



— JILL MCGOWAN —
IDEAL BREATH COACH

EVERY BREATH YOU TAKE...

How To Gain Ideal Breathing, Optimal Health And Psychological Wellbeing.



– Jill McGowan –



ABOUT ME.

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May I take this opportunity to congratulate you in taking the initial step to overcoming the obstacles blocking the road to achieving the best you. I will work with you and help you to become the best version of you.

I wrote this eBook to help YOU gain ideal breathing, optimal health and psychological wellbeing.

My background is in nursing in both the NHS & private sector.

I am also an international researcher, motivational speaker. I have received national and international awards for my work. I have travelled the world teaching in numerous countries both adults and children, because I carried out the worlds' largest clinical trial, proving the success of ideal breathing. I have taught celebrities which you will have seen on my website and I can offer this to you in a bespoke manner.

I specialised in respiratory medicine, gaining a wealth of experience in this area and an understanding in how hidden dysfunctional breathing can impact on many areas of health and psychological wellbeing.

Jill McGowan

HOW ARE YOU BREATHING?

DID YOU KNOW?

Dysfunctional breathing is caused by hidden hyperventilation and affects most people at some point in their life and at any age.

The symptoms are initially self - managed and as they persist often prescribed treatment/ medication is commenced.

This does not need to be your case, you can be educated with ideal breath coaching retraining the way you breathe, rather than taking medication, and experience a journey to optimal health and psychological wellbeing.



TAKE CONTROL, BREATHE LESS, DO NOT BE BREATHLESS.

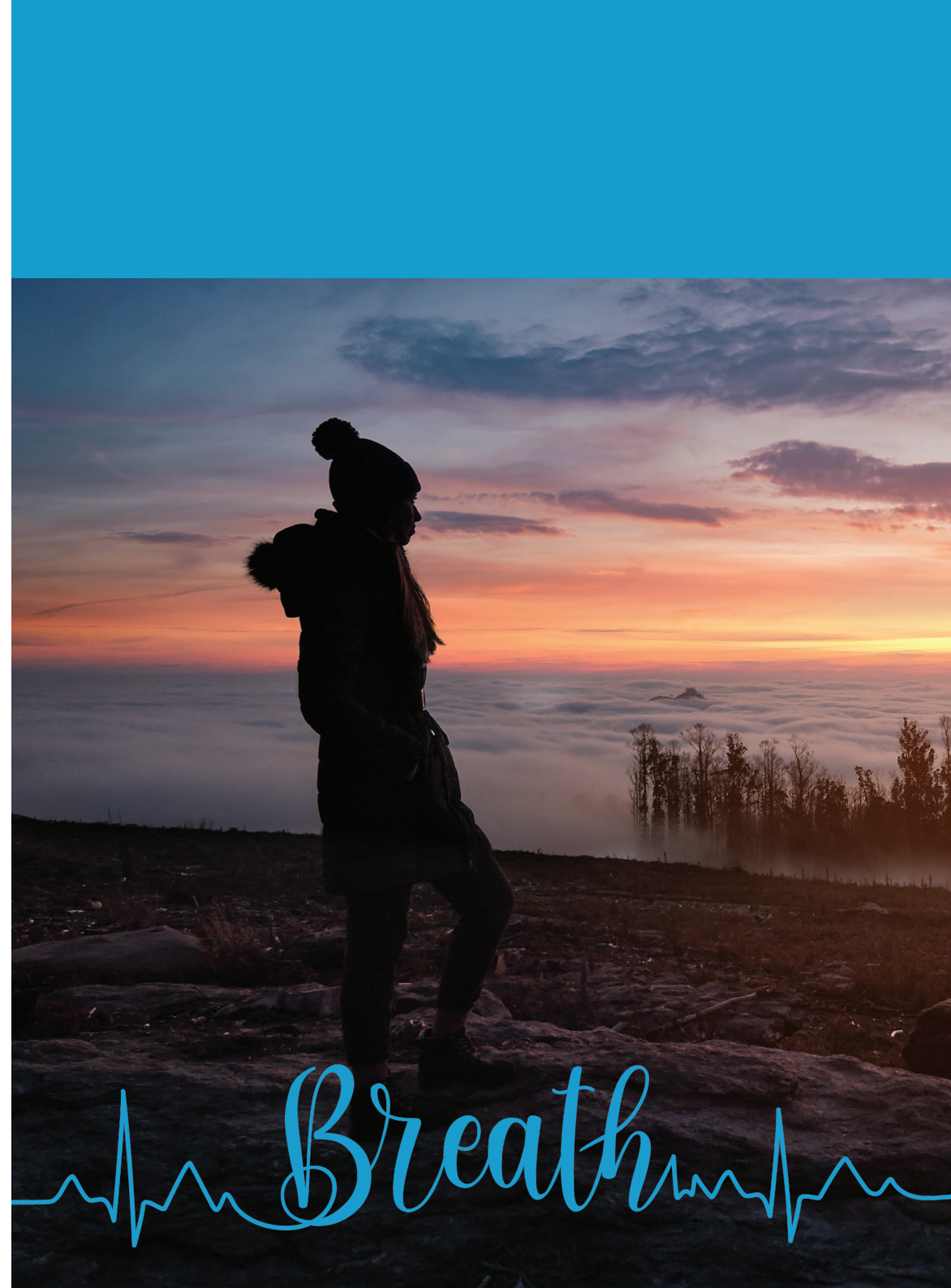
Wake up each morning refreshed and ready to tackle the obstacles of daily life, having experienced restful sleep.

