



Adenoids Without Surgery: Breathing Exercises and Lifestyle Recommendations to Help Children Avoid Adenoidectomy Naturally (Breathing Normalization)

Sasha Yakovleva

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This book is an illustrated guide for parents who want to help their children avoid adenoid removal surgery naturally by applying the Buteyko Breathing Normalization method. The Breathing Normalization method, which follows the physiological logic of the body and helps children improve their overall health, was developed in Russia by K. P. Buteyko, MD, and A. E. Novozhilov, MD. In the thirty years it has been in existence, the method has helped thousands of children avoid adenoidectomy by improving their respiratory health. Since 2009, it has been available through Breathing Center in the USA and around the world. The book is written by Sasha Yakovleva, Advanced Breathing Normalization Specialist and co-founder of BreathingCenter.com The Adenoid Without Surgery program contains two major elements: a change in lifestyle and breathing exercises. This book gives detailed instructions on both. It is easy to read and provides in-depth information in various forms: direct recommendations, a conversation with Dr. Novozhilov, stories about and from Breathing Center's clients, and fun illustrations.

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