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REVIEWS: Reversing Sleep Apnea

Proof that Sleep Apnea Can Be Reversed By Losing Weight!

Author: Rao Konduru, PhD

ASIN # B07BKQMD5N ISBN # 9780973112023

Author's website: www.reversingsleepapnea.com

When this book was advertised, many readers downloaded and posted the following REVIEWS on Amazon.com. But the Amazon's automatic clean-up program later removed some reviews. Amazon removes millions of reviews every year.

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Customer Reviews on Amazon.com

5.0 out of 5 stars 5 out of 5 38 customer ratings

Showing 1-10 of 38 reviews

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Ali Ghahary

5.0 out of 5 stars [VERY USEFUL GUIDE](#)

Reviewed in the United States on February 14, 2019

[Format: Kindle Edition](#)

Dr. Rao Konduru, PhD is a patient of mine who has suffered from chronic diabetes for most of his life. He also suffered from uncontrollable obesity, sleep apnea and chronic insomnia for the past 3 to 4 years. He has managed to reverse all of these conditions by taking non-pharmacological and science-based natural measures with great success. He has created 3 how-to user guides/books with regard to how he achieved this, and I recommend these books for anyone suffering from these conditions.

Sincerely,

Dr. Ali Ghahary, MD

Helpful

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One person found this helpful.

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RhinoSystems

5.0 out of 5 stars

[EVERYTHING YOU EVER WANTED TO KNOW ABOUT SLEEP APNEA – ALL IN ONE PLACE](#)

Reviewed in the United States on November 26, 2018

[Format: Kindle Edition](#)

This is an impressively comprehensive and extremely well-documented review of the therapies available to treat and help relieve sleep apnea. It is well-researched and very practical, and it will be accessible and useful to a wide audience of readers.

Helpful

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One person found this helpful.

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Jade

5.0 out of 5 stars Scientific Proof Exists on Reversing Obstructive Sleep Apnea!

Reviewed in the United States on February 2, 2021

Verified Purchase

This inspirational guidebook provides us with the scientific proof that exists to reverse sleep apnea. There are scientific journal publications revealing the fact that sleep apnea can be reversed by losing weight. Whether you are obese or overweight and diagnosed with sleep apnea, you must refer to this book and I bet you will certainly get inspired and benefited!

Dr. Gary Foster, a clinical psychologist and obesity investigator, the former founder and director of the Center for Obesity Research and Education at Temple University in Philadelphia, Pennsylvania, USA where he was the Professor of Medicine, Public Health and Psychology, published several research papers confirming that the symptoms of obstructive sleep apnea and the desaturation index (defined as the number of sleep apnea events or episodes per hour) can significantly be reduced among obese people by losing at least 10% of the body weight. The more weight a sleep apnea patient loses, the more effective and successful the reversal of obstructive sleep apnea could be.

Dr. Erik Hemmingsson and Dr. Kari Johansson along with their fellow-researchers of the Karolinska Institute, Sweden published a paper in December 2009 in the British Medical Journal, concluding that weight loss can definitely help cure moderate sleep apnea and severe sleep apnea.

Dr. RK in this book "Reversing Sleep Apnea: Proof that sleep Apnea Can be Reversed By Losing Weight" provides us with the real time data of his weight loss results and the procedures he developed and adopted on how to lose weight fast and how to reverse sleep apnea by losing weight. When he lost 40 pounds of his body weight, his body mass index (BMI) was calculated to be perfectly normal. He reported that when his body resumed perfectly normal weight, his obstructive sleep apnea and other health disorders disappeared once and for all.

Helpful

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Top Review s

Top Reviews



Anamaría Aguirre Chourio

5.0 out of 5 stars [How to Fight & Reverse Obstructive Sleep Apnea!](#)

Reviewed in the United States on March 8, 2020

Verified Purchase

After reading the very impressive books "(i) Drinking Water Guide, (ii) Permanent Diabetes Control, (iii) The Secret to Controlling Type 2 Diabetes" authored by Dr. RK, I decided to purchase and read his "Reversing Sleep Apnea" book as well. Many people with diabetes develop also sleep apnea over time. And it is known that sleep apnea disease could cause diabetes at least to some sleep apnea patients.

Reversing sleep apnea is not at all an easy task, and losing weight is extremely difficult especially when you are suffering from sleep apnea, because sleep apnea prevents weight loss. But this smart book of reversing sleep apnea shows you all those carefully planned tips, tricks and tactics on how to lose weight in those difficult circumstances, how to accomplish your weight loss goal, and ultimately how to reverse the obstructive sleep apnea.

