

What Happens When You Hold Your Breath For A Few Minutes A Day?

The Benefits Of Intermittent Hypoxia

Benefits:

1. Vasodilation & Improved Circulation
2. Increase In Red Blood Cells
3. Memory & Cognitive Function
4. Induces Cancer Protecting Protein p53
5. Proliferates Antiaging Stem Cells

Methods:

1. Rechaka Pranayama
2. Wim Hof Method
3. Buteyko Method
4. Hypoxia Therapy
5. Altitude Training

May Treat:

1. Alzheimer's, Dementia, Parkinson's
2. Type 2 Diabetes
3. Coronary Artery Disease
4. Osteoarthritis
5. Inflammation
6. Autoimmune Conditions
7. Depression

Fact: Russian scientists have used intermittent hypoxia as 'hypoxia therapy' to treat a variety of health issues for several decades.

visit: TheRenegadePharmacist.com/breathhold
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Few Minutes A Day

S Marginson



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