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Dec 07, 2011 The Buteyko Breathing Charts & Text are taken from: Doctor Buteyko s Discovery Trilogy by Sergey Altukhov Volume 1 was published in 1990 Sergey Altukhov

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About . Patrick McKeown is Director of Training and Education for Buteyko Clinic International and is the author of eight books using the Buteyko Method.

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Abstract. The Buteyko Breathing Charts & Text are taken from: Doctor Buteyko s Discovery Trilogy by Sergey Altukhov Volume 1 was published in 1990

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