Even if you cannot completely reverse the sleep disorder with which you have been struggling, you will be able to significantly improve your SpO2 level (percentage oxygen saturation), and the number of sleep apnea events per hour (what is known as Oxygen Desaturation Index), which must be your goal in treating sleep apnea, whether the reversal is possible or not. Improving those numbers will certainly improve your condition, and make you feel a lot better. This book teaches all about it if you have patience to read and digest the contents.

This book must be "Your 1, 2, 3 Easy Guide" as it contains the spoon-feeding instructions. It will feed you with all the fundamentals necessary in understanding the dangerous conditions such as "snoring and sleep apnea", and it will assist you in self-curing sleep apnea like a pro. Certainly and definitely, "Reversing Sleep Apnea" book overall is the extremely useful and practical guide, and therefore it is highly recommended!

Helpful

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Deanna Maio

5.0 out of 5 stars [Impressively Comprehensive Sleep Apnea Book!](#)

Reviewed in the United States on August 27, 2020

Verified Purchase

Scientists from Karolinska Institute, Sweden (a research-led medical university in Solna within the Stockholm urban area of Sweden) published a paper in Dec 2009 in the British Medical Journal, concluding and revealing the scientific fact that weight loss can definitely help cure moderate sleep apnea and severe sleep apnea.

This book "Reversing Sleep Apnea" provides the very practical proof that sleep apnea can be reversed by losing weight. The author of this book Dr. RK provided all the real-time data on how he successfully reversed his obstructive sleep apnea. He reported that his Desaturation Index dropped from 28 events/hr to 0.6 event/hour when he lost 40 pounds of his body weight, and when he lowered his body mass index (BMI) to perfectly normal.

If you have any physical obstruction or blockage in your throat, nose or mouth, it is not possible to fully reverse your sleep apnea. However, depending on how much excess body weight you have, you can always improve your Desaturation Index (number of sleep apnea events/hour) by losing weight, and feel good. If you developed obstruction sleep apnea caused due to excessive weight gain, you can fully reverse your sleep apnea and lower your Desaturation Index to normal by losing all that excess body weight. There are many scientific papers revealing this fact. This book discusses about those scientific publications.

This is the only book that has everything a sleep apnea patient needs to learn and gain concept regarding this dangerous sleep disorder. This book is very resourceful and so every sleep apnea patient should benefit from it by reading and understanding all the therapies so nicely explained. One of those therapies could suit your disorder and could free you from sleep apnea, or improve your sleep disorder. You need to try and stick to the therapy that suits your body and your sleep disorder.

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Sea salt

5.0 out of 5 stars [Must read](#)

Reviewed in the United States on March 8, 2020

Verified Purchase

When I read Dr. RK's books "PERMANENT DIABETES CONTROL & THE SECRET TO CONTROLLING TYPE 2 DIABETES," I was very impressed. Then I was tempted to read his other health books REVERSING SLEEP APNEA and REVERSING INSOMNIA.

This book REVERSING SLEEP APNEA contains very important information on how to understand clearly the snoring process and sleep apnea fundamentals, and how to reverse obstructive sleep apnea using a variety of therapies available.

The weight-loss strategies presented in this book caught my attention, as most people gain weight by consuming junk foods. I quote: JUNK FOODS are strategically manufactured from both processed foods and refined foods, adding large quantities of sugar, salt, oil, fat and several other chemicals including artificial colors and flavors to boost our cravings. This makes us buy more and eat more. Junk foods sabotage our weight-loss efforts.

THE AUTHOR WROTE: I had been eating junk foods here and there, consuming pizza slices, chicken donair with pita bread in middle eastern places, white bread, deep-fried samosas and spring rolls, Oh HENRY bars, chocolate chewy candies, dipped cone ice creams, cashew clusters, Diet Cokes, Diet Pepsis, too many fruits, plenty of other snacks every now and then, which was the major mistake. I decided to put an end to consuming all junk foods, and started eating whole foods only. This decision has helped me tremendously to quick-start my own weight-loss plan. The fat in my belly melted away quickly day-by-day right in front of my eyes when I started my new weight-loss diet with whole foods . Dr. RK reversed his obstructive sleep apnea by losing weight until the body resumes the perfectly normal weight. Everything in this book is very impressive and so I recommend this book REVERSING SLEEP APNEA to all sleep apnea sufferers.

Helpful

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Connor Moringstar

5.0 out of 5 stars Good book

Reviewed in the United States on December 15, 2019

The individual who composed the book has done well indeed. I will most likely compose this book to my friends and family. Energetic inclination. There is a unique importance in the book that will assume a valuable job for us. Much obliged to the writer for giving us such a wonderful book.

