

How the Oxygen Remedy Can Get Rid of the Lupus Symptoms—By Getting to Their Cause

Science still doesn't understand lupus.

There's no definitive test to diagnose it, or medicine to treat it. Lupus is an autoimmune disorder—where the body's immune system can't distinguish between invading pathogens that cause illness and its own antibodies.

Lupus can cause a wide range of symptoms, including:

- Fatigue and fever
- Joint pain, stiffness and swelling
- Butterfly-shaped rash on the face that covers the cheeks and bridge of the nose
- Skin lesions that appear or worsen with sun exposure
- Fingers and toes that turn white or blue when exposed to cold or during stressful periods (Raynaud's phenomenon)
- Shortness of breath
- Chest pain
- Dry eyes
- Headaches, confusion, memory loss



All doctors know how to do is prescribe drugs for these symptoms. But there is a better treatment that gets to the root of the body's poor immune function.

Medicine often brings with it a host of dangerous side effects—and many people also suffer from drug-induced lupus. Your medication could be making your disease all the worse!

The Oxygen Remedy Therapy for Lupus

Thousands use the techniques coached by the Oxygen Remedy to manage their chronic diseases, without drugs. Here's how it works:

Sick people are chronic overbreathers. They breathe too much and too deeply, and their bodies don't know how to transport the oxygen. The Oxygen Remedy offers a course of breathing exercises that re-set your way of breathing.

By breathing less, you actually get more oxygen to the cells and tissues that need it. You raise the level of CO₂ in your body, allowing the arteries to dilate and transport oxygen freely to all areas of the body.

These methods, founded by a generation of Russian doctors and subject to dozens of clinical studies, have been found to permanently relieve the symptoms of chronic diseases, because they address their root cause.

Clinical Studies and Endorsements

I don't want you to just take my word for what you can achieve when you change your breathing habits. There is wide proof that these methods work and some prominent and well-respected organizations have spoken out in support of them. I want to share a few of those with you.

Mayo Clinic Endorsement



The renowned and well-respected Mayo Clinic endorses the Buteyko breathing method. This is what they have to say:

"Doing breathing exercises may reduce symptoms and may decrease the amount of medication you need to control your asthma.

The Buteyko breathing technique, which teaches you to habitually breathe less. The theory is that this reduces asthma symptoms by keeping you from getting too much air (hyperventilation). This method also gives advice about stress reduction, medication use, nutrition and general health."

Current Science Magazine

Here's a quote from a September 2010 article on asthma.

"Buteyko reasoned that learning to stay calm and breathe properly - to keep from hyperventilating - was the remedy for asthma. 'the essence of the technique,' he wrote 'is for a patient ... to lessen his depth of breathing by relaxing the respiratory muscles.' When he experimented with that approach, his symptoms disappeared and his health improved. Buteyko went on to teach his breathing technique to other doctors."

New York Times Health Section



Here is a brief excerpt from a lengthy November 2, 2009 article in the health section.

"I don't often write about alternative remedies for serious medical conditions. Most have little more than anecdotal support, and few have been found effective in well-designed clinical trials....

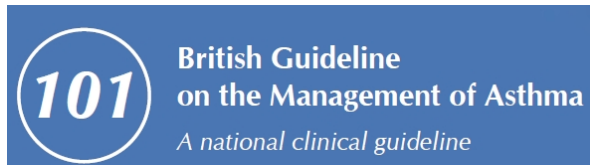
Now, however, in describing an alternative treatment for asthma that does not yet have top clinical ratings in this country (although it is taught in Russian medical schools and covered by insurance in Australia), I am going beyond my usually stringent research criteria for three reasons:

The treatment, a breathing technique discovered half a century ago, is harmless if practiced as directed with a well-trained therapist.

It has the potential to improve the health and quality of life of many people with asthma, while saving health care dollars.

I've seen it work miraculously well for a friend who had little choice but to stop using the steroid medications that were keeping him alive."

British Guideline on the Management of Asthma



Here is what the guideline said in 2008 and how they rated the studies they relied on to make the endorsement.

"The Buteyko breathing technique specifically focuses on control of hyperventilation and any ensuing hypocapnia. Four clinical trials suggest benefits in terms of reduced symptoms and bronchodilator usage but no effect on lung function. 261-264

Buteyko breathing technique may be considered to help patients to control the symptoms of asthma."

Level of evidence: 1+ Well conducted meta-analyses, systematic reviews, or RCTs with a low risk of bias.

