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THE SIMPLE, SCIENTIFICALLY PROVEN
BREATHING TECHNIQUES FOR A HEALTHIER,
SLIMMER, FASTER, AND FITTER YOU

**PATRICK
MCKEOWN**

FOREWORD BY DR. JOSEPH MERCOLA

The Oxygen Advantage: Simple, Scientifically Proven Breathing Techniques to Help You Become Healthier, Slimmer, Faster, and Fitter

Patrick McKeown

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A simple yet revolutionary approach to improving your body's oxygen use, increasing your health, weight loss, and sports performance—whether you're a recovering couch potato or an Ironman triathlon champion. With a foreword by *New York Times* bestselling author Dr. Joseph Mercola.

Achieve more with less effort: The secret to weight loss, fitness, and wellness lies in the most basic and most overlooked function of your body—how you breathe. One of the biggest obstacles to better health and fitness is a rarely identified problem: chronic over-breathing. We often take many more breaths than we need—without realizing it—contributing to poor health and fitness, including a host of disorders, from anxiety and asthma to insomnia and heart problems.

In *The Oxygen Advantage*, the man who has trained over 5,000 people—including Olympic and professional athletes—in reduced breathing exercises now shares his scientifically validated techniques to help you breathe more efficiently. Patrick McKeown teaches you the fundamental relationship between oxygen and the body, then gets you started with a Body Oxygen Level Test (BOLT) to determine how efficiently your body uses oxygen. He then shows you how to increase your BOLT score by using light breathing exercises and learning how to simulate high altitude training, a technique used by Navy SEALs and professional athletes to help increase endurance, weight loss, and vital red blood cells to dramatically improve cardio-fitness.

Following his program, even the most out-of-shape person (including those with chronic respiratory conditions such as asthma) can climb stairs, run for a bus, or play soccer without gasping for air, and everyone can achieve:

Easy weight loss and weight maintenance Improved sleep and energy Increased concentration Reduced breathlessness during exercise Heightened athletic performance Improved cardiovascular health Elimination of asthmatic symptoms, and more.

With *The Oxygen Advantage*, you can look better, feel better, and do more—it's as easy as breathing.

The Oxygen Advantage: Simple, Scientifically Proven Breathing Techniques to Help You Become Healthier, Slimmer, Faster, and Fitter Details

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From Reader Review The Oxygen Advantage: Simple, Scientifically Proven Breathing Techniques to Help You Become Healthier, Slimmer, Faster, and Fitter for online ebook

Hans says

Love how much we have been learning about the human body and how it functions at its optimum. Who would have guessed how incredibly important good breathing is. Few probably ever think about breathing at all since it is normally just written off as involuntary. Yet turns out that proper breathing and breathe control are vitally important and set off all kinds of chain reactions through out the body. First and foremost being that Mamals are natural nose-breathers and only humans spend breathe as much as they do through their mouths despite numerous disadvantages.

I think to fully appreciate this book one needs a solid understanding of human physiology. There are some obvious misconceptions about the human body and breathing. The most obvious of which is the belief that the human body actually is aware of its oxygen saturation levels. The reality is that the body tracks it's Carbon Dioxide levels not Oxygen levels. And that carbon dioxide regulates our breathing. This is important because it makes Carbon Dioxide important to the body's overall health because without it the body can't figure out how much breathing is required (and turns out it is a lot less than is commonly assumed). Overall this book makes me want to focus on learning breathing techniques and developing better breath control.

Tomik says

I consider ideas throughout the book as important, life-changing, wise. But the book itself is very repetitive. The author created whole book based on literally several points, ideas, principles, methods. The same as I experienced with Robert Kyosaki, Robert Cialdini (Influence). It's just not necessary for me to read whole book about one principle (or several).

Morgan Bardon says

I have to say that I did find this book extremely useful and informative. While I have read a lot of the reviews giving low scores to the book, for me it was useful and I have put in place a number of the techniques outlined to help improve my fitness and breathing.

People are commenting that the book was repetitive, and it was at times, but you would expect that from a training manual or textbook. This is a manual to better breathing and should be treated as such. We learn from repeating the same task over and over again and this book uses that technique to help us implement it.

The book was well written, informative, and gave reference back to those that deserved it. As an asthma sufferer, I found that the breathing techniques have helped especially with my running and fitness even after only 2 weeks.