Resolve those feelings of fear that occurs for no reason.

Feel every breath resonate within your lungs – silent, rhythmical and totally effortless.

Be in control of your breath, enjoy it, embrace it, experience it.

Read on – for ways to experience this. I can help you, and demonstrate why you need to grab this opportunity.



TOP TIP NO.1

HOW TO GET IDEAL BREATHING.

Consider your current resting breathing pattern, do you breathe through your mouth or nose, – how does ideal breathing help?

Every cell in your body requires oxygenation. By adopting ideal breathing, you will optimise your breathing which in turn will give you more energy, vitality and clarity of thought.

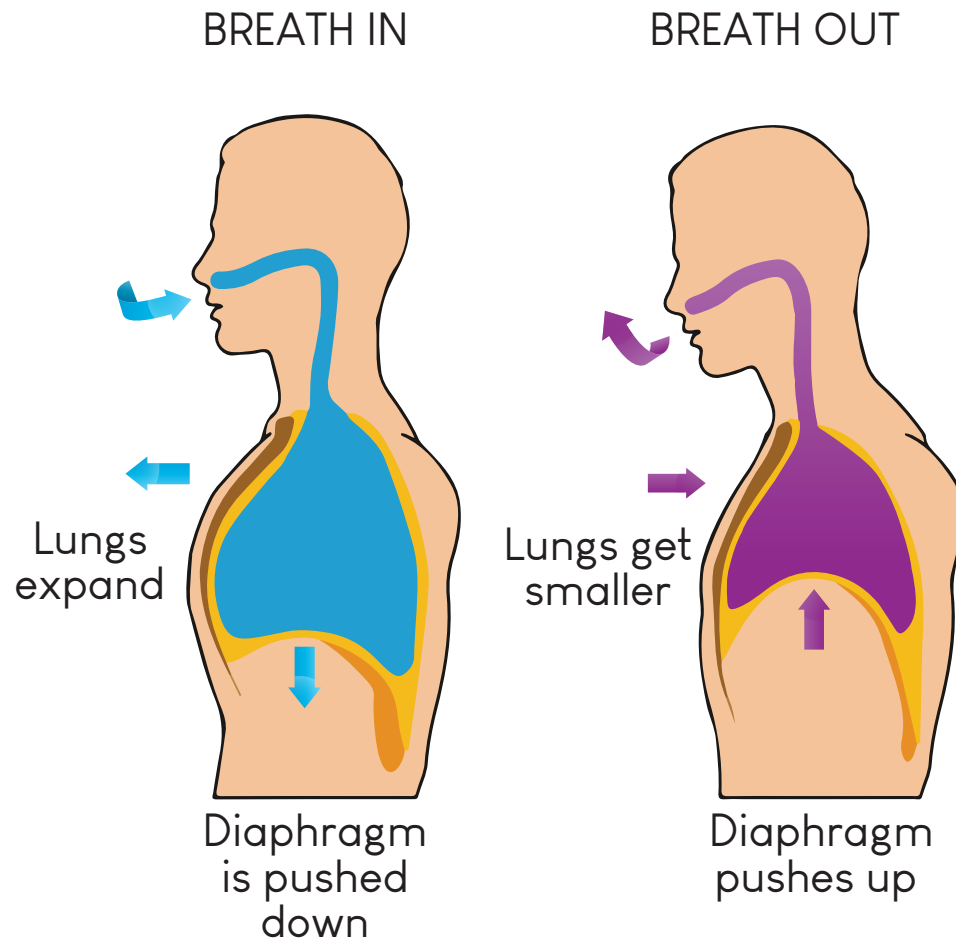
You WILL experience restful sleep, waking earlier and before your alarm.