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Grade of recommendation: B - A body of evidence including studies rated as 2++, directly applicable to the target population, and demonstrating overall consistency of results;

or

Extrapolated evidence from studies rated as 1++ or 1+”

New Zealand Medical Association

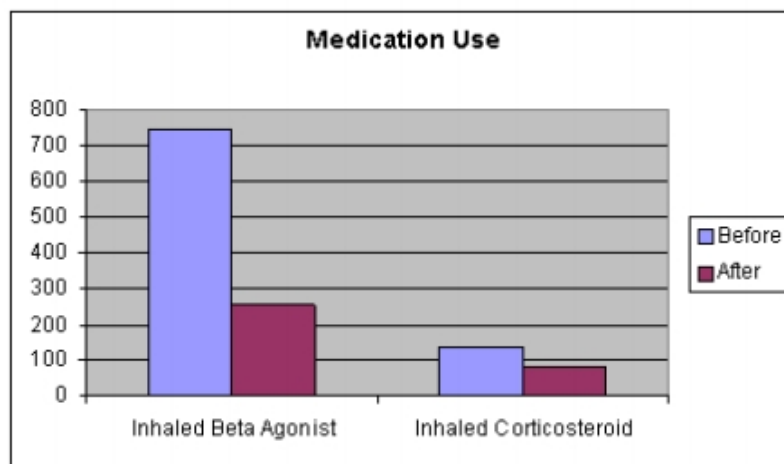


Journal of the New Zealand Medical Association, 19-

May-2006, Vol 119 No 1234

Here are result highlights of a clinical study conducted in 2006. The breathing instructions were only conducted for 5 days.

"Average B2-agonist use reduced from 743 mEq of salbutamol per day to 254 mEq/day, a drop of 66%. Inhaled steroid use reduced from 138 mEq of fluticasone per day to 81 mEq/day, a drop of 41% (Figure 1)."



"In addition to reduction in medication there were improvements in measures of quality of life scores, symptom scores, and also a reduced number of courses of oral steroids."

From the study, this table compares the results to previous studies conducted.

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Table 2. Comparison of medication reductions in BBT trials to date

	Brisbane ³	Gisborne ⁵	Nottingham ⁶	This series
Beta-agonist reduction	95% *	85%	100% *	66%
Inhaled steroid reduction	49%	50%	41.5% **	41%

Switzerland Sleep Apnea Clinical Trial

J Neurol 1993 Nov;241(11:45-8 (ISSN: C340-5354) Villiger PM; Hess CW; Reinhart WH Medizinische Klinik der Universitat, Inselspital, Bern, Switzerland

"Beneficial effect of inhaled CO₂ in a patient with non-obstructive sleep apnoea.

The study involved a single 63 year old man suffering from severe non-obstructive apnea with the following conditions:

- *Apnoea index 28*
- *Apnoea durations between 45 and 60 seconds*
- *O₂ saturation between 72% and 98%*

The subject had not responded to common treatment. But was successfully treated with CO₂. A tent was use to increase CO₂ levels during sleep. A 3% concentration of CO₂ brought the PaCO₂ level above the apnoea threshold. At this level the Apnoea was fully suppressed.

As a result, O₂ saturation remained normal throughout the whole night and the symptoms of sleep apnoea disappeared. We hypothesize that the PCO₂ ventilatory drive was intact in our patient and that hypocapnia was the major factor causing the non-obstructive sleep apnoea syndrome. Administratino of CO₂ with a constant flow system could be a safe and easy alternative for patients with non-obstructive sleep apnoea syndrome who present with hypocapnia and an intact respiratory feedback control system.

Brisbane Clinical Trial 1994/95

Medical Journal of Australia, Volume 169 December 1998

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The Brisbane clinical study is considered the first serious clinical study conducted outside of Russia.

The study trial was held at the Mater Hospital in Brisbane. A semi-blinded, randomized study trial compared the effects of Buteyko breathing technique with a placebo breathing technique. It was funded by the Australian Association of Asthma Foundations. The study was designed and supervised by some of Australia's leading medical asthma specialists.

Severe asthma sufferers were randomly assigned into either the Buteyko group, or the Placebo group. The two groups were statistically equal in terms of asthma severity and drug usage. There were 19 people in the Buteyko group that were obviously taught the Buteyko breathing method. The placebo group consisted of 20 people that were given general asthma education, relaxation techniques, and taught non-hyperventilation breathing techniques.

