

# The Beginner's Frolov Device Guide

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## Introduction

Welcome to the Beginner's Frolov Device Guide. The Frolov Device is a scientifically proven appliance that has demonstrated the ability to significantly improve our breathing by increasing oxygen in the cells, whilst strengthening the breathing muscles - resulting in great health and the elimination of many chronic conditions.

The Frolov Device was invented by Vladimir Fedorovich Frolov in the 1990's. The appliance was intended to improve the quality of breathing in an individual from the comfort of their own home, rather than calling in an instructor to help improve their breathing.

The theories used to create the Frolov Device were influenced by that of Dr Konstantin Buteyko – a physician who helped reverse many serious conditions using his famous Buteyko breathing method. If you would like to learn more about this method, please visit [www.breathebuteyko.com](http://www.breathebuteyko.com).

This short Frolov guide will help you with basic information such as how to use the device most efficiently, and general FAQ answers. However, I wanted to instil my experience of using the device after many years in this guide, that could potentially answer less obvious questions. Breathing retraining isn't always a simple road, so we can all do with lifting the fog in such circumstances.

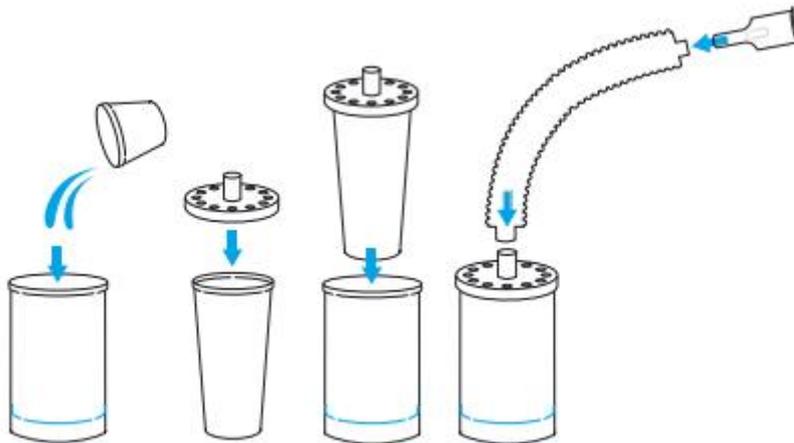
If you have any questions regarding breath retraining you can contact me at [info@breathebuteyko.com](mailto:info@breathebuteyko.com). In addition, feel free to request additional support at <https://www.breathebuteyko.com/services>.

Happy Froloving!

## How to prepare the Frolov for use

The Frolov Device is a simple appliance to assemble, nevertheless, one must be sure that all components are attached properly and securely, otherwise the device may not function as intended. For the device to work there must be a certain level of pressure within the device when breathing into it, so if there are any gaps or unsecured components the breathing session could be affected.

- 1) Begin by measuring 15ml of clean water in the measuring cup and pour it into the **large outer** cylindrical cup.
- 2) Attach the **circular** cover on top of the **\*inner\* cylindrical** container (it has many small holes on the bottom). The Frolov does not have a twisting mechanism, but it's advised to twist a few times or push firmly to secure all components on the device.
- 3) Now place the components on top of the main cylindrical cup that is holding the water (again ensuring that components are secured).
- 4) Attach the mouthpiece to the tube, and twist to ensure that the mouthpiece is horizontal to the floor.
- 5) Finally, twist the tube onto the main unit, and ensure that all joints are tightly secured onto the device.



When holding the device, ensure that it is standing vertically – **\*please be aware that the weight of the mouthpiece can tip over the device and spill the water if you have a low volume over water in the main cup. I found out the hard way when I placed it next to my computer\***

Now your device is ready to use.

## How to use the Frolov Device

The first bit of jargon we have for the device is the PRA – Period of the Respiratory Act. This is the total cycle of one respiratory act.

