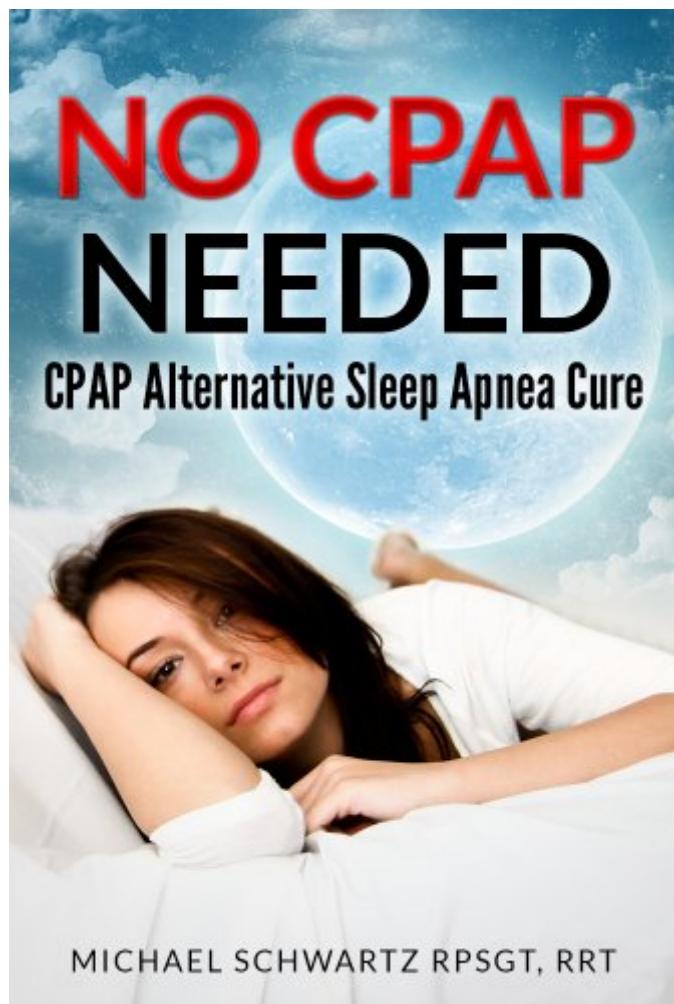


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# NO CPAP NEEDED: CPAP Alternative Sleep Apnea Cure



## **Synopsis**

Are you still wearing a CPAP mask? Do you dislike the feeling of relying on a CPAP machine? Do you feel like your Sleep Apnea is not getting any better? Hello My Name Is Micheal Schwartz, I have worked as Registered Polysomnographic Technologist (RPSGT) as well as a Registered Respiratory Therapist (RRT) so I have been around many patients suffering with sleep loss due to sleep apnea. I have suffered from Obstructive Sleep Apnea (OSA) for many years as well. I originally found out I had this problem after looking into how to stop snoring and finding out that the loud snoring wasn't really a problem in itself, the snoring was actually just sleep apnea symptoms. After using a CPAP machine every night I came to the conclusion that I could not stand wearing the mask anymore, and was determined to find an alternative to cpap. Not only did I dislike using CPAP but it was also not solving the main "ROOT CAUSE" of my sleep apnea! So I was determined to find a natural Sleep Apnea cure that actually worked and did not involve surgery or ineffective Sleep Apnea exercises with breathing and muscle strengthening. Then I finally found a combination of 7 key things that you need to balance in order to heal your body and get back to having restorative healthy nights sleep again. Once you get your body balanced with these 7 factors, your Sleep Apnea will just disappear and the dysfunction that causes a blocked airway corrects itself naturally. This is a system that if followed will produce much greater results than any Sleep Apnea treatment or dental appliances that you have tried. Also It will balance your body with what is needed extremely bad in many adults, especially those with Sleep Apnea.

## **Book Information**

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## **Customer Reviews**

I developed severe insomnia starting in September 2011. Before that, I never had trouble sleeping, Not like that! After speaking to my friends about their insomnia, I found that mine was much worse. I couldn't get any doctor to listen. My regular doctor insisted I was "manic." Well, it was clear I wasn't. I was exhausted and couldn't function very well during the day because I was too tired. Months passed. A couple of years, and I had not had one decent night's sleep. I slept one or two hours, and really just dozed. I had to see a specialist for another medical condition who had no suggestions nor even examined me. I was truly fed up with Western Medicine! I relocated. Still no sleep. I'm thin and don't snore. I also have a history of eating disorders and I'm almost 58. I tried getting a blue light blocker for my computer. I saw improvement, and thought I would continue to improve, but didn't. I tried trauma treatment and did various exercises until I realized that hadn't caused it. The insomnia didn't vary and didn't get worse under stress, even when I was worried about bills. It was always bad, no matter what! I hadn't thought of sleep apnea. I don't think I have that, but I decided that since I'd exhausted all other possibilities, then, maybe.... I read that in some sleep studies, they try a CPAP on you, and if you sleep, good. I thought maybe I could get one and see. Then, after Googling CPAP, I decided why don't I save my money when I came across this book. I thought that I would try the vitamin suggestions. I really used a lot of guesswork. I took into account my history (especially eating disorder) and figured out which of the suggestions I'd try first. I didn't get the tests because I have no money. I was AMAZED! I don't take all, just some of them.

This is a whole lot better than what I am used to hearing about sleep apnea cures!!! I was very skeptical at first so I just skimmed This book and only tried a few things. To my surprisethis actually seems like it really could be the answer. It has a lot of good informationand is a very interesting way to cure sleep apnea and it is a better idea thanall of the solution's that many others are telling you.Many books out there are just telling you to lose weight and do muscle andbreathing exercises. This book is much different, very informative and talks aboutmany things I was unaware of, mainly

how to focus on the root problem of sleep apnea. most books fill up with filler text explaining things like using CPAP more effectively. There is not a bunch of doctor lingo and jargon that does nothing besides inundate you with things that will not truly heal the root cause of sleep apnea. I have read many books on this subject as I do not want to be attached to a mask that has to breathe for me every night, so I have been searching for a while and I think that I have found the best way to cure this in my opinion. The solution is a simple idea but more complex to execute if you didn't have a book like this to guide you. The author explains in great detail how you can reverse this disorder without the use of a doctor, you can still use one if that is your thing but if you follow this correctly I think that this will be the new way to look at treating sleep apnea in the future. The only downfall is that there is no pictures and the book is a little plain design wise but if you are looking for good info and not just nice pictures this is the book.

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