

The Energy Blueprint - Breathing For Energy Program

Breathing For Energy Program

Get Supercharged EnergyHyper-Oxygenate your Cells and Reinvest in Your Health-Wire Your Nervous System Out of Chronic Stress and Anxiety Mode – with The The Hidden Key to Optimal health...

If you've been struggling with low energy levels that are quietly sabotaging every area of your life...

Suffering from brain fog, depression, or chronic anxiety...

It's time to get these issues handled and take control of your life once and for all.

One of the most under-resourced-You could also say known “secret”) things within medical science is that the MAJORITY of people (9 out of 10) have DYSFUNCTIONAL breathing habits that have been ingrained by chronic stress...

Which is SABOTAGING their energy levels and causing chronic stress/anxiety — day in, day out, with every breath they take.

This is the key to gaining control over your energy, health and longevity. Many people don't realize that they have breathing problems.

I've partnered with world-Patrick McKeown, a leading expert in breathing (author of The The Oxygen Advantage) is the best breathwork system to increase energy levels.

This is the largest compilation of the best cutting-edge information.-There is no edge breathing science. And it's 100% guaranteed to get you REAL results that LAST.

It took just 8 weeks to complete the Breathing For Energy ProgramYou will:

- Do you have a **10-You can power up your mitochondria with a small daily practice** (this is the single fastest way to increase energy levels I've found in over 25 years)
- Rewire your AUTOMATIC/NON-CONSCIOUS breathing pattern **Every day, deliver more oxygen to your cells**With every breath you take. (More Oxygen = More Energy!)
- To reduce anxiety, be prepared with powerful breathing techniques**This is the fastest way to eliminate anxiety from your body and mind.)**

- Powerfully **boost your immune function** (breathing the right way is a huge key to optimal immune function — which is critical right now, for obvious reasons)
- Learn more **Four keys to optimal breathing** How to rewire your brain so it does this automatically
- Learn why **dysfunctional breathing — which over 9 out of 10 people have — is a common cause of brain fog and mood problems** How to improve circulation and how breathing can fix it!
- Your fitness, stamina endurance, strength, and performance in sport and exercise will be greatly boosted!
- Why? **Breathing practices can often be the key to deeper sleep than you've experienced since childhood.**
- **You can use specific breathing techniques to increase your CO2 threshold. This is the key to getting your nervous system out stress mode.** Reduce your anxiety dramatically

The Breathing For Energy Program It is here to help:

BUILD POWERFUL MITOCHONDRIA

EFFORTLESSLY ENERGY Boost

GET RID OF ANXIETY

ELIMINATE BRAIN FOOG

SLEEP BETTER

STAY CALM UNDER THE STRESS

EXERCISE PERFORMANCE MASSIVELY BOOSTED

BOOST IMMUNE FUNCTION

There are deep, far reaching implications.-These practices offer many benefits

And no matter what your current situation is, and personal health goals are, we've got you covered!

The The breathing for energy program can be broken down into four tracks:

1. For People with anxiety and chronic stress.
2. For People with severe chronic fatigue.
3. For Sleep apnea sufferers and those who have difficulty sleeping.
4. For Regular healthy people who want to boost their energy.

Whatever your personal preferences, choose the track that suits you best (or multiple tracks).

You'll see for yourself that it's packed with life-You can rewire your brain to get out of chronic stress mode using scientific strategies. Get rid of anxiety and create a high-energy body.

Buy TODAY to Save \$200 Pay \$297 instead \$497

If you've been suffering from chronic anxiety and lack of energy, this may be the biggest game-changer in your health you've ever discovered.

I guarantee you'll see huge results (more energy, less anxiety) or your money back.

You literally have nothing to lose and so many things to gain.

Start creating the healthy, energetic brain and body you've been dreaming of...

Proof Content

	5. ANXIETYSTRESS FIX PROGRAM	 ...	Pending
	3. CHRONIC FATIGUE FIX PROGRAM	 ...	Pending
	4. SLEEP FIX PROGRAM	 ...	Pending
	2. Breathing For Energy 12 Week Program	 ...	18 GB
	6. BONUS #1 - Elite Level IHT Breath Holding Practices	 ...	3.9 GB
	7. BONUS #2 - Yoga Nida Practices	 ...	63.1 MB
	8. BONUS #3 - Energizing Breathwork Practice + Shamanic Breathwork Practice	 ...	1 GB
	1. FOUNDATION - Advanced Breathing Science with Ari Whitten	 ...	2.3 GB
	9. BONUS #4 - Advanced IHT Variations	 ...	444.9 MB
	10. BONUS #5 - Integrating Posture Training Exercises with IHT	 ...	1.2 GB
	11. BONUS #6 - Exercises to handle stress and anxiety	 ...	1.3 GB
	12. BONUS #7 - Exercises to up-regulate energy and focus	 ...	1.2 GB
	13. BONUS #8 - Breathwork training during exercise	 ...	2.9 GB
	BFE Welcome and How To Use This Program - Made with Clipchamp.mp4	 ...	56.4 MB
	#Screenshot.png	 ...	865 KB