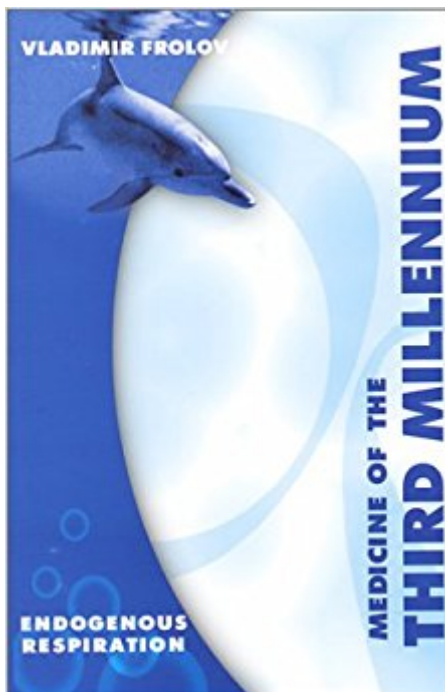


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# Endogenous Respiration



## Synopsis

Frolov is a book about breathing and improving breathing. Based upon clinical trials its been established to improve a persons breathing. Easy to understand and will guide you to improve the most important part of being human: The Breath. All religions express the importance of breath to a deeper state of peace.

## Book Information

Paperback: 256 pages

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## Customer Reviews

I have found the Book very helpful in providing the physiological basis behind endogenous breathing... -- Mark Fowler [Attorney at Law](#); New Zealand  
I have found the Book very helpful in understanding the physiological basis behind breathing... -- Mark Fowler [Attorney at Law](#); New Zealand  
I used Frolov for 8 months I was a chronic asthmatic since 4 years old. -- Private Interviewer Lawyer  
I was a chronic asthmatic since 4 years old and Frolov book greatly helped me improve my asthma. -- Private Interview Lawyer  
We have noted positive effect on physical and mental conditions, general well being and improvement of immune system functions, -- S. G. Krivoshekov, M. D., Professor, Russian Academy of medical sciences, Siberian office

This book offers its readers a cardinaly new outlook on the functioning of a human organism, theory and practice of endogenous respiration and presents exercises to strengthen and improve breathing. Anyone at all can benefit from this book. Sports enthusiasts, runners, people into spiritual improvement, to people who plainly have trouble breathing. It expresses the point of view of treatment and control of various illnesses and other body conditions. Based upon clinical trial on persons of various illness's including asthma.

Frolov's system relies on a small plastic training device, the FRTD-01 (Frolov Respiration Training Device---not included with the book) to teach a new form of breathing. The training device is filled with a little water, which increases the pressure during both inhalation and exhalation. While using the device, a person is encouraged to prolong the duration of the exhalation, gradually increasing the length of the exhalation and, therefore, increasing the time between breaths. This increase is undertaken very gradually and is intended to be sustainable in the sense that it becomes possible to continue functioning comfortably with fewer and fewer breaths taken each minute (during training). Eventually, this extended breathing pattern is transplanted from training and used through all or most of a person's waking activity. It should be noted that extremely low breathing rates are said to be obtained by experienced practitioners, who might breathe (in some circumstances) only once every several minutes. Breathing is obviously foundational to human physical life. Frolov's claim is that his gradual shift of breathing habit ends up triggering in every cell of the body a completely different and more advantageous cell physiology. Because it sets the whole body on a different biochemical foundation, very far reaching effects are said to be realized. In particular, most dread diseases are thought to be eliminated by the natural healing powers of the body, once stabilized by proper breathing habits. In that sense, then, both great longevity and wonderful freedom from a vast spectrum of diseases is claimed. In reading the book, I identify four elements of Frolov's scientific argument. First, we might list actual clinical results. Many people in Russia are said to have used this for improvement and cure of very many ailments. This should be properly noted, although the results are admittedly anecdotal and not systematically gathered or reported. These results would not be easy to verify. Second, he argues from populations of people known to enjoy great longevity. He notes that these people are all mountain peoples, and credits their longevity to different breathing habits. Other people have attributed their longevity to electrical properties of their mountain water. No reason is offered to explain the connection of breathing habit and longevity. In that sense, this remains an hypothesis and not a theory or conclusion. Third, he notes the difference between the energy output of a shark, swimming at very great speed over considerable distance in a dense medium, with a horse. Of course, a horse would be very winded in similar circumstances. The missing element of theory here is whether humans have the ability to adopt a physiology more like the shark. That is not so clear. Finally, he argues extensively from the action of erythrocytes in cell energetic biology. These arguments would be transparent to a cell biologist, who would pronounce them easily as true, false, or (most probably) incomplete and unproven. As an amateur biologist, I am not able to tell whether or not the arguments are good, and I admit that they might be

perfect. I just don't know and have no good way to learn that quickly. For me, then, the theory is interesting. Because it leaves so many "missing links" in the theory, the whole book reads---for me---like a very long and arduous list of diseases with glowing claims of what can be accomplished. It seems, in that sense, very redundant, very poorly organized, and not carefully done. It is, in fact, so badly written---for me---that I would not buy the book at all. If interested, I'd look at the web site and perhaps buy the training device. I will never know whether this is a great thing or a complete waste of time unless I try the little plastic device myself. I probably will try it. Wish me good luck.

Three pages (maybe) of practical advice on how to use the device, 230+ pages of horrible, horrible pseudoscience. Whether he's promising to cure radiation poisoning and genital herpes, or describing how tumors grow white blood cells, this one is guaranteed to make your science gland rupture. Word to the wise: don't take advice on how to live to be 200 from someone who dropped dead at 71.

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