Helpful

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Ali Ghahary

5.0 out of 5 stars **VERY USEFUL GUIDE**

Reviewed in the United States on February 14, 2019

Dr. Rao Konduru, PhD is a patient of mine who has suffered from chronic diabetes for most of his life. He also suffered from uncontrollable obesity, sleep apnea and chronic insomnia for the past 3 to 4 years. He has managed to reverse all of these conditions by taking non-pharmacological and science-based natural measures with great success. He has created 3 how-to user guides/books with regard to how he achieved this, and I recommend these books for anyone suffering from these conditions.

Sincerely,
Dr. Ali Ghahary, MD
One person found this helpful



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Josephine R Holder

5.0 out of 5 stars **Awesome Book....**

Reviewed in the United States on December 13, 2019

This book was exactly what I needed.Easy to read and apply easy tips.A great resource for any new person. Many thanks to the author for giving us such a beautiful book.



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Pam Barnes

5.0 out of 5 stars **This book is very helpful to**

Reviewed in the United States on December 13, 2019

This book contains a lot of valuable information that is very useful to us. I enjoyed reading the book. The book has some important points that I like a lot.



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RhinoSystems

5.0 out of 5 stars **EVERYTHING YOU EVER WANTED TO KNOW ABOUT SLEEP APNEA - ALL IN ONE PLACE!**

Reviewed in the United States on November 26, 2018

This is an impressively comprehensive and extremely well-documented review of the therapies available to treat and help relieve sleep apnea. It is well-researched and very practical, and it will be accessible and useful to a wide audience of readers.

One person found this helpful

Helpful

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Carolyn Grigsby

5.0 out of 5 stars **well written book**

Reviewed in the United States on December 13, 2019

Reversing Sleep Apnea is the book of that kind which am reading for the very first time and this book make me very clear about this topic.

Helpful

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Top International Reviews

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Daniele D'Alessio

5.0 out of 5 stars Impressively Comprehensive Sleep Apnea Guide!

Reviewed in the United Kingdom on August 24, 2020

Verified Purchase

Normal SpO2 (Percentage Saturation of Oxygen in the Blood) at sea level is between 96% and 99%. Sleep apnea develops when a person's SpO2 level falls below this normal range while sleeping. For a sleep apnea patient, the blood oxygen level falls below normal due to the blockage in airway located in the throat. Whenever the SpO2 level goes down significantly during the sleep, the brain wakes the patient up so that he/she can breathe in oxygen in order make up the falling oxygen level. The occurrence of this kind of activity too many times during the night causes chronic insomnia because the brain keeps waking the patient up way too many times. Which obviously means the sleep apnea and chronic insomnia are interconnected. Most sleep apnea patients also suffer from chronic insomnia.

The CPAP therapy keeps the SpO2 level perfectly normal during the sleep as long as there are no leaks in the face mask. By means of CPAP therapy, a patient can control both sleep apnea and chronic insomnia. I have read several books on sleep apnea, but nobody explained the meaning of the CPAP and CPAP Therapy as good as this author.

CPAP means "Continuous Positive Airway Pressure," which further means that the CPAP machine helps maintain continuous, positive, very low and comfortable pressure in the airway of your throat, and keeps the airway open all the time whenever you sleep with it. As long as you wear the CPAP machine during the night while sleeping, the CPAP machine kills most apneas and hypopneas, and keeps your AHI (Apnea Hypopnea Index) perfectly normal. As the airway remains always open, sufficient amount of air passes into the lungs freely, and maintains normal blood oxygen levels (SpO2 = 96% to 99%) all the time during sleep. You wake up in the morning fully satisfied with your sleep and completely refreshed. You would not experience the symptoms of obstructive sleep apnea, such as tiredness with low energy, when you wake up in the morning. As you sleep all the night with perfectly normal SpO2 levels, your overall health improves. If you take appropriate steps to lose weight, your obstructive sleep apnea will be progressively healed and reversed.

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Jack mckeever

5.0 out of 5 stars [Reversing Sleep Apnea Step-By-Step](#)

Reviewed in the United Kingdom on March 2, 2020

Verified Purchase

This book describes sleep apnea like we can find that info nowhere else. Many people struggle to lose weight if obstructive sleep apnea disease is festering quietly in their bodies. It is known that obstructive sleep apnea prevents weight loss, and blocks weight-loss attempts. When someone has obstructive sleep apnea, the brain mistakenly thinks that the person would be starving in the near future, and causes the liver to store and hold the fat for the future use.

THIS BOOK TEACHES how to lose weight in those critical circumstances by fighting against this dangerous condition, against this sleep disorder, and against all odds. When the total calorie intake is drastically reduced, when you stop eating all those junk foods (processed foods and refined foods in restaurants, food courts, corner stores and gas bars), and when you start eating only whole foods, when you run on treadmill against all odds longer than usual, and when you exercise high self-discipline and high willpower on yourself in order to implement the above-mentioned weight-loss strategies, the stubborn fat on your stomach melts away day by day right in front of your eyes.

