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# The Air & Water Diet (Reclaim Your Voice Book 3)



## Synopsis

If you're looking for a unique method to shed weight, boost your metabolism, and gain more energy, search no more. Vocal coach Jaime Vendera has you covered! In *The Air&Water Diet* you'll discover simple techniques for upping your water intake to detox and hydrate the cells, as well as master breathing exercises designed to boost the metabolism to stoke those internal fat-burning flames! If you're tired of riding up and down on the lose-weight/gain-it-back elevator, and if you yearn for the energy you had when you were eighteen, reading this book is a step in the right direction. *The Air & Water Diet* is NOT an actual diet; it's simply a unique guide to return to a natural way of life you were born to live. By returning to the natural, correct way of breathing, and by meeting your body's REAL H2O hydration requirements, you CAN and WILL increase your metabolism to help you reach a more desirable body weight, while increasing overall health and energy. Though this book addresses weight management, please note that *The Air&Water Diet* is Book 3 in the *Reclaim Your Voice* system, written for musicians who need to regain natural energy for better performance and stage stamina. If , Scroll Up Now to Buy *The Air&Water Diet* to begin recovering your natural energy! Vocal coach/Singer/Author Jaime Vendera is world-renowned for his ability to shatter glass by voice alone as seen on *MythBusters*, *Dr. Oz*, and dozens of other television shows around the world. He is the author of dozens of books, including the critically acclaimed, *Raise Your Voice*, as well as the creator of the *Extreme Scream* audio training series, the *Beyond the Voice* video training series, the *Tuned XD* vocal training app, and the *Vendera Vocal Academy* online vocal training facility. Some of his clients include singers from bands such as *Dream Theater*, *Hinder*, *Kill Hannah*, *Midnight Cinema*, *Gotthard*, and many more.

## Book Information

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## Customer Reviews

Jaime has several strengths as a vocal coach and teacher. One thing I really appreciate is that not only does he give clear instructions, but he also provides the reasoning behind each of his techniques. Sure, he uses imagery as other teachers do, but you get a real sense of "I do a,b,c and d,e and f will happen to my voice.As a speech therapist in training I recognise that voice quality really is an extension of an individuals health. This book respects this truth and, while somewhat brief, provides techniques and incentives to boost your health.The results are immediate and invigorating. If you are not familiar with Jaime's products this would be an excellent introduction due to it's low price. Give this a read, give the technique a go (yes you have to work!) and let the unavoidable results and progress inspire you to delve deeper into your voice training.

An easy to understand short book that covers several techniques to boost your health.The air segment touches upon breathing techniques.But if you're a singer I highly recommend Raise Your Voice and The Ultimate Breathing Workout.They go into complete detail on how breath control works for singing along with exercises to strengthen your sustain.The water section covers the benefits of proper hydration and roughly how much water you should drink each day.One of the best pieces of advice is to sip the water and drink it throughout the day. Don't gulp it down.I learned this lesson the hard way back when I was training for my first marathon.I would guzzle down water and end up over hydrating myself before running. Or chug tons of water at a time.This would give me cramps and/or make me feel that stomach sloshing motion when you feel the water moving around.I learned and switched to using a hydration pack so I could take sips.Drinking more frequently, but in much smaller quantities.This helps keep a better equilibrium.The gold of this book is the Tabata Breathing section. Exercises to help fix bad breathing habits.I found this not only useful, but interesting to read. As I read about it years ago back when I used to ice skate and play hockey looking for ways to improve my lung capacity. It's about short bursts followed by periods of rest in a cycle.

The air and water diet, Vocal reset and Voice RX are 3 short books that belong together. The books are easy to read and the content easily understood. The books contain no references. This is simply the author's tips for solving various problems with your voice, which worked for him (and his students). Both Voice RX and Vocal reset are probably useful tools for finding out what's wrong with your voice. The air and water diet is all about how you can easily obtain more energy. My experience is that voice problems often can be very complex, and I doubt you will find all the answers in these books. At the same time, I like the author's view of what vocal health is about. Factors such as breathing, exercise, stress and what you put in your stomach I know from experience greatly affects your entire physical and mental health. This again is the foundation for a good vocal health. In these three books Vendere systematizes this thinking for you, and give you a direction to work towards. But I think that these books are more a supplement to the larger book, Raise your voice, and that this book should be read first to fully understand the intentions of Vocal reset, Voice RX and The air and water diet. Much of the information in the three books can be found in Raise your voice. Vendere also refers to this book several times. The subjects of the three books are narrow, and the books are short. The content is also partly old news. I therefore give Vocal reset, Voice RX and The air and water diet 3 stars. Put the price into consideration, and I think the books are worth every cent.

Hi, hopefully you've read Jaime's other books before coming here. **FOR - THOSE WHO DON'T HAVE RYV:** Singers should seriously consider getting RYV2+, RYVAM, and UBW. See my reviews for more info. This book is like a light version Jaime's Ultimate Breathing Workout, with some additions in juicing. **RYV devotees:** A lot of this made its way into RYV2, RYVAM, and UBW. Other than the some of the detox info and the seven-day juice plan, there isn't much new. This book is broken up into **FOUR** chapters... **CHAPTER 1 -- DRINKING MORE AIR** explains all the detoxification and other benefits of air. It then lays out some breathing exercises. **CHAPTER 2 -- EATING MORE WATER** details why and how by body weight. There's also a variety of waters and minerals discussed here. **CHAPTER 3 -- LIVING THE AIR & WATER DIET** introduces us to the Tabata Breathing system. You'll read the origin and Jaime's exercise routine. **CHAPTER 4 -- AIR & WATER BOOSTERS** sets things up with a plan for a seven-day juice fast. It includes a workout guide. **BUY?** -- If you're a singer, it's better to purchase on RYV2+, RYVAM, and UBW. It's hard to really recommend anyone this book. The content is good, but very brief. Did this review do its job? Thumb it up please. Questions or comments? I'll try to reply below, but be warned: I don't regularly

sign into or like to argue.Keep it Rockin'Christopher

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