Jason Fella says

I've been in the alternative health field for over 20 years, and devour any new or promising bit of info I can get my hands on, regarding nutrition or any other health protocol. This after having cancer at 21, so I'm pretty serious about this quest. I'd heard of the Buteyko method about 10 years ago, but never tried it. Fast forward to now. I'm 45, suffer from debilitating chronic fatigue, depression, and anxiety disorder. I sleep ok, but wake up 3-4 times a night, which is annoying. I was excited to dive into this, despite having some issues with the book, which I'll address first:

1) The author recommends the ingestion of sodium bicarbonate, to aid in keeping the body's pH normal. Admittedly, this is a very sore subject for me, as I see SO many people talking online in recent years about how, of course, acidity causes cancer, so if you just make your body more alkaline, you will be healthier all around. Now, thank goodness Patrick didn't cite and (mis)quote the research of Dr. Otto Warburg, like everyone else does, when they want to make this point. However, after much research on the subject, it has become clear to me that ingesting sodium bicarbonate is, at the very least, useless, and at most, potentially harmful. Allow me to explain: The body, as a whole, isn't supposed to be alkaline, as everyone "knows." There are certain organs and tissues in the body which are alkaline, but there are others which are acidic, such as the adrenals and the digestive tract. So making a blanket statement like I mentioned before is completely oversimplified and downright inaccurate. So, he advocates ingesting sodium bicarbonate. Generally, if you take a small amount of it, all that will happen is your stomach acid will neutralize it, so it will have no effect whatsoever on your blood or anything else. Secondly, if you take enough to completely neutralize your stomach acid, and make it into the rest of your digestive tract, you are disrupting one of the most important mechanisms the body has for overall health. Your stomach releasing hydrochloric acid is extremely important for MANY reasons: proper gastric emptying, proper motility of the GI tract, absorption of protein, signal to release the digestive enzymes from the pancreas and gall-bladder, etc. If you disrupt that process, you are setting the state for some serious dysfunction down the line, such as the normally harmless yeast in the GI tract morphing into their fungal state, which is a real health hazard. And third, and perhaps most bizarre of all, the recipe he mentions involves using both Sodium bicarbonate and apple cider vinegar. Ok...so... you mix an acid and a base, effectively neutralizing them, then drink a mixture that is essentially inert. Makes absolutely NO sense.

My next issue with the book is that most of it was very clearly geared towards athletes. I'm not an athlete, in fact as I mentioned, I have some real health issues, and I think he missed a HUGE opportunity to really get into the real benefit of this kind of work, in the book. I think he should've had at least one full chapter dedicated to case examples of people with common health problems: chronic fatigue, fibromyalgia, thyroid issues, etc. etc. and give us a lot more perspective on that side of things. To be fair, he does mention some examples in the book of those kinds of things, but I felt it was just hinting at a possible gold-mine of examples.

I was excited to take my BOLT score, but to my surprise, mine is actually pretty good, about 25. Probably because I've been aware of the importance of nose breathing and abdominal breathing for years. I was hoping it would be much lower, so I could see more potential benefit from the program. But here's the catch, with me: according to the author, a BOLT score of 20-30 means you probably won't be able to get much benefit without applying the techniques to some form of exercise. For my BOLT score, he mentions like 30 minutes of exercise per day, while applying the techniques. I can BARELY take a five minute walk without becoming either horribly fatigued or anxious. So 30 minutes is a complete pipe-dream. Now, that doesn't mean I'm not going to try the program (I've already started, in fact) and see if I can gain enough benefit to perhaps start exercising lightly. But for now, it'll have to be no exercise whatsoever. I'll keep at it for a few

weeks and see if I'm noticing any objective benefit.

I do believe the info in this book has incredible value, but until it works for me, or someone I know, I'm giving it three stars. It does have a lot of good info on the science behind all of this, which is much appreciated, and not hard to follow. I especially liked the info on nitric oxide, as I've recently become aware of how important that particular gas is to our bodies. If I start to notice improvements, I will happily change my review. Oh, one more minor issue: I was surprised he didn't talk about the classic breathing into a paper bag, to help normalize CO₂ levels. I'd be interested in knowing if this is a viable option, where people could maybe breath normally into the bag for a certain amount of time, rather than having to pay close attention to their breathing and monitoring it for 10 minutes, or whatnot.