This book provides the real proof that when the body resumes its perfectly normal weight, the obstructive sleep apnea disappears. I am so glad and indebted that I learned the above-mentioned research-based and extremely useful strategies to reverse obstructive sleep apnea from this wonderful and resourceful book "Reversing Sleep Apnea."

Helpful

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Top International Reviews

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Healthy Promotions

5.0 out of 5 stars **Your Go-To Guide To Reverse Sleep Apnea!**

Reviewed in India on March 3, 2020

Verified Purchase

The author of this book Rao Konduru, PhD (also called Dr. RK) has published multiple health books, and I was very pleased to read some of them. I was extremely impressed by his books "Permanent Diabetes Control" and "The Secret to Controlling Type 2 Diabetes."

REVERSING SLEEP APNEA is extremely useful guide to treat sleep apnea. I am not exaggerating, this must be Your Go-to-Guide if you are diagnosed with sleep apnea, and it ought to be in your hands as soon as possible if you are either a sleep apnea patient, or a doctor who helps and treats sleep apnea patients. This book explains all kinds of therapies. The author of this book "Reversing Sleep Apnea" invented a cure for "obstructive sleep apnea" and provided the foolproof method for reversing obstructive sleep apnea. From an extensive research on his own body, the author identified the root causes of obstructive sleep apnea, and removed those root causes by losing weight until his body resumed normal weight. He used the very simple technique of "Determining the Body Mass Index (BMI)" to evaluate if the body weight is normal or not. His extensive research on his own body proved beyond a reasonable doubt that when the body resumes normal weight, the obstructive sleep apnea automatically disappears. As a matter of fact, it is the perfect way to get rid of obstructive sleep apnea.

I really appreciated the time and effort the author has put into explaining the fundamentals of snoring, sleep apnea and various helpful home-based therapies with easy-to-follow and step-by-step instructions. More interestingly, the book teaches us how to know if a particular therapy is working or not with very kind instructions. If you follow those instructions, you can easily treat, control, or even reverse your obstructive sleep apnea.

Helpful

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Wellness Books

5.0 out of 5 stars **Principal Guide for Sleep Apnea Sufferers!**

Reviewed in Canada on March 4, 2020

Verified Purchase

I recommend this "Reversing Sleep Apnea" book to all sleep apnea patients.

Dr. RK'S BOOKS ARE ALL MUST-READ HEALTH BOOKS: I have read his intriguing book "Drinking Water Guide". His book "Permanent Diabetes Control" is wonderful. All his health books are extremely impressive, extremely interesting, extremely useful, and directly applicable to current-day health problems that many people face today. I recommend that both medical doctors and naturopathic doctors should read these books, and benefit from the contents. All his books are science-based and practical guides. His extensive scientific research experience is clearly visible in these books.

He teaches everything so nicely step-by-step by dividing the book's contents into many headings, sub-headings and paragraphs so that a layperson can easily understand his teachings. He always convinces the reader with logic by making simple calculations that make sense. All his teachings are science-based with simple mathematics and attractive tables, showing the innovative experiments he conducted at the comfort of his home on his own body, resolving his own complex health issues with natural methods, without ever using traditional prescription drugs being prescribed by doctors. This book is no different.

I have read and enjoyed his three well-written and well-organized books "Reversing Obesity, Reversing Sleep Apnea, and Reversing Insomnia." These books are extremely useful to medical community. All contents are directly applicable to my own health problems I have been facing for years, and extremely useful. I am now using his books and am sure these books will help me controlling my weight gain, my mild sleep apnea and help cure my insomnia (sleeplessness) as well. I offer my hearty congratulations to the author Dr. RK.

Helpful

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rohit joshi

5.0 out of 5 stars **Reversing Sleep Apnea Made Easy!**

Reviewed in India on March 4, 2020

Verified Purchase

I suffer from both sleep apnea (mild to moderate) and insomnia (sleeplessness in the middle of the night), and I purchased and read both books "Reversing Sleep Apnea and Reversing Insomnia". I found both books very helpful, as they are loaded with extremely important information, which I would not usually learn from my doctors. My doctor put me on nasal strips therapy for lifetime, but never thought of reversing my sleep apnea.

After reading these books, I understood that I would be able to reverse my sleep apnea by losing weight, as I am also overweight or obese. If nasal strips don't work, I will switch to the CPAP therapy. Everything is explained in this book like 1, 2, 3. I can learn the CPAP therapy on my own, and can practice it at home. Any CPAP vendor would teach me how to use the CPAP machine at my home, and that will take care of my sleep apnea. My doctor never explained about these therapies I learned from this book. I can try these therapies to relieve my sleep apnea on my own available in this book.

