

Benefits of Got Breath?®

The 3 in 1 (HET) Program on CD

Improves Respiratory Function	Increases Oxygen to the Cells, Blood & Organs
Eases Asthmatic Conditions	Extreme Stress Reduction
Increases Metabolism, Energy and Vitality	Provides Deep Relaxation
Eases Diabetic Conditions	Increases Oxygen to the Brain
Burns Fats and Carbohydrates	Increases Clarity of Thinking
Strengthens the Heart & Lungs	Super Boosts the Immune System
Improves Digestion	Eliminates Toxins & Carbon Dioxide build up
Promotes Healthy Weight Reduction	Eases Neuromuscular Conditions
Reduces High Blood Pressure	Promotes Smoking Cessation
Reduces Depression and Increases Joy	Reduces Risks of Cancer
Compliments All Aspects of Healing	No Side Effects
Improves Relationships & Intimacy	Reduce Health Care Costs
Healthy Aging & Life Longevity	Enjoy a Higher Quality of Life

Got Breath? is a guided audio program designed to eliminate shallow breathing and teach correct breathing...one breath at a time.

Got Breath? is versatile, easy to integrate into your life, simple, pleasurable, fun. Designed as a gradual conditioning program which trains the body and the mind to breathe correctly, to relax more deeply and to breathe safely, fully and freely.

The **Got Breath?** program promotes the healing properties of deep relaxation and thorough oxygenation to nourish and heal your whole body, mind and spirit, resulting in true holistic wealth.

To begin your **Got Breath?** gradual conditioning program, simply lay down (to lay down, undistracted, is ideal, creating opportunity for deep relaxation and thorough oxygenation), relax, listen, luxuriate and follow the breathing program.

Repetition is the key to success.

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Got Breath? is...A Healthy Investment and Extreme Cost Effective Approach to Prevention and Wellness. Save thousands of dollars each year by substituting **Got Breath?** correct breathing practices for antidepressants, smoking, over eating, consumption of toxic foods and beverages, alcohol, the list goes on...

To view a series of Got Breath? presentations on **You Tube**, click below:
http://www.youtube.com/results?search_query=gotbreath&search_type=&aq=f

GOT BREATH? on CD only \$19.99

PURCHASE NOW! <http://www.hawaiianwell.org/order.html>