When we use the Frolov we count in seconds our inhalation and exhalation time to give us our level of progress. So simply by measuring inhalation time + exhalation time in seconds = PRA.

Here's an example;

Firstly, it helps to use a metronome set to 60 beats per minute (you can easily find on Google or on a phone app).

- 1) John **inhales** for 3 seconds
- 2) John **exhales** for 8 seconds

So by adding the seconds 8 + 3 together. John's PRA is 11 seconds. Or it can be written as 3/8.

3 for the inhale  
8 for the exhale

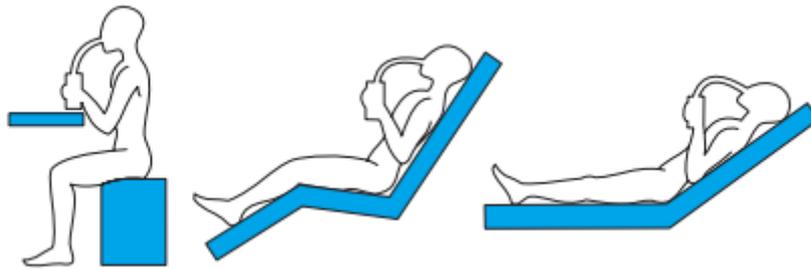
The objective of the Frolov device is to help you increase or extend your exhalation time. This increases the amount of CO<sub>2</sub> breathed into the device and thus improves our automatic and subconscious breathing, which increases oxygenation of the body – leading to many health benefits and reducing the symptoms of many chronic conditions.

Please visit <https://www.breathebuteyko.com/frolov> for more info about how the Frolov Device improves breathing.

Now that your device is ready to use, and you understand how to measure the PRA. It's time to find out your beginning PRA. This is your natural inhalation and exhalation time when beginning on your Frolov journey. The PRA is important because it gives us feedback on the state of our breathing. We cannot choose any PRA at random; we must first identify our beginning PRA and build it up slowly over time to help improve our health and fitness.

## Beginning the Frolov Session

Sit up-right in a chair with a supported straight back and feet flat on the floor – this is important as it allows us to breathe effectively when using the Frolov (alternatively you can lean back in a reclining position, if you are unable to sit upright for periods of time – please refer to the image below). Try not to arch your back or lean over as this will put pressure on the diaphragm (main breathing muscle located just under the ribs). Allow your body to remain up-right, relaxed and comfortable. Now place the Frolov on a worktop or table in front of you. The device should be close to you and you shouldn't have to reach to breathe into the device. If the device is too low down, you could stack a couple of books on your table or desk to support it. Hold the Frolov and allow your arms to relax by your sides.



Begin by sitting comfortably and start the metronome. Gently place your lips around the mouthpiece so that it is sealed, but do not clench too hard otherwise your lips muscles will fatigue – you may find it comfortable to allow the upper and lower teeth to become just slightly ajar – not clenched, but not fully open either.

Start by inhaling at a moderate pace in time with the metronome (60BPM) – too gentle and it will create too much air hunger and stress, but too forceful will minimise your PRA.

The water in the main cup should be bubbling at a consistent rhythm. When inhaling, try to guide your abdomen outwards as it fills up with air, then when exhaling, try to guide your abdomen inwards as the air leaves your body. There should be minimal movement in your chest.

Feel the sensations of your breathing and try to find what your beginning PRA time is. If you find you need to inhale more than 3 seconds, it's likely that you are exhaling too much or too hard. Keep the rhythm with the metronome.

Keep your initial sessions to 2-3 minutes until you can get used to the sensations, and after time you can build it up. Always try and end the session after the exhalation.

After a few sessions it will become second nature and your efficiency when using the device will improve. If you feel a bit panicky, or your air hunger is too much. Just stop, take a little break and resume the session when you feel ready again.

Once you have finished using the Frolov device, disassemble and clean all the components with mild soap and warm water. Wash off the soap thoroughly and allow it to dry on the side until the next session.

