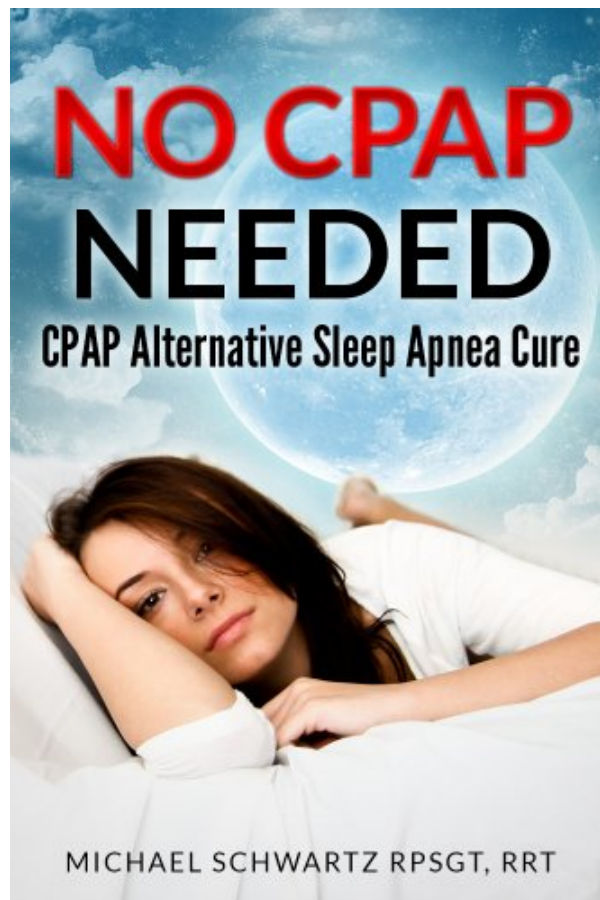
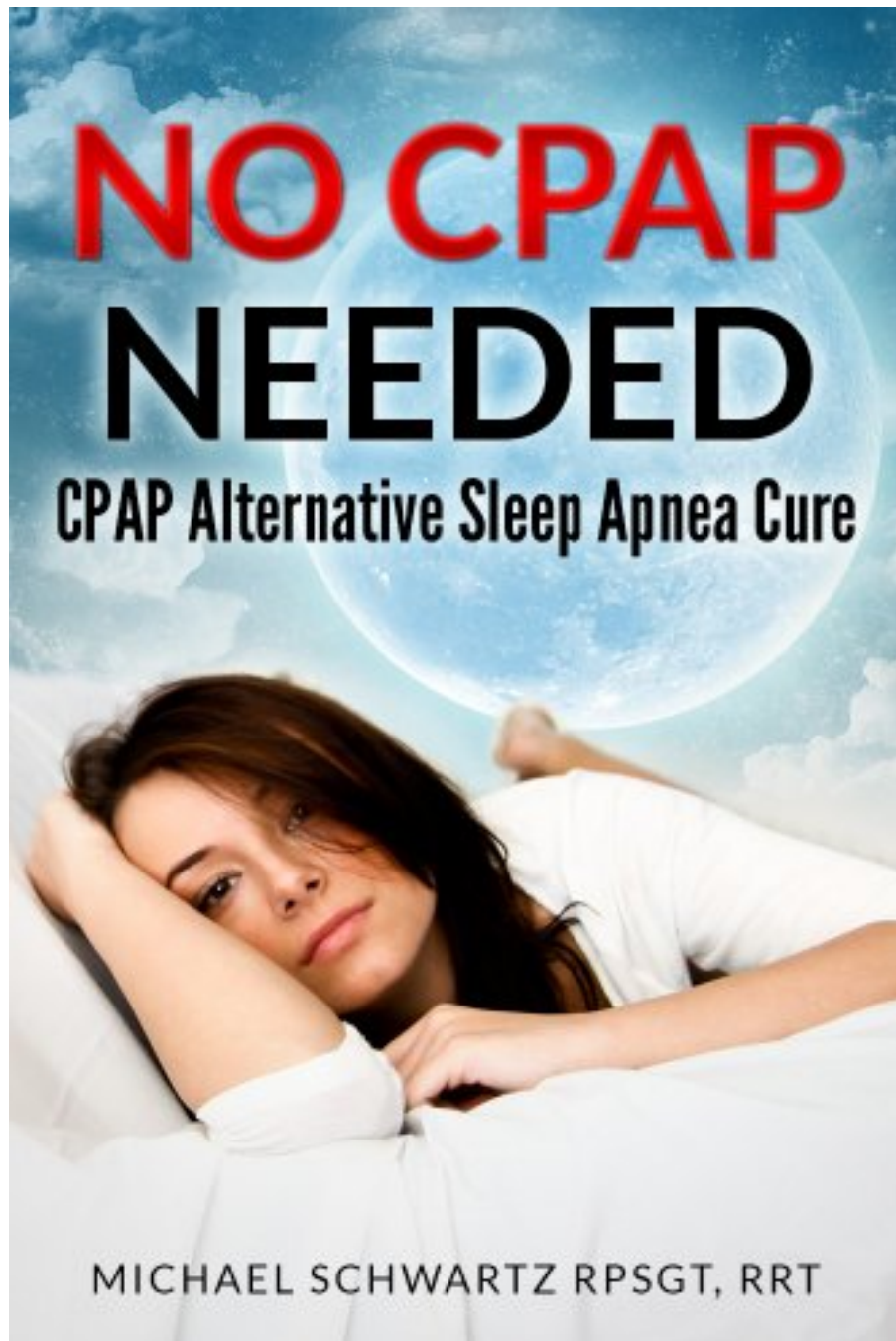


