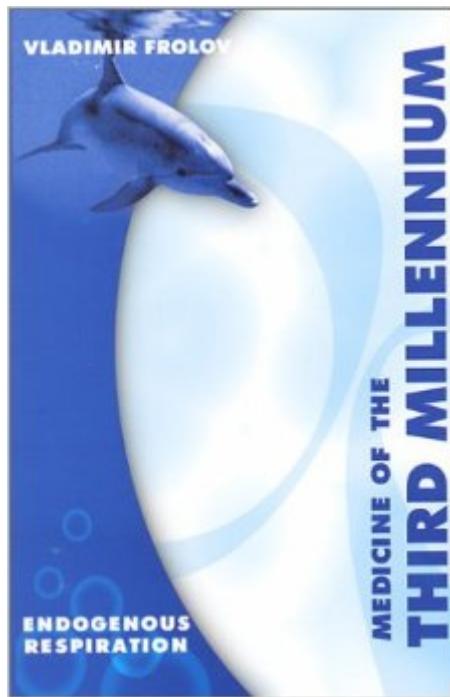


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# Endogenous Respiration



## **Synopsis**

Frolov is a book about breathing and improving breathing. Based upon clinical trials its been established to improve a persons breathing. Easy to understand and will guide you to improve the most important part of being human: The Breath. All religions express the importance of breath to a deeper state of peace.

## **Book Information**

Paperback: 256 pages

Publisher: InterNew Tech (May 1, 2001)

ISBN-10: 5901257022

ISBN-13: 978-5901257029

Product Dimensions: 8.3 x 5.3 x 0.8 inches

Shipping Weight: 12 ounces

Average Customer Review: 3.0 out of 5 starsÂ  [See all reviewsÂ](#) (1 customer review)

Best Sellers Rank: #3,717,822 in Books (See Top 100 in Books) #87 inÂ  Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Asthma #34866 inÂ  Books > Health, Fitness & Dieting > Exercise & Fitness

## **Customer Reviews**

Frolov's system relies on a small plastic training device, the FRTD-01 (Frolov Respiration Training Device---not included with the book) to teach a new form of breathing. The training device is filled with a little water, which increases the pressure during both inhalation and exhalation. While using the device, a person is encouraged to prolong the duration of the exhalation, gradually increasing the length of the exhalation and, therefore, increasing the time between breaths. This increase is undertaken very gradually and is intended to be sustainable in the sense that it becomes possible to continue functioning comfortably with fewer and fewer breaths taken each minute (during training). Eventually, this extended breathing pattern is transplanted from training and used through all or most of a person's waking activity. It should be noted that extremely low breathing rates are said to be obtained by experienced practitioners, who might breathe (in some circumstances) only once every several minutes. Breathing is obviously foundational to human physical life. Frolov's claim is that his gradual shift of breathing habit ends up triggering in every cell of the body a completely different and more advantageous cell physiology. Because it sets the whole body on a different biochemical foundation, very far reaching effects are said to be realized. In particular, most dread diseases are thought to be eliminated by the natural healing powers of the body, once stabilized by

proper breathing habits. In that sense, then, both great longevity and wonderful freedom from a vast spectrum of diseases is claimed. In reading the book, I identify four elements of Frolov's scientific argument. First, we might list actual clinical results.

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