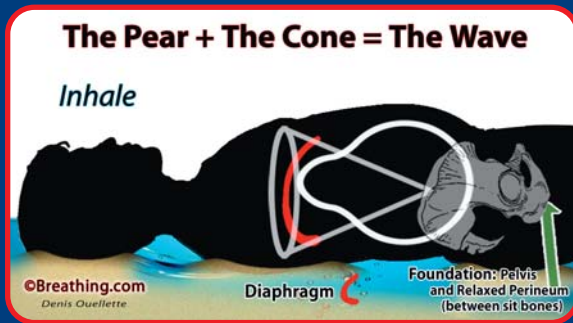


# Accelerated Development of Healthy Breathing and Speech

*CEUs for Naturopaths & Massage Therapists*



## Optimal Breathing Maximizes:

- Health & well-being
- Sports performance
- Life extension
- Speaking & singing
- May reduce or eliminate need for medication(s)

## Health Professionals Will Gain:

- Unique skills
- Better breathing
- Grateful clients
- Additional income
- Increased referrals
- Heightened credibility as a health professional

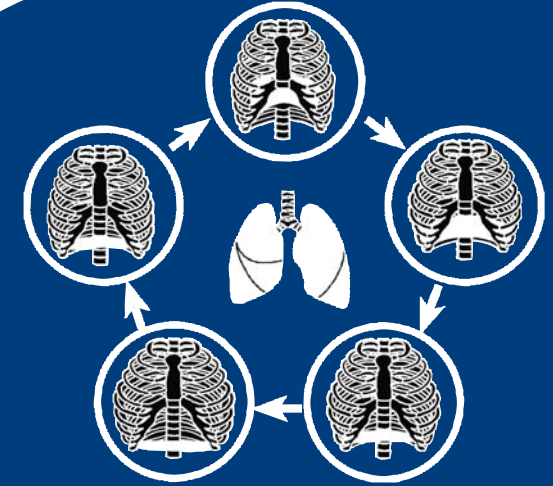
**Optimal Breathing Association™**

1820 Sunhaven Court  
Charlotte, NC 28262

Member:  
American Holistic Medical Association  
American Holistic Health Association

**Superior Health • Peak Performance • Life Extension!**

# Optimal 2 BREATHING SCHOOL™



## Individual & Practitioner Training

*Leading-Edge,  
Touch & Non-Touch Methods*

Learn How & Teach Others  
to Rapidly Develop  
Natural, Mechanical  
Breathing Function

866.694.6425  
**Breathing.com**

# Become an Expert in a Field Few Health Professionals Clearly Understand

## Our classes address breathing development goals related to:

- Shortness of breath
- Symptomatic problems: asthma, chronic fatigue, high blood pressure, obesity, COPD, bronchitis
- Mechanical problems such as restricted or shallow breathing, hyperventilation, tightness in the chest, wheezing
- Emotional symptoms, i.e. anxiety, depression, anger
- Speaking and singing—easier, stronger, more clearly
- Improved sleep, including insomnia, snoring, apnea
- Almost everything else because breath is life.

**You will learn to facilitate significant improvement in your own, as well as most clients' breathing.**

**Prepare to be inspired and delighted!  
Guaranteed Improvement**



There are many people with easily detected breathing problems such as asthma, COPD, and bronchitis. Strangely enough, it is the undetected breathing issues, ones that stay hidden, that cause or worsen most health problems.

*Our trainings address assessing and improving breathing as it relates to superior health, optimal sleep, peak performance and life extension.*



**Michael Grant White**  
NCLMBT #1734

Approved Provider  
NCBTMB #282553-00  
and ANCB—The American  
Naturopathic Certification  
Board

“Breathing is the FIRST place—NOT the LAST place—one should investigate when evidence of any disordered energy presents itself.” —**Sheldon S. Hendler, M.D., Ph.D.**

“I believe my work with Mike has added a dimension to my work as an addictions counselor that I wouldn't have thought possible had I not experienced it first-hand. In addition, I think my own practice of Optimal Breathing, as taught by Mike, has been personally transforming on a number of levels. I would recommend Mike's training and Breathing.com breath-related products to anyone, anytime!”

—**Allen W. Gaskell**

“I learned more about breathing in a few days than I had in years!”

—**Randall Langston, M.D. ENT**

## How Well Do You Breathe?

**FREE Breathing Tests at Breathing.com**

See our Faculty,  
Curriculum for Home-Study,  
Skype or In-Person Courses

& Calendar under

“Practitioner Training” at

**Breathing.com**

**866-Mylnhale**

**866.694.6425**

Eastern Time (M–F 10–6)