I am very well impressed by this book "Reversing Sleep Apnea", and recommend it to all people who suffer from sleep apnea.

Helpful

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You've read the top international reviews

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rajinder saini

5.0 out of 5 stars **This book is extremely helpful to cure my sleep apnea!**

Reviewed in India on May 18, 2020

Verified Purchase

I have been living naively without taking proper care of my sleep apnea. The sleep apnea doctors and CPAP vendors never teach their patients on "how to reverse sleep apnea" but rather keep their patients hooked up to the CPAP machine for the lifetime. My doctor took overnight pulse oximetry test for me many times, and he never discussed with me about the results. I never understood those test results because I have been living naively.

After reading this book, I understood clearly what the Desaturation Index is, and what the percentage oxygen saturation (SpO2) is. As recommended in this book, I purchased the "wrist pulse oximeter for continuous monitoring" online, and started doing my own "overnight pulse oximetry test" once every few months. After doing this test overnight, early in the morning, I upload the data from my wrist pulse oximeter to my computer, and the software installed on my computer displays the test results on my computer such as Desaturation Index, Mean SpO2, Lowest SpO2, Highest SpO2. By comparing the previous test results with the current test results, I can understand my sleep apnea progress.

Helpful

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Akash

5.0 out of 5 stars **Scientists said it is possible to reverse sleep apnea!**

Reviewed in India on February 4, 2021

Verified Purchase

Very many people, and very many patients, including very many doctors, think that sleep apnea can never be reversed. But this book provides the valid scientific proof that obstructive sleep apnea can be reversed by losing weight. There are scientific journal publications. I have verified those publications as discussed in Chapter 10. They are true publications. IT IS TRUE that randomized research studies revealed the fact that both severe sleep apnea and moderate sleep apnea can be reverse by losing at least 10% of body weight. This book "Reversing Sleep Apnea: Proof that Sleep Apnea Can be Reversed By Losing Weight" gives us the real data, weight loss results, and reversal of sleep apnea results of a successful sleep apnea patient who completely reversed his obstructive sleep apnea from its root causes.

The recommendations presented in the last chapter of this book are very important for all sleep apnea patients. All sleep apnea patients must refer to this book.

Helpful

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Poonam

5.0 out of 5 stars **Fantastic Information on Sleep Apnea!**

Reviewed in India on January 23, 2021

Verified Purchase

For some slim people with sleep apnea who have blockages in the throat or nose, the possibility of reversing sleep apnea is next to slim, but even those people can still improve their Desaturation Index (number of sleep apnea episodes per hour) by losing excess body weight. When Desaturation Index is lowered, the patient feels a lot better.

This book is designed to help all sleep apnea patients on how to understand the breathing process through nose, mouth & throat if there is obstruction in the airway. The snoring process is explained so well with images in this book very beautifully that could be very beneficial to people with snoring problems. There are many guidelines provided in this book to help treat snoring while sleeping. Those tips are immediately applicable and extremely useful to all sleep apnea patients.

I personally found that this book possessed an incredible amount of very important and extremely useful, and worthy scientific information that is very essential to all sleep apnea patients, doctors, nurses and technicians. The books important information would certainly help at least some sleep apnea patients reverse sleep apnea fully, and to live like a normal person thereafter. It will definitely help all sleep apnea patients to improve SpO2 level and Desaturation Index (number of sleep apnea episodes per hour). When you improve Spo2 level, you feel a lot better. This book has many therapies to achieve such an improvement.

I enjoyed reading this fantastic book, and would be happy to recommend it to all sleep apnea patients, doctors and health care professionals who work and practice on this broad sleep apnea topic.

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isha

5.0 out of 5 stars **This Sleep Apnea Book Will Inspire You!**

Reviewed in India on January 24, 2021

Verified Purchase

This Book is Inspiring: If you have been diagnosed with obstructive sleep apnea, whether severe, moderate or mild, it is a life challenge to deal with and battle with because of the careless and unhealthy living habits you have adopted. You have been eating out way too often, not exercising enough, and have been adding pounds to your weight. Obesity is the major cause of obstructive sleep apnea. It is your responsibility to accept the challenge and take quick action against this sleep disorder you have developed.

With determination and steadfastness, you can not only improve your condition, but also strengthen your ability to respond to your body's functionality and lead a much better life. You should always remember that knowledge is the power, so you must equip your mind with a deep understanding of sleep apnea by collecting as much information as possible, and by reading and researching a lot. Get ready to battle.

