

# **Building Healthy Lungs** **Naturally**

Biochemical & Environmental Aspects of the  
Optimal Breathing® Development System



by **Michael Grant White** • LMFT • NLP • OMDMT •

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Author of: #Secrets of Optimal Breathing® Development

#The Way You Breathe Can Make You Sick or Make You Well!

# Building Healthy Lungs Naturally

**Michael Brown**



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