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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Powerbreathe, Lung Conditioner and Breathing Exerciser

By Tzaf

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What is The Powerbreathe?

POWERbreathe is the result of nearly a decade of research, and was designed by professional exercise scientists at Birmingham University and Loughborough University, UK. There are three models designed for specific uses: Wellness, Fitness and Sports Performance.

POWERbreathe, a hand-held inspiratory muscle trainer is a unique, simple-to-use, drug free product designed to help maximise sports performance, improve fitness and reduce breathlessness. It uses the basic principles of resistance training, with adjustable load which caters for all capabilities and permits progressive training.

'Dumb-bells for your lungs'

Just as you might use weights to strengthen your arm muscles, breathing in through POWERbreathe for a few minutes twice daily, makes your inspiratory muscles work harder – thereby increasing their strength and endurance. It is an easy-to-use, drug-free, hand-held device with a comfortable mouthpiece. Within a few days your inspiratory muscles will feel stronger and within four weeks your lung function, and ultimately performance, will improve.

Fitness Powerbreathe

This version of the Powerbreathe is ideal for recreationally active individuals, helps improve fitness levels, makes breathing feel easier during exercise.

"My experience as a sport scientist and respiratory physiologist has demonstrated that good (comfortable) breathing technique is only possible if your breathing muscles are in good shape. Our research has shown that training with POWERbreathe gives breathing 'power and reserve', making a workout more comfortable and enjoyable" – Dr Alison McConnell

Sports Performance Powerbreathe

This version of the Powerbreathe is an essential aid for athletes looking for a competitive edge, proven to enhance performance by 30%, used as a warm up aid, boosts inspirational muscle performance.

"My research over the past decade has convinced me that the work associated with breathing limits athletic performance. Athletes who want to maximise their performance should address their breathing specifically, because their normal training fails to do so. Our research shows that training with POWERbreathe increases the power and endurance of breathing and improves athletic performance significantly" – Dr Alison McConnell

Wellness Powerbreathe

This version of the Powerbreathe alleviates the symptoms of asthma, reduces breathlessness, relieves symptoms of emphysema and bronchitis.

"Breathing problems due to illness, or simply getting older, can become a barrier to doing the things we used to enjoy. Our research has shown that using the POWERbreathe restores breathing power and reduces breathlessness in those with conditions such as asthma or emphysema" – Dr Alison McConnell

<http://www.livingiseasy.co.uk/search/?search=powerbreathe>

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All About Air Conditioner Rentals

By Barney Garcia

An air conditioner is a requirement in households, factories as well as events, functions etc. However, you cannot expect the person to install a new air conditioner for a one–day event. Even if you want to install an air conditioner at your place during the summer months and do not want to make such a big investment, then air conditioner rentals are the best thing for you.

These are companies, which provide air conditioners on rent for a short term or a long–term basis. There are two types of Air conditioners that you can rent. The window Air conditioner is the more

common variety used widely across the world and you also have a portable air conditioner, which can be moved, according to your preference.

Window Air Conditioner The window air conditioner is the type, which is installed on your window. These are excellent for household usage or for small offices etc. You can easily get an air conditioner on rent at discounted prices during the hot summer months. However, it is better if you book the air conditioner early during summer, because the demand increases.

When you contact an air conditioner rentals company, a representative will visit your place and inspect the room where the Air conditioner needs to be installed. He/she will then suggest what tonnage will be required for your room. The rent often differs according to the tonnage. Then you need to fill up the form and the company representatives will come with a carpenter, install the frame then the Air conditioner and finally will seal all the gaps (if any) between the air conditioner and the frame.

Portable Air conditioner Used more in big warehouses and factories where a single central cooling unit is not sufficient. They are also used for specific spot cooling. Portable air conditioners can be rented according to their tonnage. They range from 2.5 to 30 tones. They can be used and then moved on their wheeled casters. If you rent this one for a house, you can use and then move it to a different room if needed.

Barney Garcia writes about many different topics. He is a proud contributing author and invites you to his websites.

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