



The breathing device which prolongs your life

Nobody doubts that correct breathing is of great importance to health. But there are few people who are aware breathing to be one of the most effective ways to improve health, enhance athletic performance, stabilize the psyche and manage stress.

That`s what “Smart Breathe” is for.



Effective breathing is the way to health.



More oxygen into the cell
gives you more energy.

It is known that the oxygen we breathe is saturating the blood, but the level of blood oxygen turns out to be low. Without sufficient oxygen to the cells your body becomes more susceptible to health problems. That is why it is so important to oxygenate them.

Why do the cells receive too little oxygen?

The reason is that the quantity of oxygen transferred by the erythrocytes to the cells depends on the quantity of carbon dioxide in the blood. According to 24 scientific studies modern people breathe wrong, they hyperventilate. It means that carbon dioxide is blown out too much which in its turn leads to poor oxygen uptake and therefore health problems.

Why do we hyperventilate?

Some reasons are that we are often exposed to stress, eat too much and have toxins in food and other environmental problems. "Smart Breathe" provides breathing with resistance and long exhalations which helps us to keep carbon dioxide in the blood. Due to such kind of breathing the healing process starts, the body resistance increases and we can protect ourselves against diseases.



Breathe less frequently
-live longer

Life processes, for example, digesting as well as physical work, managing stress and dealing with bad ecology demands a lot of energy. But the largest part of it goes to supply breathing. A normal human takes about 21 600 breathes a day. While breathing with SB device from 30 to 60 minutes every day our brain gets used to make fewer than 15 breaths per minute. After a few months of breathing exercises with the device the number of breaths can be reduced to 6-8 per minute, which is considered to be optimal for human beings. It means that by saving energy we increase healthy life expectancy.



Increase the body`s resistance.

The body resistance is provided by the immune system. With the help of “Smart Breathe” we increase oxygen uptake of all cells, including the ones of the immune system. It makes the immune system stronger and therefore increasing protection of the body from viruses, microbes, parasites, etc.



An easy and mobile way
to restore health

You carry “Smart Breathe” about everywhere and use it any time, in any context: while cleaning, washing, working at the computer, driving a car, watching TV, etc. You don`t need special time to practice, you can always work out!



Like brushing your teeth

Every day we clean the teeth to keep them healthy. We can do the same with the whole body by using “Smart Breathe” regularly and supplying the cells with more oxygen.



Our health depends on the condition of the body's regulatory mechanisms, including the nervous system. Its condition is crucial to how we feel because the work of each organ is under control of the nervous system. We can treat intestines, liver, kidneys with different therapies without any effect if it is instable. The method of efficient breathing strengthens the cells of the nervous system by increasing their oxygen supply and thus our health in general.

By using "Alfa" the apparatus for the health check-ups man can clearly see the differences in the measurements of various health parameters before and after breathing exercises. The picture above shows the improvement of a person's adaptation ability, one of the most important health parameters, as well as biological age after four months training with Smart Breath device. The cells energy level and imbalance in the nervous system can be also measured with the help of "Alfa".



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