



The Pulmonica® Program Basics

Hold the Pulmonica up to your mouth on the side with the 10 numbered holes. Then breathe slowly and deeply, in and out. You will sound great by simply breathing. No musical skill is needed.

Breathe deeply through the lowest numbered holes you can manage comfortably. Do this as often as possible for best results. Carry the Pulmonica with you and use it anywhere you can talk or need to fill “wait time” during commercials, at the computer or in a store. If anyone asks, tell them you’re playing to improve your lung health.

The lower pitch notes (single holes 1 to 4) and chords (multiple holes played at the same time) require more air and force than the higher ones. Start by playing higher chords and work into playing lower chords.

Remember to breathe from your belly. Try lying on your back with a hand on your stomach and feel it rise and fall. That is also called abdominal breathing or diaphragmatic breathing, and is an important component of respiratory therapy.

Play sitting down until you have experience. If you feel light-headed, stop playing and remain seated until feeling normal. If the reed buzzes on inhaling with low notes, you are breathing too hard.

If your throat gets dry during use, try inhaling through your nose and exhaling through the Pulmonica. When not using the Pulmonica, breathe through your nose to filter and moisten the air before it reaches your lungs.

Clear sputum with deep coughing or the cough and huff technique.

Do not share your Pulmonica. Have a clean mouth when playing to avoid food particles stopping reeds from properly functioning.

Remember to use good posture and keep your neck and shoulders straight as you play.

Be aware of your environment when you play because you will be breathing deeply. Play where air is clean, such as in air conditioning. Avoid triggers that can make pulmonary disorders worse such as: air pollution, cigarette smoke, very cold or very humid air, pollen, dust, animal dander and fragrances.

“It’s surprising that it would be as effective as it is. I saw results in just a few days. You have to use it, but it helps.”

LM

Dampen a soft cloth with water to clean stainless steel covers as often as needed.

You can play in rhythm with your favorite music or a metronome. It doesn’t matter if you’re exact, the Pulmonica always sounds good.

Guaranteed

The Pulmonica has 30 day money back guarantee and is also guaranteed for one full year against manufacturing and material defects.

Where Can I Buy a Pulmonica?

Only on Amazon.com or through a distributor. For quantities, contact Dana@Pulmonica.com or call **888-382-9283**.

“I was getting depressed, feeling old. No longer feel that way. The Pulmonica is fun, and I know it’s good for me.”

DH

