

COPD Sufferers Using Lung Exercise Device to Improve Health

Rebecca Keiller October 10, 2015



COPD sufferers are finding the Breathe and GO lung exerciser is helping improve their overall health, enabling them to deal more effectively with their illness.

([Newswire.net](#) -- October 10, 2015) Sydney, NEW SOUTH WALES -- With more than 12 million Chronic Obstructive Pulmonary Disease (COPD) sufferers in the U.S. and about 11 million people in Europe living with the disease, COPD is one of the leading causes of death in the western world.

Health professionals and researchers are continuing to discover the huge benefits of regular lung exercises for those who suffer from COPD and other similar respiratory lung conditions, like asthma, cystic fibrosis, bronchitis, and even sleep apnoea and the common cold and flu.

According to medical experts, lung exercise is one of the best methods of [pulmonary rehabilitation](#), especially for those with mild and moderate COPD.

Pulmonary rehabilitation is about building up the muscles required to breathe effectively and efficiently. According to [medical experts](#), when you are physically fit, you are better able to deal with a diagnosis of COPD

Breathe and GO Lung Exercise Device

This is where the [Breathe and GO lung exercise device](#) is helping COPD sufferers improve their overall health. The Breathe and GO lung exerciser is a handheld medical device that is 100 percent drug-free. It is scientifically proven to effectively improve lung function, capacity and performance.

As you breath out through the mouthpiece of the Breathe and GO lung exerciser, a small steel ball vibrates against a valve, causing the lungs to vibrate. This vibration effect helps loosen mucus build up in the lungs. Breathing through the device also helps to expand the lungs, improving respiratory capacity.

According to the [Cleveland Clinic](#), using a breathing technique that requires one to purse their lips, as with the Breathe and GO lung exerciser, reduces the workload one has to achieve to breathe, reduces shortness of breath, helps one expel the maximum amount of air from the lungs and promotes relaxation. Everything a COPD sufferer needs to promote optimum lung function and capacity.

Peter Crawford of Breathe and GO is all too aware that the majority of people who suffer from respiratory illnesses like COPD and asthma are prescribed steroidal based medications they often are required to take daily. He believes that for every person using medication to assist their respiratory condition, they should also be using the Breathe and GO lung exercise device. In this way, they are helping to slow down their symptoms, help protect against the common health complications like pneumonia and even begin to improve their lung function.

COPD Sufferers Need to Stay Active

“One of the main reasons why it is so important for COPD sufferers to maintain lung health is because there is, unfortunately, no cure for this debilitating lung disease,” said Peter Crawford. “The healthier one can maintain their [lung function](#), the less likely one will suffer from the common health problems of COPD, like lung infections, pneumonia, shortness of breath and difficulty breathing.”

COPD Sufferers Using Breathe and GO to Improve their Health

Maureen Mantel from Nevada has suffered with COPD for several years. She thought her diagnosis 3 years ago was something that was only going to deteriorate her health continuously over time. “I never thought I could actually

improve my breathing. Since using Breathe and GO regularly, my breathing has actually been better than it has for years, even better than before I was diagnosed with COPD,” said Mrs Mantel.

One of the great things about a lung exercise device like Breathe and GO is that it is 100 percent drug-free and can be used by people of all ages, from two years to 100 years.

For those who suffer from COPD or a similar respiratory related disease, or if you would like more information about the Breathe and GO lung exerciser, visit the [Breathe and GO](#) website.

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