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# **NO CPAP NEEDED: CPAP ALTERNATIVE SLEEP APNEA CURE BY MICHAEL SCHWARTZ PDF**

Are you still wearing a CPAP mask?  
Do you dislike the feeling of relying on a CPAP machine?  
Do you feel like your Sleep Apnea is not getting any better?

Hello My Name Is Micheal Schwartz,

I have worked as Registered Polysomnographic Technologist (RPSGT) as well as a Registered Respiratory Therapist (RRT) so I have been around many patients suffering with sleep loss due to sleep apnea. I have suffered from Obstructive Sleep Apnea (OSA) for many years as well.

I originally found out I had this problem after looking into how to stop snoring and finding out that the loud snoring wasn't really a problem in itself, the snoring was actually just sleep apnea symptoms.

After using a CPAP machine every night I came to the conclusion that I could not stand wearing the mask anymore, and was determined to find an alternative to cpap. Not only did I dislike using CPAP but it was also not solving the main “ ROOT CAUSE ” of my sleep apnea!

So I was determined to find a natural Sleep Apnea cure that actually worked and did not involve surgery or ineffective Aleep Apnea exercises with breathing and muscle strengthening. Then I finally found a combination of 7 key things that you need to balance in order to heal your body and get back to having restorative healthy nights sleep again.

Once you get your body balanced with these 7 factors, your Sleep Apnea will just disappear and the dysfunction that causes a blocked airway corrects itself naturally. This is a system that if followed will produce much greater results than any Sleep Apnea treatment or dental appliances that you have tried. Also It will balance your body with is needed extremely bad in many adults, especially those with Sleep Apnea.

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- Published on: 2013-12-18
- Released on: 2013-12-18

- Format: Kindle eBook

#### Most helpful customer reviews

88 of 92 people found the following review helpful.

An Advertisement for Expensive Tests

By Caryl

I am very glad I borrowed this book from the prime lending library and did not pay for it. It basically says everything we already know - lose weight, eat healthy, exercise and get the right amount of vitamins and sleep. Near the beginning of the book, there are links to click that take you to websites to order expensive medical tests. After reading some of the information, I did a search on the internet and found whole sections of the information in the book were taken word for word from other websites.

18 of 21 people found the following review helpful.

I get the impression that it is written for the benefit of the makers of such supplements Some of what it says may or may not be

By Mr. J. B. Ramsey

This book has some tips about excercises that may help with OSA, but I suspect that its central theme, that you can cure OSA with vitamin supplements, is just plain wrong. I get the impression that it is written for the benefit of the makers of such supplements Some of what it says may or may not be generally good health advice; the danger is that people will stop effective OSA tratment with a CPAP machine, thus endangering their health.

Read with healthy scepticism or avoid!

11 of 15 people found the following review helpful.

Good Stuff

By Crafty Artist

I was feeling really bad and was researching sleep apnea cures and the information presented led me to the book Eat Right for your Blood Type and the diet has made a tremendous difference in my quality of life. Apparently what you eat can effect your sleep.

The exercises are helpful because I did notice how weak my swallowing muscles are and I am working on strengthening them. I do not know if I will be able to get rid of my CPAP machine yet however I do believe I can improve my breathing and sleep by doing the suggested exercise. In any case it was more than worth the money to be introduced to a way of eating that I can stick to for a lifetime and see immediate results in terms of eliminating my cravings and a consistent weigh loss.

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