



Cystic Fibrosis Life Expectancy: 30, 50, 70...

Artour Rakhimov

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This book describes successful author's practical experience in application of the clinical therapy used by more than 170 Soviet and Russian medical doctors on people with cystic fibrosis. **People with CF are able to eliminate major respiratory and digestive symptoms of CF in about 1-2 months** depending on their diligence and efforts related to practicing breathing exercises to increase body O2 levels, physical exercises, and lifestyle changes.

This therapy is based on a body oxygen test and the goal of the therapy is to increase body oxygenation up to the medical norm (40 seconds). These Soviet and Russian doctors discovered that stages and symptoms of cystic fibrosis have a strong correlation with body O2 levels.

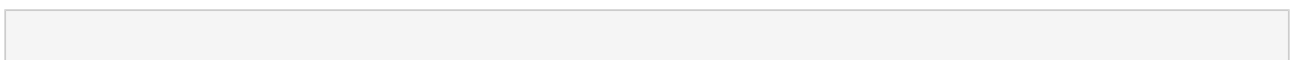
Clinical findings related to stages of cystic fibrosis

- More than 40 seconds for body oxygen content: Absence of common symptoms of cystic fibrosis related to digestive, respiratory and other systems.
- Less than 30 seconds: Appearance and dominance of pathogens in the GI tract with light symptoms in pulmonary and hormonal areas.
- Less than 20 seconds: Appearance of chronic cell hypoxia, suppression of the immune system, problems with protein metabolism, chronic inflammation, mucociliary dysfunction, generation of extra mucus (as in asthma and bronchitis), appearance of allergic reactions and bronchoconstriction.
- Less than 10 seconds: The last stage of CF with critically low CO2 levels in airways causing progressive involvement of the respiratory system with bronchitis and bronchiolitis transformed into bronchiectasis. Possible complications include hemoptysis and pneumothorax. Severe dyspnea, chest pain and difficulty breathing are frequent complaints. Patients develop cor pulmonale (high blood pressure in the pulmonary arteries and right heart overload). This corresponds to the end-stage lung disease, which is the principal cause of death in most patients with cystic fibrosis.

These observations helped Soviet and Russian MDs to develop a method how to reverse the usual dynamic and successfully eliminate major symptoms of CF. The therapy has been tested on hundreds of people with cystic fibrosis.

Since 1960s, these MDs have applied the legendary Buteyko breathing method to increase body oxygen levels. These doctors found that people with CF can have normal life expectancy if they maintain normal body O2 content using breathing exercises and lifestyle changes.

The book does not provide details of the Buteyko breathing exercises that can be found in another book "Advanced Buteyko Breathing Exercises" since there are numerous contraindications and requirements to practice these exercises correctly. The book offers a description of major lifestyle modules that increase body O2 naturally, as well as specific techniques that are crucial for successful control of symptoms of cystic fibrosis.



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