immune (ThyMune)

Synergistic immune system strengthener. Balances thymus tissue for immune support. \$21.50 <http://www.breathing.com/immune.htm>

#749. Brain On

Brain support. Concentrated memory food. Enhances concentration and attention and creates a feeling of well being. \$36.95 <http://www.breathing.com/brain-on.htm>

#950. PURE Dietary Supplement Capsules

Offers an advanced mineral delivery system, promotes optimal absorption of nutrients, and provides a high profile of free radical scavenging antioxidants. \$34.50 <http://www.breathing.com/pure.htm>

#321 RDA: Rats, Drugs and Assumptions by Majid Ali

A book about one physician's search for the cause of disease and truth in medicine. One of the most experienced pathologists and experts in the world on the way oxygen functions in the human body. 656 pages \$19.95 <http://www.breathing.com/rda.htm>

#332 The 80/10/10 Diet by Douglas N. Graham, MD

Balancing your health, your weight, and your life, one luscious bite at a time. 338 pages \$26.95 <http://www.breathing.com/80-10-10-diet.htm>

#342 Feel the Fear....and Do It Anyway by Susan Jefferies

Mastering the techniques and doing it anyway. 252 pages \$13.95 <http://www.breathing.com/feel-the-fear.htm>

#325 Unstoppable By Cynthia Kersey

45 powerful stories of perseverance and triumph from people like you. 314 pages \$14.95 <http://www.breathing.com/unstoppable.htm>

#339 The Oxygen Protocol for the Treatment of Cancer

The oxygen protocol for the treatment of cancer, and much more. 395 pages \$28.95 <http://www.breathing.com/oxygen-protocol-cancer.htm>

#333 The Oxygen Answer for Health and Healing

The Twenty Minute Read that could change your life. 23 pages \$4.50 <http://www.breathing.com/oxygen-answer.htm>

#337 Breathe Into Being

Awakening to Who You Really Are. 115 pages \$15.95 <http://www.breathing.com/breathe-into-being.htm>

#334 Alkalize or Die

Dr. Baroody's comprehensive research and clinical findings indicate that illness and disease are directly linked to overacidity in the system. 208 pages \$13.95 <http://www.breathing.com/alkalize-or-die.htm>

INTERNAL CLEANSING

#501. Oxy-Cleanse

Internal cleansing at its best. A true colon conditioner. Deep and safe, no psyllium. Take it at night and awaken to soon feel lighter and cleaner inside. \$18.99 <http://www.breathing.com/oxy-cleanse.htm>

#778. Heavy Metal Detox

Removes dangerous metals from the body. Double blind study. \$59.00 <http://www.breathing.com/hmd.htm>

#940. Sinus Cleansing

Safe and effective. No drug side effects. \$14.95 <http://www.breathing.com/sinu-cleanse.htm>

#571. Optimal Digestion

Supreme enzymes. Makes internal cleansing easier and more efficient. 90 capsules \$19.95 <http://www.breathing.com/optimal-digestion.htm>

OXYGEN BOOSTERS

#597. Oxygen Concentrators/Bars

Make your own oxygen or oxygen bar. Equipment at reduced prices. Completely refurbished. Price including shipping. \$457.00 USA \$577.00 ALASKA / HAWAII / CANADA <http://www.breathing.com/oxygen-bar.htm>

#501. Oxy-Cleanse

An oxygen-rich intestinal cleanser. Also nourishes oxygen starved cells, strengthening them back to health. \$18.99 <http://www.breathing.com/oxy-cleanse.htm>

#505. OxyLift

Daily oxygen and mineral booster. A super concentrate. \$26.95 <http://www.breathing.com/oxylift.htm>

#749. Brain On

Major O2 transport. Brain support. Concentrated memory food. Enhances concentration and attention and creates a feeling of well being. \$36.95 <http://www.breathing.com/brain-on.htm>

#850. Respiratory Enhancer - Aromatherapy

Helps oxygen be more effective in cleansing the lungs. \$25.00 <http://www.breathing.com/re.htm>

#852. Mental Clarity – Aromatherapy

Helps oxygen more effective at aiding brain function \$25.00 <http://www.breathing.com/mc.htm>

HOMEOPATHY

\$15.95 each

#401. KingBio Snore Control <http://www.breathing.com/8/kb/index.htm>

#402. KingBio Asthma Clear <http://www.breathing.com/8/kb/index.htm>

#403. KingBio Lungs and Bronchial Relief <http://www.breathing.com/8/kb/index.htm>

#404. KingBio Smoke Control <http://www.breathing.com/8/kb/index.htm>

#405. KingBio Allergies and Hay Fever <http://www.breathing.com/8/kb/index.htm>

#406 KingBio Adictaplex <http://www.breathing.com/8/kb/index.htm>

#407. KingBio Calm <http://www.breathing.com/8/kb/index.htm>

SPECIAL DEVICES AND EQUIPMENT

#910. Blue Velcro Strap

Offsets the tendency of breathing too high into the upper chest. Rebalances the nervous system by forcing the breathing to be more parasympathetic. \$24.00 <http://www.breathing.com/bvs.htm>

#622. MindFold Relaxation/Sleep Mask

MindFold isn't just a sleep mask, it's a relaxation revolution! \$18.95 <http://www.breathing.com/mindfold.htm>

#912. NADA Chair

Improves posture to allow for deeper and easier breathing. Order on the breathing.com web only <http://www.breathing.com/nada-chair.htm>

#875. HearFones

For singers and speakers. Hear what you really sound like. Used in conjunction with our Singing and Speaking Program.

\$30.00 <http://www.breathing.com/hf.htm>

#915 Cervical Collar

For maintaining consistent head and neck mobility for evenness of vocal tract during appropriate exercises. Used in conjunction with our [Singing and Speaking Program](#). \$17.95

#1001. ChinUp Strip

Helps snoring and other sleep problems. Free samples included in our Sleep Program. <http://www.breathing.com/chinupstrips.htm>

TRAININGS AND SERVICES

The Optimal Breathing School (Practitioner Trainings)

#828. Optimal Breathing School Tuition Call 866 MyInhale (866.694.6425)

Bring the “whole” back into holistic. Become expert in a field few health professionals clearly understand. Call us to clarify your appropriate training level.

#169. Optimal Breathing School Introduction DVD

For those considering becoming Optimal Breathing Development Specialists \$19.95 <http://www.breathing.com/video-169.htm>

#183 Fit For Sleep Clinic call 866 MyInhale for enrollment and scheduling

Spasmodic Dysphonia Clinic call 866 MyInhale for enrollment and scheduling

9-09