Guðni Páll says

Highly recommended for anyone interested in upping their endurance and fitness game. It gets a bit repetitive at times, but the concept is solid.

Phil Calandra says

This is by far one of the best books written on health that I have ever read. The book is not only for those suffering from cardiovascular and other severe conditions but also addresses weight issues, improving one's fitness and functioning and, probably most important, one's mental and spiritual well being.

The author's main contention is the counter intuitive theory that "over breathing" is detrimental to our health and overall functioning. The author contends that through breath retention and nasal breathing the increased CO₂ and nitric oxide levels in the blood allows for increased saturation of oxygen entering the tissues and organs of the body and a widening of the blood vessels. The author alludes to several sources including Christopher Bohr, Alfred Nobel and Konstantin Buteyco to support his assertions.

The author alleges that he suffered many years from an asthma condition that led him to seek treatment from the aforementioned Konstantin Buteyco, a brilliant Russian Physician, who developed pioneering methods for astronauts during the Soviet Space Race. As a result of this treatment, the author fully reversed and recovered from his condition, left his corporate job and trained under Dr. Buteyco. Since this time, this work has become the author's profession and he has subsequently built on Dr. Buteyco's innovative approach and has developed his own program called "The Oxygen Advantage".

In my view and my limited experience with these exercises, breath retention is not an easy nor pleasant technique to practice nor to master in addition to the possible pitfalls that many breathing techniques present without the proper training and guidance. Also, although one can expect a modicum of success initially, it would appear great effort and close adherence to these techniques would be required to achieve the same remarkable results as that of the author. However, as aforementioned, this is a very unique, provocative and innovative approach that appears to offer astounding health benefits. I would highly recommend this book

Anne says

Excellent science about why nose breathing is a must. Practical tips on how to breathe correctly and increase physical fitness.

Martin says

Finished this via Audible. If 10% of what Patrick claims works then this is a helluva goldmine. It seems to be well researched and thoroughly tested. I have been trying some of the exercises and look forward to reassessing in a month or so.

Sudarshan Karnavat says

The book is useful but repetitive.

A long blog post would have sufficed to explain the problem and the solution.

As someone who practices Pranayama (yoga-breathing exercises), most of the exercises were known. The book explained the science behind them.

To summarize, the book has exercises so that we

1. Breathe through the nose and not mouth
2. Breathe slowly by getting accustomed to higher CO₂ and lower O₂ in order to improve overall performance, focus and quality of sleep

Matt says

Audiobook. Very interesting and practical concept. Many helpful tips on how to improve / focus on breathing and the health impacts that come with it. The audiobook may not be the best format for the book as it gets a little repetitive and lacks the visual diagrams.

Riku Sayuj says

1. Nose-breathe - to get the body used to higher CO₂ concentrations and avoid over-breathing.
2. Simulate High-Altitude Training - by controlled holding of breath - again increasing resistance to CO₂ concentrations.

Not sure why this required a whole book. Plenty of random anecdotes thrown in, to meet the length requirements of a book, and then a 30 page summary at the end, just in case...

Michael says

As one practicing and benefiting from the Wim Hoff Method I read this book to get more insight into the science and effect of oxygenation of the body. Although McKeown's method is different than Hoff's they both share many similarities and are attempting to achieve much of the same. This book provides the physiological effects of the method in great detail, something I wish that Wim Hoff provided more of in his

course. Unfortunately, as mentioned by a few others, this book is unnecessarily repetitious. I kept expecting the next chapter would provide new insights but mostly it was just a rehash of the preceding chapters. The information is helpful it just needs to be less redundant.

Ted says

This has some unique perspectives. I have started to follow the nose breathing method. It takes practice but I like the results.

Ravi says

3.5 Stars from me. The breathing techniques discussed in the book are extensions or variations of Yoga/Pranayama/Bandhas/Meditation/Chi from ancient India and China. So, the ideas itself were not revolutionary at least to me as I regularly practice Yoga, Pranayama, Bandhas and Meditation. However, it was very good to know the scientific reason behind the effectiveness of the breathing techniques. There is a lot of repetition in the book, but overall the content is simple and practical to follow.

Kyle says

Interesting book about mouth breathing. After the first 1/3 but then got a bit repetitive. Need to breath through the nose and lower number of full breaths a minute to no over breathe.
