

DO IT DAILY—BUILD YOUR HEALTH—BE A WINNER!



The Breath Builder is one of the newest innovations in breath control in the music field. For years music teachers have had students do everything from lying on their back, with a couple of books on their stomach and watching them rise and fall when taking a deep breath, to blowing at a candle for a period of time without blowing it out, just bending the flame.

In the past, students did not know much about inhalation and exhalation. They were told to take a deep breath and let it out slowly - with absolutely no way to judge how well they were doing. The Breath Builder is a self-teaching device. To use it correctly, you have to breathe correctly. The cylinder is translucent, so the teacher and student can see the ball rise and fall.

Instrumentalists and vocalists, by using the Breath Builder daily, have found how they can use their breath energy more efficiently. Your tone will improve and most of all, those long phrases that were troubling you will no longer be a problem. You will feel gratification and have more confidence singing and playing.

Like ALL great athletes, musicians and singers, you will notice the development and hardening of your diaphragm muscles. You will feel the tightening of your pectoral muscles and notice what it does for your chest development.

The Breath Builder will FORCE you to breathe correctly. With the exception of professional athletes, musicians and singers, few people breathe properly. Yet, inhalation and exhalation is important to your health and is the path to an expansion of your vital capacity - the amount of air you can take into your lungs to replenish the bloodstream with oxygen. When you can do that, you revitalize every cell in your body. Think of it!

Consider the Breath Builder as you would a prized musical instrument. Handle with care. Rinse it daily in lukewarm water mixed with a dash of mild liquid soap. After final cool pure water rinse, wipe off the exterior and lay it down at an angle to dry. Then put it away where it will be safe.

Blow vigorously into the mouthpiece. Then inhale deeply. Be conscious of the use of your diaphragm muscles.

The object of all of the intense inhaling & exhaling is to keep the ball at the top of the Breath Builder as long as you can. Hospitals throughout the nation are using it.

Musical academies have adopted it. Athletes thrive on it. Be patient. Do it daily. Build your health.

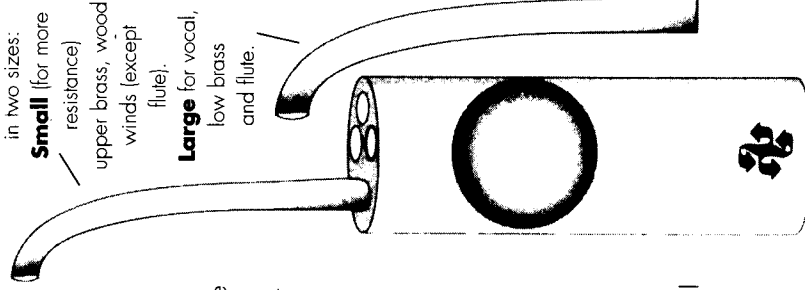


- Unit is translucent - you can see the progress
- Durable plastic construction
- Non-toxic
- Ball is size and weight of a Ping Pong ball
- Unit cleans with soap and water-mouth piece is removable. For cleaning remove bottom cap only.
- Light weight and portable-take anywhere

Straw Tube comes in two sizes:

Small (for more resistance)
upper brass, wood winds (except flute).

Large for vocal, low brass and flute.



FOLLOW THESE SIMPLE INSTRUCTIONS

1. Hold Breath Builder firmly in hand.
2. Place lips firmly over inhale-exhale tube.
3. Take deep breath. Completely fill lungs. Your stomach should expand.
4. Blow hard into tube until ball inside cylinder rises to top.
5. When ball is all the way up in the cylinder, immediately inhale hard enough to keep ball at top of cylinder.

When you can do this easily, place index finger over one hole at top of cylinder and repeat the above process.

When you can do this with ease, place your index over 2 holes and repeat. You will find that when you start covering the holes, the exercise gets tougher.

ONE HOLE IN CYLINDER MUST ALWAYS BE OPEN.

NOTE: Grease post before attaching straw tube.



This device enables individuals to practice breath control. The container has a transparent wall accommodating in its interior a light-weight article such as a ball which can be raised by currents of air blown into the container. The air can discharge out of the container through an opening with which a second opening of a selected size can be placed in registry, so that by selecting an opening of a suitable size to be placed in registry with the first opening it is possible to control the resistance to discharge of air out of the container, thus enabling the operator to practice breath control.