Your biggest decision is your commitment in setting a goal with an objective, focusing on your goal and staying focused until you fully manifest your goal. Motivation, commitment, a strong desire to succeed, self-discipline and high willpower are the essential qualities you need to implement on yourself to be successful. By awakening the giant within yourself, you can become a sleep apnea guru.

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REVIEWS: Reversing Sleep Apnea

Proof that Sleep Apnea Can Be Reversed By Losing Weight!

Author: Rao Konduru, PhD

ASIN # B07BKQMD5N ISBN # 9780973112023

Author's website: www.reversingsleepapnea.com

When this book was advertised, many readers downloaded and posted the following REVIEWS on Amazon.com. But the Amazon's automatic clean-up program later removed some reviews. Amazon removes millions of reviews every year.

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Customer Reviews on Amazon.com

5.0 out of 5 stars 5 out of 5 38 customer ratings

Showing 1-10 of 38 reviews

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Ali Ghahary

5.0 out of 5 stars **VERY USEFUL GUIDE**

February 14, 2019

[Format: Kindle Edition](#)

Dr. Rao Konduru, PhD is a patient of mine who has suffered from chronic diabetes for most of his life. He also suffered from uncontrollable obesity, sleep apnea and chronic insomnia for the past 3 to 4 years. He has managed to reverse all of these conditions by taking non-pharmacological and science-based natural measures with great success. He has created 3 how-to user guides/books with regard to how he achieved this, and I recommend these books for anyone suffering from these conditions.

Sincerely,

Dr. Ali Ghahary, MD

Helpful

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One person found this helpful.

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RhinoSystems

5.0 out of 5 stars

EVERYTHING YOU EVER WANTED TO KNOW ABOUT SLEEP APNEA – ALL IN ONE PLACE

November 26, 2018

[Format: Kindle Edition](#)

This is an impressively comprehensive and extremely well-documented review of the therapies available to treat and help relieve sleep apnea. It is well-researched and very practical, and it will be accessible and useful to a wide audience of readers.

Helpful

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One person found this helpful.

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Elizabeth Wiggins

5.0 out of 5 stars Great Book.....!!!

October 18, 2019

Format: Kindle Edition Verified Purchase

Really, this book provides very good guideline about Reversing Sleep Apnea. I am very gratitude to have this book. I learn so many new things from this book. If you have been diagnosed with obstructive sleep apnea, whether severe, moderate or mild, it is a life challenge to deal with and battle with because of the careless and unhealthy living habits you have adopted. You have been eating out way too often, not exercising enough, and have been adding pounds to your weight. Obesity is the major cause of obstructive sleep apnea. It is your responsibility to accept the challenge and take quick action against this sleep disorder you have developed. If you want to know about this things then i think this book will be best for you. I think everyone should read this book, that's why I highly refer this book for everyone.....!!!

Helpful

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Landon Simmons

5.0 out of 5 stars Impressive book

October 10, 2019

Format: Kindle Edition Verified Purchase

Impressive book and its provide some good point about reversing sleep. The content of this book was extremely good for the beginners. I am totally impressed and I will highly recommend it to all my friends.

Helpful

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Sandra Walton

5.0 out of 5 stars Informative Book...!

December 14, 2019

Format: Kindle Edition

I love this book. Hitting 50 took a toll on my sleep pattern. I would wake up for several hours in the middle of the night only to fall asleep shortly before the alarm sounded. I applied several of the strategies Dr. Moshfegh suggested. I have fewer nights of waking and, when I do, I use the strategies to fall back asleep fairly quickly. When I remain awake for several nights, I review some of the strategies and try a new one or go back to a strategy I used previously. Each strategy is described thoroughly and the underlying message is 'Relax, don't make not sleeping a bigger problem by worrying about not sleeping! Try this.' This book

was provided for review. I would buy a copy if I didn't already have one to use.

Helpful

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Jessica Parel

5.0 out of 5 stars **The Best Book..!!**

December 14, 2019

Format: Kindle Edition

I don't suffer from insomnia a lot, but when I get it, it's bad. Once I'm up it's near impossible for me to fall asleep and when I do the sleep is never good. What I liked about this book is that there wasn't "just one" strategy for falling back to sleep. There are 7; not every strategy may work for everybody, but there are certainly options to help the restless get some much needed sleep. Some of the ideas are as simple as kick smoking, cool yourself down, tai chi, face masks, creating a sanctuary, the list goes on. This little book can stay on your nightstand, ready to help you go back to bed when you need it. A great buy for those who struggle falling and staying asleep!

