Breathing Revival

Who can benefit from reviving your breathing?
Whether you have open asthma, COPD, allergies, mouth breathing, reduced energy or have a lifestyle that incorporates stress, you will benefit with the techniques used to improve your breath. Many cases result in the reduction of medicines you take for these conditions, and the improvement of energy, oxygen uptake and healing.

Do I need my physician’s permission to take a revival breathing class?
The Buteyko breathing techniques used in this class have been used for many years and include parameters for all levels of health that are closely followed. A complete medical history including medications and stress levels will need to be presented. It is always beneficial to have the permission of your physician but many are not familiar with prevention or the reviving of your breathing.

Why have I not been introduced to this before?
Breathing Revival is used quite commonly in the countries that have National Health Care, like the UK, Ireland, Australia, Brazil, Peru and the European Countries. If you are proactive and interested in improving your health and not just watching it decline, reviving your breathing is for you.

Marci Gill BS, RDH
Myofunctional Therapist, Restorative Breathing Practitioner

Marci Gill has worked in the Phoenix area for over 25 years. She has extensive training with children, teens, adults and seniors in oral therapy. Her work helps to achieve health and wellbeing for the entire body.

She received her Bachelors of Science degree form Northern Arizona University in Public Health. Her degree experience includes teaching at the Phoenix College of Dental Hygiene and as a therapist at White Memorial Hospital Pain Clinic in Los Angeles.

She is a participating member of the The Academy of Orofacial Myofunctional Therapy (AOMT.com) where she attends their study club monthly.

The focus of her therapy includes exercises that re-balance your tongue posture, breathing, chewing, swallowing, head and neck position and diet. The rewards she sees with her patients improvements motivates her to continue pursuing healing and proper balance for the complete body.

Please call or email Marci for a free consultation and evaluation.
Out of area conference through Skype, Google Plus, or Facetime

602-796-6070

Myofunctional Therapy
Therapy that's easy to swallow
Restorative Breathing

Myofunctional Therapy by Marci
Restorative Breathing Practitioner
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