

Shortness of Breath? Stronger Lungs for Better Breathing (100-percent Drug Free)

MIAMI, Fla., Nov. 18 (SEND2PRESS NEWSWIRE) – The Expand-A-Lung(TM) Breathing Resistance Exerciser from Expand-A-Lung, Inc. was selected the #1 choice of the L.A. Times for breathing fitness training. Jorge Brouwer, inventor of the most compact (4-inches) breathing exerciser, manufactures and markets the easy to use “Expand-A-Lung.”



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When asked about how his product’s success, Mr. Brouwer said, “We’re finally creating awareness about the importance of breathing fitness training for athletes and people who suffer from shortness of breath due to respiratory problems such as COPD. This exercise directly works the muscles involved in the breathing process (the diaphragm and intercostals muscles), and allows you to breath in or inhale more volume of air/oxygen deeper into your lungs. It also helps you to get rid of more carbon dioxide out of your lungs when you exhale. The end result is an increase in lung capacity for better breathing and superior performance.”

He added, “Research supports that the condition of the respiratory system is very important for endurance sports, and that respiratory fitness training

can improve performance significantly in competitive athletes. It's a 100% drug free endurance booster through better breathing."

"In the past, this type of exercise was only available with bulky equipment in training facilities. The Expand-A-Lung's pocket size (4-inches) provides the portability to take it and use it anywhere. This is the design feature that made it popular among athletes who most frequently use it outdoors and at home."

The Expand-A-Lung(TM) is sold directly to the consumer through two separate web sites for \$29.95 ea., including shipping. For further information call (305) 665-5787, or:

For athletes, visit www.expand-a-lung.com.

For COPD patients, visit www.copd-breather.com.

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