Helpful

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King\$

5.0 out of 5 stars **Easy to Read and Well Written.**

December 14, 2019

Format: Kindle Edition

This book was thoroughly amazing; I picked up the Kindle structure and had the decision to hear it out normally during my work drive. I particularly adored how the book conveys express regions to help make discipline and after each portion, the writer audits the basic take-aways. When in doubt, HIGHLY proposed if you have issues with tolerance.

Helpful

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Rizwan Khan

TOP 1000 REVIEWER

5.0 out of 5 stars **Wow** December 14, 2019 **Format: Kindle Edition**

The book itself is easy to read and understand. If you're like me and google around your issues you know how mixed everyone is on the solutions for what ails you. This book set my mind at ease and understanding why I can't sleep well. I started getting better sleep after

three weeks of following the strategies in the book.

Helpful

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Miri Robin

5.0 out of 5 stars Like it

December 14, 2019

Format: Kindle Edition

Really helpful tips for both those who struggle to fall asleep (myself) or for someone who can fall asleep but has trouble STAYING asleep. Even when you find yourself up and going a mile a minute, reading through this book gives you back the power and control and helps identify strategies that work for you.

Helpful

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Silver Jason

5.0 out of 5 stars Recommended...!!

December 14, 2019

Format: Kindle Edition

Really helpful tips for both those who struggle to fall asleep (myself) or for someone who can fall asleep but has trouble STAYING asleep. Even when you find yourself up and going a mile a minute, reading through this book gives you back the power and control and helps identify strategies that work for you.

Helpful

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Connor Moringstar

5.0 out of 5 stars Good book

December 15, 2019 Format: Kindle Edition

The individual who composed the book has done well indeed. I will most likely compose this book to my friends and family. Energetic inclination. There is a unique importance in the book that will assume a valuable job for us. Much obliged to the writer for giving us such a wonderful book.

Helpful

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Donn K Johnson

5.0 out of 5 stars **Love it**

December 14, 2019

[Format: Kindle Edition](#)

This is a nice little book That you can start at any page and get some useful tips on better sleeping. Great to keep in a doctors office waiting room or to give to your stressed out coworkers. It explores various techniques and aids. I was given a free copy to review.

Helpful

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Nusirat Ishola

TOP 1000 REVIEWER

5.0 out of 5 stars **This book is very helpful to**

December 15, 2019

[Format: Kindle Edition](#)

The person who wrote the book has done very well. I will probably write this book to my loved ones. Spirited feeling. There is a special significance in the book that will play a very useful role for us. Many thanks to the author for giving us such a beautiful book.

Helpful

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KON

5.0 out of 5 stars **Very well written and easy to understand.**

December 13, 2019

[Format: Kindle Edition](#)

Well ordered data is quite accommodating. I enjoyed the writer's methodology. Everything in this book unquestionably makes sense. I discovered this book in all respects help. An extraordinary read ever. Thanks, writer for such an incredible book.

Helpful

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Michelle

5.0 out of 5 stars [Compelling read](#)

December 14, 2019

[Format: Kindle Edition](#)

I would very much recommend that everyone read this book. This book has given me a lot of information about it. This book is heartbreaking to read, and I suppose this book seems to be the best piece on this subject, and I recognize this book.

Helpful

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Mike

5.0 out of 5 stars [Good book](#)

December 15, 2019

[Format: Kindle Edition](#)

The creator worked remarkably. I'll most likely prescribe this book to my loved ones. In good spirits looking at!! I would support this book. Much obliged to the writer for giving us such a lovely book.

Helpful

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leey

5.0 out of 5 stars [Great starter](#)

December 14, 2019

[Format: Kindle Edition](#)

It is your responsibility to accept the challenge and take quick action against this sleep disorder you have developed. If you want to know about this things then i think this book will be best for you.

Helpful

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Nikki Palmar

5.0 out of 5 stars [It works!](#)

December 13, 2019

[Format: Kindle Edition](#)

By using the method in this book I have decreased the arthritic pain in my hip and continue to explore what changing my breathing patterns can do to increase health. Highly recommended.

Helpful

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Josephine R Holder

5.0 out of 5 stars [Awesome Book....](#)

December 13, 2019

[Format: Kindle Edition](#)

This book was exactly what I needed. Easy to read and apply easy tips. A great resource for any new person. Many thanks to the author for giving us such a beautiful book.

Helpful

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Pam Barnes

5.0 out of 5 stars [This book is very helpful to](#)

December 13, 2019

[Format: Kindle Edition](#)

This book contains a lot of valuable information that is very useful to us. I enjoyed reading the book. The book has some important points that I like a lot.

Helpful

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Danny A Edwards

5.0 out of 5 stars [Good read](#)

December 14, 2019

[Format: Kindle Edition](#)

I found reading this book very easy to comprehend. The eye appealing type and organizational strategies with easy to follow tips were captivating to read.

