

So You Think You Can Breathe?

ANXIETY, PANIC ATTACK SUFFERERS AND SNORERS:

Enjoy profound reduction in symptoms by improving the way you breathe.

Interview physiotherapist and breathing expert Tess Graham

Tess Graham, founder of BreatheAbility International, is passionate about helping people transform their health by getting their breathing right. This has been her life's work since breathing retraining freed her children from years of suffering with chronic asthma.

Tess is an experienced clinician, published author, internationally recognised expert and speakers on her subject - *breathing health*. With extraordinary and consistent success, she has delivered her ground-breaking breathing programs to more than 6,000 people over the last 25 years. Tess has a Bachelor of Science and post-graduate qualifications in physiotherapy and breathing retraining. She established Australia's first dedicated breathing clinic in 1993.

STORY IDEAS

- Anxiety: A New Understanding, A Practical Solution – 3 things to do today to feel better now and sleep better tonight.
- A Simple Method for Relieving Anxiety Symptoms, Stress and Panic Attacks.
- Debunking the Deep Breathing Myth– breathe less to stress less and snore less.
- Just Chill – how to defuse the stress response and stay calm under pressure.
- Snoring May Harm Your Health and Relationship – 3 things to do today to snore less tonight.
- Why Sleep Apnoea Is Common Today- and why you must not ignore it.
- Heart Happy Exercise – better breathing for safer, more enjoyable exercise

WHAT PEOPLE SAY ABOUT TESS

"There's not a single living (breathing) human being who doesn't need to hear Tess Graham's powerful message of a revolutionary breakthrough in breathing health"
Peter Thompson, writer, filmmaker, critic

Thanks for joining me on "The Sports Doctor". You were a great guest with great info. Dr. Bob Weil, Sports Dr Radio, Chicago USA

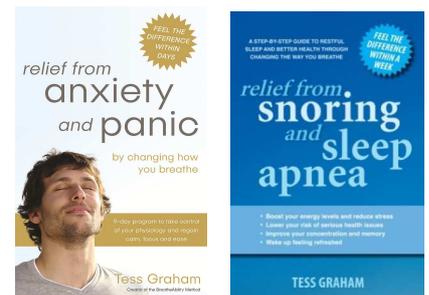
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Tess Graham



MEDIA EXPERIENCE

- TV documentaries - Ch. 9, ABC (AUS) and BBC (UK)
- National & international radio & TV
- Numerous articles in newspapers, magazines and professional publications

