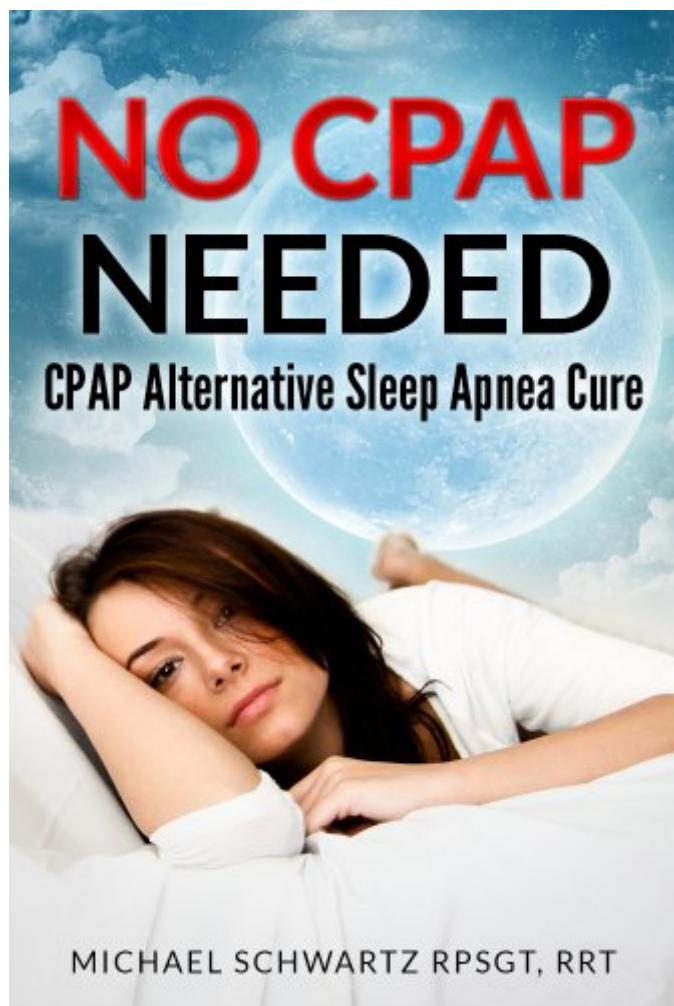


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NO CPAP NEEDED: CPAP Alternative Sleep Apnea Cure



MICHAEL SCHWARTZ RPSGT, RRT



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 appliance that you have tried. Also It will balance your body with what is needed extremely bad in many adults, especially those with Sleep Apnea.

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Customer Reviews

I am very glad I borrowed this book from the prime lending library and did not pay for it. It basically says everything we already know - lose weight, eat healthy, exercise and get the right amount of vitamins and sleep. Near the beginning of the book, there are links to click that take you to websites to order expensive medical tests. After reading some of the information, I did a search on the internet and found whole sections of the information in the book were taken word for word from other websites.

Very helpful, right on, and no nonsense. The best practical sleep apnea book on the market, bar none. Love it.

Based on a quick review, I found this book to be an Easy read, and informative. I haven't been able to put his suggestions into actual practice yet but most of the suggestions seem to require only a willingness to learn and execute. These seem easy to do and doesn't require any equipment or cost. The book also includes a recommendation to get a comprehensive blood test through a certain company to determine your baseline elemental assessment of your blood, by clicking on a weblink, however, when doing so the link didn't work or information wasn't available. Why is a blood assessment recommended? The author's contention is that the overall health of a person includes the entire spectrum of adequate nutrition and address any deficiencies that may exist and should be addressed through supplementation. Better nutrition also supports better health that helps to address problems such as sleep apnea. Frankly, he takes a natural, non-evasive approach in addressing sleep apena, which in concept appeals to me. Will have to try it and see how it works.

So much great information to consider and look into. This book was very easy reading for those without medical knowledge.

Great Seller!!!

This book has some tips about exercises that may help with OSA, but I suspect that its central theme, that you can cure OSA with vitamin supplements, is just plain wrong. I get the impression that it is written for the benefit of the makers of such supplements. Some of what it says may or may not be generally good health advice; the danger is that people will stop effective OSA treatment with a CPAP machine, thus endangering their health. Read with healthy scepticism or avoid!

I started to try some of his suggestions, especially the parts about not being able to sleep and that worked. I will be implementing the entire procedure and I am hopeful. Since the Vit. B & D helped me get to sleep hopefully the rest of his suggestions will work on the CPAP issue. I wish this book was available in paperback and not just Kindle. Some of the pages would be good to have when shopping. I suggest you make notes on a paper pad while reading. I had to go back and do that after reading. 5 stars for helping me get to sleep. I expect the rest to work too.

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. Whether I have sleep

apnea or something going on that's endocrine-related, I can tell you I sleep much, much better and now am not so tired all day long! This after four years. The vitamins make a huge difference. I keep telling people, ditch the sleeping pills! This is better. Michael Schwartz, I can't thank you enough.

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