

Improve:

Energy - Stamina - Mental clarity
Productivity - Attitude - Speaking
Number of days at work - Morale
Teamwork - Work quality - Leadership

Decrease or eliminate:

Snoring - Insomnia - Apnea
Depression - High blood pressure
Anxiety - Sick days - Rx drugs
Replacing key employees
Mechanical breathing devices

We are health care providers addressing breathing development as a primary approach to optimal sleep and wellness. We also have a school for health professionals.

DISCLAIMER

Our research has found that most people are unaware they have breathing issues that are affecting the way they sleep.

We realize that many must use conventional medical methods for sleep such as prescription drugs, surgery and mechanical breathing devices and that those methods may help many stay alive.

We know that many can not or choose not to use those methods and thus are at possible risk for severe health challenges caused by poor sleep and oxygen deprivation during sleep.

We do not treat disease. We simply restore healthy breathing and that in itself often gives the body what it needs to heal on its own. Our **FitForSleep™** all natural programs stand alone as well as augment traditional, complementary and alternative approaches. If you have a diagnosed illness we encourage you to check with your physician before participating in any of our programs.

TAKE OUR SLEEP QUIZ

Please circle T (True) or F (False)

- T F I feel sleepy during the day.
- T F I feel sleepy during the day, even when I get a good night's sleep.
- T F I get very irritable when I can't sleep.
- T F I often wake up at night and have trouble falling back to sleep.
- T F It often takes me a long time to fall asleep.
- T F I usually feel achy and stiff when I wake up in the morning.
- T F I often seem to wake up because of dreams.
- T F I sometimes wake up gasping for breath.
- T F My bed partner says my snoring keeps her/him from sleeping.
- T F I have partly or completely fallen asleep driving.
- T F I breathe shallowly.
- T F My breathing often gets "stuck."
- T F I often can not take a deep breath-catching breath.
- T F I often feel tightness in my chest.
- T F I am often short of breath.

If you answered true more than twice, you may want to receive our free screening. Please call 866-694-6425 to set up an appointment.

Sleep Better NOW

Be Healthier, Feel More Rested, Get More Done, Have More Fun



46 million Americans suffer from some type of sleep disorder.

"Fewer than 5% of people with sleep disorders are diagnosed and treated."
- Robert Koenigsberg, *SleepQuest.com*

Most of these 46 million Americans will die prematurely in their sleep.

866.694.6425
(866.MyInhale)

HOLISTIC NON-DRUG COMPLEMENTARY ALTERNATIVE APPROACHES

One of the most overlooked factors in our sleep is how well we breathe.

Sleep is largely about cellular repair and energy recovery. The way we breathe should supply up to 99.9% of our energy but many do not breathe well enough.

Properly or improperly developed breathing carries over into sleep.

Our trainings address assessing and improving breathing in proprietary ways using insights from over 30 years of research into eastern and western methods and statistical correlations of over 55,000 Breathing Tests taken on the Breathing.com web site.

Private Sessions Confidential Results Guaranteed

Member:
American Holistic Medical Association
American Holistic Health Association

Safe • Fast • Painless • Drug Free

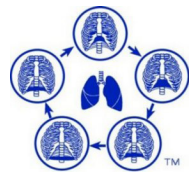


Breath is life.

Sleep rejuvenates
your life!

The way you breathe influences everything about you. Our programs address breathing development goals related to:

- Sleeping
- Snoring
- Singing
- Emotional i.e. anxiety, depression, fear, anger
- High blood pressure
- Asthma symptoms
- Shallow breathing
- Tightness in the chest
- Overbreathing/hyperventilation
- Fatigue
- Heart rate inconsistency
- Attention span
- Speaking
- Weight control
- Sports performance



Optimal Breathing
Corporation®
Charlotte, NC 28204
866.694.6425

“ Breathing is the FIRST place - NOT the LAST place - one should investigate when evidence of any disordered energy presents itself.”

Sheldon Saul Hendler, M.D. Ph.D.

“I learned more about breathing in a few days than I had in years!”

Randall Langston, M.D. ENT

“I have not slept this long and deep in 5 years even with sleep medication and it only took me 7 hours with your training to make the change.”

James Creighton

A recent private session client arrived with high anxiety, high blood pressure (medicated), poor sleep, low energy and sub-par blood oxygen. 3 days later his blood pressure had normalized (un-medicated), sleep was great, anxiety way down to “relaxed” and resting blood oxygen up 4 points.

Get FitForSleep™

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