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The Oxygen Advantage is about breathing to improve oxygen uptake, along with specific breath holding techniques to simulate high altitude training. Having a higher aerobic and anaerobic capacity enables us to do more with less, to exercise faster and further with each breath”.

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The Oxygen Advantage: Simple, Scientifically Proven Breathing Techniques to Help You Become Healthier, Slimmer, Faster, and Fitter Paperback – Illustrated, Nov. 29 2016 by Patrick McKeown (Author)

## **The Oxygen Advantage: Simple, Scientifically Proven ...**

The Oxygen Advantage, which is an extension of Patrick McKeown's work as a Buteyko coach, is one strategy that I believe should be included in your health habit arsenal . . . I use it personally and would strongly encourage you to apply it to your life so you can reap the rewards.

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Of all the methods I've come across I have found the Oxygen Advantage to be the most simple and effective to integrate into everyday life and see measurable positive benefits. As a keen amateur runner, the introduction of nasal breathing has proven key in improving my running form and times.

## **Oxygen Advantage UK | Breathe for health, sport, life**

The Oxygen Advantage: Simple, Scientifically Proven Breathing Techniques to Help You Become Healthier, Slimmer, Faster, and Fitter (Hardcover) Published September 15th 2015 by William Morrow Hardcover, 368 pages Author(s): Patrick McKeown. ISBN: 0062349457 ...

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