

# Structured Breathing: How It Works for You!

There are many folks now using Natural Action Technologies Structuring Units to energize and neutralize toxins from their daily water intake. Many users, or potential users, are beginning to find out and explore the notion of using their same unit as a Structured Breathing device. Check out the feedback we are getting regarding breathing structured air.

## **Slept Better!**

I did the 45 breath structured breathing process in the evening... I slept better that night than I had in years.

J.H., Arizona

## **Clear Sinuses and Mind**

My alkalizing water machine is on the fritz so i have been using the structured unit and like it a lot! Also breathing through it and had a clearing of my sinuses and feel like my mind cleared up!

T.B., Mexico

## **Greater Feeling of Relaxation**

"After using the structured breathing I had an instant feeling of calmness. My body felt relaxed and my mind was at ease. my breathing was deeper and less restrictive. As I walked for the first time after using the structured breathing, my body was heavy and grounded. Overall, I felt like a different person. I really enjoyed the therapy."

Dr. G, Arizona

## **Pneumonia Cleared Quickly!**

I had a patient with pneumonia breathe through a structured unit along with Himalayan Sea Salt under the funnel...it cleared out in 2 days!

Doc Russ, Arkansas

## **Sinuses Opened!**

(paraphrased from telephone conference testimony Natural Action Technologies December 2013) ...my chronic lifelong sinus problems cleared up with the structured breathing...I only breathed through each nostril 3 times and such a big change occurred. I had to repeat it in 3 days as my symptoms came back. Then, it was 6 days before I had to repeat it. I could finally go into cold air areas where before I could never breathe without mucus accumulating. Now, I was able to go into these places without having mucous accumulating .

## **Breathing Strengthened!**

Our daughter had an accident in November of 2012. She has been weak and unable to blow her nose, since then. We are using the portable as breathing instrument for Sandy especially and she is getting stronger with her breathing. Today she was able to "BLOW" when Lee asked her to blow her nose...This was a FIRST since 11-4-12 so the portable unit is undoubtedly making a big difference!!!

THANK YOU CLAYTON and TIM TOULA