Results at 6 Weeks
Beta Agonist Use:

Buteyko Group decreased average agonist use by 90.1%. [From 1235ug to 134ug]

Placebo Group decreased average agonist use by 5%. [From 1029ug to 978ug]

Inhaled Steroid Use:

Buteyko Group average inhaled steroid use fell 12.5% from 1893ug to 1656ug

Placebo Group average inhaled steroid use remained statistically the same at 1450ug to 1551

Symptom Scores (3 being the worse and 0 being no symptoms)

Buteyko Group decreased symptoms score by 50%

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Placebo Group decreased symptoms score by 15%

*Quality of Life Score (impact of asthma on patient lives)
Dimensions measured were breathlessness, mood , impact on
social activity, concern for the future.*

Buteyko Group - 54% improvement, better in all dimensions

Placebo Group - 24% worsening

*The Buteyko group was contacted again after 8 months. The
decrease in beta-agonist use in the Buteyko had been
maintained as was the significant improvement in quality of life
scores.*

Official Approval By the First Moscow Medical Institute of E.M. Sechenov

This clinical study was conducted between February 27 and May 21
1981 and led to the official approval to use the Buteyko breathing
technique as a treatment for asthma.

*The study was conducted with 52 patients between the ages of 3
and 15. There were 36 boys and 16 girls in the study. 34 were
currently hospitalized and 18 were outpatients. 24 had atopic
bronchial asthma, 22 mixed bronchial asthma, and 6 bacterial
allergy bronchial asthma. The majority (36) had been suffering
from their health conditions from up to 5 years with the longest
being 15 years.*

*The majority were or have suffered other symptoms commonly
associated with asthma, such as:*

- *Pneumonia*
- *Physically
handicapped*
- *Obese*
- *Bad posture*
- *Chest deformity*
- *Allergic reactions to
medication*
- *Allergic reactions to
food*

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- *Allergic reactions to dust*
- *Suffered from rhinitis*
- *Quinke's oedema*
- *Predisposition to colds and flu*
- *Problems with nasal breathing*
- *Chronic tonsillitis*
- *Sinus problems*
- *Headaches*
- *Palpitations*
- *Unstable body temperature*
- *Sleeping problems*
- *Loss of appetite*
- *Constipation*
- *47 were regular hospital patients*
- *Only 5 had not require hospitalization*

The Buteyko breathing exercise was performed each morning for between 40 and 90 minutes. It was done under the supervision of a specialist. Most of the children master the technique in 5 to 10 minutes. They proved to be dedicated to performing the breathing exercises correctly and on schedule.

Within 1 to 5 days of beginning treatment, all patients had stopped having asthma attacks, coughing, blocked nasal passages, and wheezing. The children were encouraged but not required to substitute the breathing exercises for medication if they felt an attack coming on. 38 of them immediately discontinued their medication after beginning the breathing exercises. Another 8 cut back on medication after 3 to 4 days.

Those that continued taking medication along with the breathing exercises did so with a reduced amount. Patients gradually reduced steroid usage.

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Clinical Study Summary

1981 Moscow Children's Asthma Study				
	*Major Health Improvement	**Some Health Improvement	No Change	Conditions Worsened
Hospitalized	28 (82.4%)	6 (17.6%)	0	0
Not Hospitalized	15 (83.3%)	3 (16.6%)	0	0
Total	43 (82.7%)	9 (17.3%)	0	0
<p>*Major health improvement - cessation of all heavy attacks. Only slight traces of the disease or a total disappearance of the symptoms.</p> <p>**Some health improvement - the degree of attacks is lessened together with a significant reduction in medication.</p>				

Increased Control Pause Over Time					
			Progress		
Degree of Illness	Number of Patients	Beginning CP	Week 1	Week 2	Week 4
Severe	14	2.9 (+/- .3)	28.0 (+/-4.9)	24.5 (+/-4.5)	31.4 (+/-4.7)
Average	26	5.4 (+/- .7)	24.0 (+/-3.9)	28.3 (+/-6.4)	31.4 (+/-4.7)

- *The Buteyko breathing method has shown it decreases the number and severity of asthma attacks and medicine usage.*
- *Blood acid-alkali balance and lung ventilation improved.*
- *The Buteyko breathing method can successfully be taught to children as young as 3.*
- *The Buteyko breathing method is effective during acute periods of bronchial asthma in seriously ill patients.*

If you are ready to obtain truly tremendous results or just want some relieve from minor symptoms plaguing you constantly, the best way to get results is by joining us today at www.oxygenremedy.org.

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Oxygen Remedy.org

- Perfect health
 - No expensive Supplements
 - No pills
 - No Diets and no gym exercises needed.
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