

## RESPIRATORY PROBLEMS

Perfect Voice realises that there are a vast variety of anatomical and physiological conditions that causes sleep-apnoea, asthma and snoring. In a vast percentage of cases however, specialists agree that **the lifted tongue as well as the weak palate muscles are contributing to these sleep-related problems.**

The **perfect voice method** which exercises are scientifically based strengthens the vocal mechanism in addressing the Hyo-glossus / Chondro-Glossus muscles as well as the Palato-Pharyngeus muscles.

**Dr. Eugene Feuchtinger** discovered that the Hyo-Glossus / Chondro-Glossus muscles and Palate muscles are the most important muscles which determines the strength or weakness of the vocal organ. In its weakened and sagged condition it contributes to respiratory as well as throat-related problems resulting in various medical operations altering the condition of these above mentioned muscles.

Voice students that have learned *Perfect-Vocal-Action* can testify that **the perfect voice method has cured their snoring problems.** *Perfect-Vocal-Action* results in *Perfect Breathing* as it activates the lower abdominal muscles in making the inhaling and exhaling actions involuntary but also active.

**Vocal-Dysfunctional-Syndrome** contributes to a large percentage of asthmatic conditions. The position of the larynx determines the position of breathing. Exercising the muscles that control the vocal organ and the position of the larynx, will cause great relief as it will strengthen the lung capacity, enabling deeper inhaling and releasing tension in the upper-chest. The perfect vocal exercises will enable the Asthma sufferer to develop the inter-costal as well as the lower abdominal muscles which will not only enlarge the capacity of the lungs but will develop and strengthen the controlled exhaling as well as inhaling process.

These **scientific based exercises** have proven to be of tremendous help in asthma-attacks resulting in the ability to regulate the exhaling process more efficiently and causing the patient to control the inhaling process ultimately feeling lesser panic and fear symptoms.

Please make use of this opportunity to view the amazing vocal animations that will clearly leave no doubt to the fact that the perfect voice method is **the only successful leading method in voice betterment.**