Your body will detox and you may lose weight just by improving your breathing. All food needs to be oxygenated as part of digestion.

The better your breathing the more effective your digestion will be, the less you need to eat to obtain that feeling of fullness.

Ideal breathing is driven from your diaphragm, which pushes down onto the belly and promotes the feeling of fullness hence you may eat less.

Once you have continuous ideal breathing you will find your body is better hydrated, relaxed and refreshed.





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TOP TIP NO.2

OPTIMAL HEALTH.

WOULD
YOU LIKE THIS
IN YOUR LIFE?

Once you have started to retrain your breathing with Ideal breathing you will improve your immune system.

Hidden hyperventilation causes an increase in the production of the hormone adrenaline – known as the fright or flight hormone – pushing your body into a state of heightened awareness.

This switches on a part of your nervous system – the sympathetic nervous system, which maintains that heightened state of awareness, increases the heart rate, raises blood pressure, gives a sinking feeling in the stomach, sweaty palms, a fear for no apparent reason and increased breathing.

This is not a sustainable state and compromises amongst many things, the immune system putting your body systems under stress and leaving you more susceptible to opportunistic infections.

This impacts on general health and wellbeing. Ideal breath coaching will reverse this.

You will learn how ideal breath coaching will move you from the sympathetic nervous system to the parasympathetic nervous system.

You will experience how this now reverses the state of heightened arousal and your body returns to a state of calm, reducing adrenaline, and boosting your immune system.

You now have a robust defence mechanism against any invading organism. Your health is continuously being optimised

PSYCHOLOGICAL WELLBEING

Ideal breath coaching brings a state of calm, your heart rate will be regular, your blood pressure will be at the normal level for you, and you will be in better control of your emotions.

Why?

By learning with ideal breath coaching, you normalise your breath.

Ideal breath coaching returns your state to one of calm. You do this by ensuring you breathe the correct amount of air required for your body. Using your lungs effectively and efficiently.

You have your own unique resting breathing pattern with just the correct amount of air you require to maintain a steady calm state.

You have normalised your hormonal levels, the ones that influence your psychological well being and you are in control of your breathing.

Following the above steps will help you to take the relevant action, to achieve ideal breath, optimal health and psychological wellbeing.





SUPPORT

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Thank you for reading this book I am sure you will have found it enlightening and when you use these simple steps to achieve your ideal breathing, you will optimise your general health and psychological wellbeing

What is next you ask?

Would you like to change your life? Would you like to have a spring in your step again? Do you want to do the things you did years ago with ease? If you have answered yes to any of these questions seize this opportunity to learn more.

Take action - book a complimentary session with me now.

During this session you will get a chance to experience **Ideal Breath Coaching** first hand.

I will see if I can help you and we will get the opportunity to understand if we are a good fit to work together.

I know this works because I have the ideal breath, and it has totally changed my life and that of many others I have taught.

Jill McGowan

What are you waiting for?

Book in with me now

and start YOUR new life today.

BOOK NOW