

# BreatheWell

*Breathe well. Sleep well. Be well.*



Reduce symptoms related to asthma

Find a solution for feeling better,  
beyond medications

Understand how you can improve  
your overall health by changing your  
breathing patterns

## *What conditions can be treated with BreatheWell's training?*

Asthma  
Allergies  
Bronchitis  
Rhinitis, Sinusitis  
Emphysema, COPD  
Sleep-related issues  
Snoring

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Call for program details.  
303.670.9181  
For more information,  
visit us at  
[www.BreatheWellColorado.com](http://www.BreatheWellColorado.com)

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**Tracy Saraduke**  
Owner & Founder of BreatheWell, LLC

Tracy Saraduke, the owner and founder of BreatheWell, specializes in breathing-focused training for improved health. At her practice, she treats several areas of health concerns including asthma, sleep apnea, and other types of chronic conditions.

Saraduke's training also treats those looking to improve athletic conditioning, through implementing proper breathing techniques.

Saraduke holds a Bachelor of Science Degree in Nursing from Saint Louis University, an MS in Business, Certification in Buteyko, and Masters of Acupuncture degree. In addition, she has over 10 years experience as an emergency room nurse.

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