Helpful

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Showing 21-30 of 37 reviews

5.0 out of 5 stars [Great Book](#)

December 14, 2019

[Format: Kindle Edition](#)

A must read for anyone who tosses and turns, counts endless sheep, paces the floor in the wee hours of the morning and longs for the sandman to come.

Helpful

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Alonzo Alfred

5.0 out of 5 stars [Very well written and easy to understand.](#)

December 15, 2019

[Format: Kindle Edition](#)

This book contains a great deal of important data that is helpful to us. I delighted in perusing the book. The book has some significant focuses that I like a ton.

Helpful

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kazoua vang

5.0 out of 5 stars [It's a very helpful guidebook.](#)

December 15, 2019

[Format: Kindle Edition](#)

Oooh what an extraordinary book is it!!! I adore this book to such an extent. Many thanks to the author for giving us such a beautiful book.

Helpful

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Sofia Langdon

5.0 out of 5 stars [Excellent book](#)

December 15, 2019

[Format: Kindle Edition](#)

This is an excellent book. I am very much happy to read this book. I found this book very helpful. I would recommend this book to everyone.

Helpful

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Lily

5.0 out of 5 stars [Great read](#)

December 14, 2019

[Format: Kindle Edition](#)

I've brought some of the advice from her book to my teachers at school who often deal with stress, anxiety and fatigue. Highly recommended!

Helpful

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Carolyn Grigsby

5.0 out of 5 stars [well written book](#)

December 13, 2019

[Format: Kindle Edition](#)

Reversing Sleep Apnea is the book of that kind which am reading for the very first time and this book make me very clear about this topic.

Helpful

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5.0 out of 5 stars [It is good book.](#)

December 13, 2019

[Format: Kindle Edition](#)

Definitely a good read. Concise and well written. This book was very helpful and motivating for me.

Helpful

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Princess Cristina

5.0 out of 5 stars Very informative and well written!

December 14, 2019

[Format: Kindle Edition](#)

I love when I can find helpful and useful information shared in a way that is easily understood.

Helpful

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RoseC

5.0 out of 5 stars very well thought

December 14, 2019

[Format: Kindle Edition](#)

Excellent to adjust your thought and beneficial concepts to greatness with good suggestions.

Helpful

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Allison Blake

4.0 out of 5 stars Nice book

December 13, 2019

[Format: Kindle Edition](#)

This is a good introductory book on reverse engineering.

Helpful

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Grace Michelle

5.0 out of 5 stars [clear and helpful](#)

October 14, 2019

[Format: Kindle Edition](#) [Verified Purchase](#)

Quite a well calculated, well analyzed and detailed guide on this topic. I liked a great deal from the information in the book. The explanation was clear and very helpful.

Helpful

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Kristin Jason

5.0 out of 5 stars [Amazing Book...!!](#)

December 14, 2019

[Format: Kindle Edition](#)

I've been struggling with insomnia for several years now and have often felt overwhelmed by the various articles and research I've found online. This book made addressing my sleep issues feel so much less daunting. The book is very well-organized and written in a way that's easy to understand and follow without feeling intimidating. Creators comes across as supportive and empathetic and she really made me feel empowered, and gave me hope that I really can beat insomnia. I'm feeling much more well rested already!

Helpful

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Paul Lindsay

5.0 out of 5 stars [Amazing book...!](#)

December 13, 2019

[Format: Kindle Edition](#)

The book itself is easy to read and understand. If you're like me and google around your issues you know how mixed everyone is on the solutions for what ails you. This book set my mind at ease and understanding why I can't sleep well. I started getting better sleep after three weeks of following the strategies in the book.

Helpful

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Saul Smith

5.0 out of 5 stars [Amaging book](#)

December 13, 2019

[Format: Kindle Edition](#)

I especially loved Strategy #8: Savor Your Bed. She advises readers to treat their beds the way they would an excellent meal. This is my impetus to remove all distractions from my bedroom, indulge in new luxury linens and create a safe haven in my bedroom. I am looking forward to implementing more her tips.

Helpful

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Crystal

5.0 out of 5 stars [Great guidebook!](#)

December 14, 2019

[Format: Kindle Edition](#)

Well written and has excellent content. You will love learning and mastering the concept of eating whole foods only and avoiding processed and refined foods. The author did an excellent job. I want to recommend that to everyone. Grateful!

Helpful

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Joana Bersamina

5.0 out of 5 stars [Useful.](#)

December 13, 2019

[Format: Kindle Edition](#)

I suffer from severe COPD, since medicine has nothing to offer to prevent this sickness to worsen I am trying everything possible to lessen my difficult breathing. I just started trying the method described in this book.

Helpful

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