## Understanding PRA time

When starting it can be a little bit confusing or frustrating trying to understand what your beginning PRA is. But the **most important** concept of breathing with a Frolov is to not stress or strain the breathing – in other words, do not push your PRA. This will only result in wasted time, an ineffective session and potentially increase your breathing, which could make your breathing worse over time.

The **no.1** reason of failure with clients when using the Frolov Device is pushing themselves too hard. Many of us want faster results, but we must try and remain objective about our PRA.

We want to try and **limit** the **inhalation** to 2 seconds, however when beginning many people feel more comfortable with 3 seconds, or perhaps even 4 – this will depend on the severity of your condition and the level of your breathing. Always try and **reduce** exhalation time before **increasing** inhalation time.

Let's say for example, you are consistently inhaling on a count of 3 seconds, and an exhalation of 7 seconds – with a PRA of 10 seconds or 3/7. Stick with this for 3 days to begin with before you start to change the parameters. If it's too easy, you can increase the water by 2ml. From 3/7 - after 3 days, now try 2/7. After another 3 days, try 2/8. Another 3 days, 2/9 and so on. There is no limit on how much exhalation you can do on Frolov. But at a certain point, there are more powerful ways to improve your breathing.

The 3 parameters than can be changed are as follows;

- Volume of water
- PRA
- Duration of session

By changing these parameters, we increase the pressure of CO<sub>2</sub> in the device and are exposed to higher levels of CO<sub>2</sub> for longer. This will result in a strengthening of all the breathing muscles and will result in softer and lighter breathing 24/7.

It's recommended to increase water by 1ml every 1-2 days, and to increase PRA (1 second on exhalation) every 3 days. Increase the session duration by 1-2 minutes each day. These are general guidelines – listen to your body. If you feel tired after a Frolov session, the session was most likely too long in duration. If the Frolov session makes you feel energetic afterwards with no stress – then this is a good indication that you have the correct parameters in place. Once again, it takes time to get used to the process and to get a feel for what parameters are giving you optimal results.

If you feel like you are not using the device correctly, or if you are unsure what your parameters should be, feel free to book a consultation to receive personal tailored advice on how to improve your breathing and make the most of out of the Frolov device.

Visit <https://www.breathebuteyko.com/services>

## The Control Pause (CP)

How can we measure our progress with the Frolov Device?.. The Control Pause!

The Control Pause is a simple measurement designed by Ukrainian Physician Dr. Konstantin Buteyko to measure the body's tolerance to carbon dioxide. Buteyko discovered that as our lifestyles are changing, we are breathing increased volumes of air, releasing an excess of carbon dioxide - which causes significant health problems. In fact, on average, we are breathing at least TWICE as much as the population did only 100 years ago. Imagine how it would have been thousands of years ago.

'Well, isn't carbon dioxide a waste gas anyway?'. Unfortunately, this is a wide-spread myth. The Bohr Effect discovered by Dr. Christian Bohr in 1904 describes carbon dioxide's role in releasing oxygen from the blood, to the cells and tissues of the body. With less carbon dioxide in the blood, less oxygen is able to be released from the blood and used by the body. When there is more oxygen available, our bodies are capable of becoming stronger, more resilient and all physiological processes occur as intended.

Due to the stress of the modern age, smart gadgets, over-eating, poor quality food, less exercise etc... our bodies now have an increased sensitivity to carbon dioxide as our breathing has increased. As CO<sub>2</sub> is the primary stimulus to breathe, the result is harder, faster, laboured and uncontrolled breathing 24/7. In comparison to slower, gentle, nasal and effortless breathing as is normal physiology. One has to only take a quick look in nature to see that it is only humans that are mouth-breathing and breathing hard, whilst animals breathe exclusively through their noses – if they are breathing through their mouth, it's a clear sign that the animal is sick.

