



SMART breathe™

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The breathing device that helps you live longer

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.

The Smart Breathe helps you train and start breathing optimally.

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Efficient breathing for a healthier life

More oxygen in your cells 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 incorrectly by hyperventilating. This means that carbon dioxide is exhaled too much, which in turn leads to poor oxygen uptake and thereby 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.

The “Smart Breathe” allows you to breathe with resistance and long exhalations to keep carbon dioxide in the blood.

This helps start the healing process, increase the body’s resistance and protect against disease.

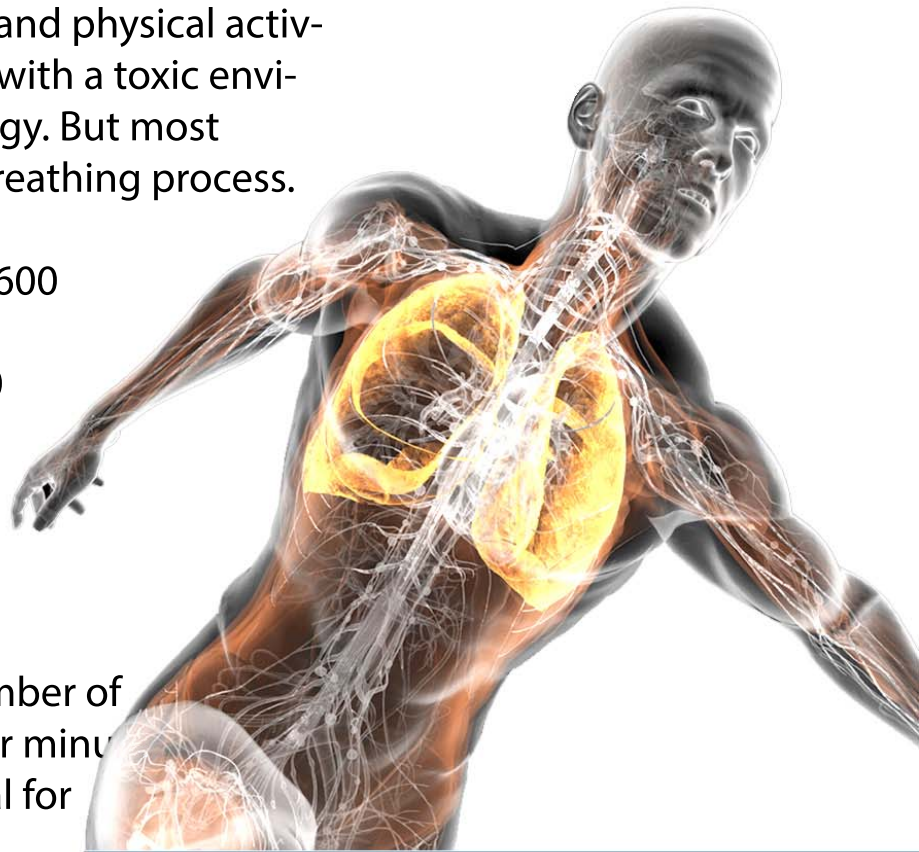


Breathe less, live longer

Life processes, such as digestion and physical activity, managing stress and dealing with a toxic environment all demand a lot of energy. But most energy just goes to driving the breathing process.

A normal human takes about 21 600 breaths a day. Breathing with the Smart Breathe device for 30 to 60 minutes every day gets our brain used to making fewer than 15 breaths per minute.

After a few months of 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.



By saving energy in this way we can increase our expectancy of a healthy life.

Increase your body's resistance.

Our body's resistance is dependent on how the immune system functions. But the immune system is also composed of cells, and thanks to proper breathing with the "Smart Breathe" we can increase oxygen uptake by all the cells in our body, including the immune system. The latter thus becomes stronger, and increases our resistance to and protection from viruses, bacteria, parasites, etc.

An simple and practical way to maintain your health

You can carry the Smart Breathe around with you in your pocket and use it at any time and in any context: while you wash, whilst working at your computer or watching TV, driving to work, etc. You do not need to set aside a special time to train – you can work out anytime, anywhere!

You don't need to set aside time for your breathing exercises, you can just do them anytime, anywhere!

A daily ritual

Every day we brush our teeth to keep them healthy. In the same way we can keep our body healthy if we use the Smart Breathe regularly to give our cells more oxygen.

The state of the body's regulatory mechanisms governs our health, including the nervous system, the state of which is crucial to how we feel. The Smart Breathe and effective breathing strengthens the nervous system and thereby our health in general.



By using the Smart breathe with the ALFA heart rate variability measurement device, one can clearly observe differences in various health parameters before and after breathing exercises. The diagram above shows the change in a person's ability to adapt, one of the most important health parameters, as well as the change in biological age after four months of training with the Smart Breathe device.

Both the Smart Breathe™ and the ALFA devices are available on xedestore.com.

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