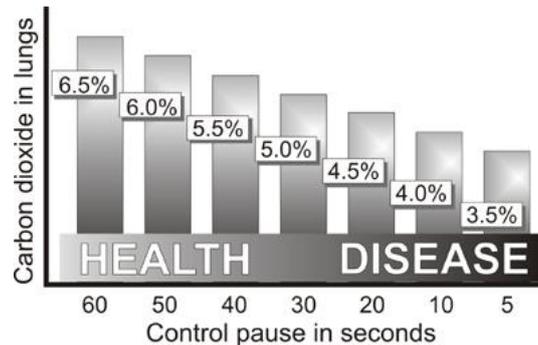
Today's endemic of poor breathing habits and dysfunctional breathing is all because of an intolerance or increased sensitivity to carbon dioxide, and increased sensitivity is caused by our comfortable, but stressful modern lives. Fortunately, we are able to increase our tolerance to CO<sub>2</sub> and normalise our breathing volume using specialised breathing exercises, and of course – the Frolov Device.

The Control pause is simply a measurement that determines your sensitivity to carbon dioxide. Here's how to do it;

- 1) *Sit comfortably in a chair, with a straight back and feet flat on the floor.*
- 2) *Take a normal breath **in through your nose** as usual (not big or small – just normal)*
- 3) *Exhale **out of your nose** as usual for a couple of seconds*
- 4) *Pinch your nose with your fingers*
- 5) *As soon as you pinch your nose, start a timer and just continue holding your breath*

- 6) Relax into your body and just keep on holding your breath
- 7) Listen to your body and at a certain point, there will a subtle point where your body is telling you to resume breathing. This sensation (spasm/twitch) is usually in the neck area, or sometimes the abdomen.
- 8) At this point, immediately stop the timer and resume nasal breathing.

The seconds on the timer is your Control Pause and this will give you information on your sensitivity to carbon dioxide, which gives you information on the level of your health. The higher the score, the better. This means slower and gentle unconscious breathing. The lower the score, the harder and more uncontrolled your breathing will be.



You want to aim to have a minimum of 40 seconds. Though it takes patience and practice to reach this point. Every 5 second increase in your CP will improve any problematic symptoms you're experiencing.

It is important that you take a CP measurement *before* and *after* your Frolov session. If your CP time increases by approximately 5 seconds or more, then you can be sure that you are performing the sessions properly.

## Frequently Asked Questions

### Is there any danger involved with using a Frolov device?

As long as you follow the guidelines the Frolov device is an extremely safe appliance that increases the health of the individual and has changed the lives of many people suffering from chronic health conditions.

However, breathing too hard can cause dizziness and can be dangerous. The Frolov is not to be substituted for emergencies. If you begin to experience symptoms such as extreme dizziness, hard breathing, chest pain etc. Immediately contact your local emergency department.

### Can children use the Frolov Device?

Children as young as 5 years old can use the Frolov device.

### Can I use the Frolov Device more than is recommended in the Frolov Manual?

If the sessions are becoming very easy for you, then you can extend the time of your Frolov sessions. However, it should be noted that any session length beyond 30 minutes start to become ineffective, and possibly reverse the benefits of the Frolov session.

#### **Can I use the Frolov to increase fitness or for sports?**

Yes, absolutely! One of the best ways to increase your level of fitness and sports performance is to reduce your overall breathing volume 24/7. Less breathing = more oxygen in the cells. Which means more energy consumption by the body. See 'The Bohr Effect' for more info.

#### **What conditions can the Frolov Device help me with?**

As the Frolov helps to reduce automatic and subconscious breathing 24/7, it helps with a host of conditions. Please visit

<https://www.breathebuteyko.com/conditions?articleId=breathing-asthma> for more info on how it can help you.

#### **I get bored whilst doing Frolov – can I multi-task?**

Whilst I personally believe it is best to relax the mind and body whilst doing breathing sessions, many people like to watch videos, read books etc. This is okay as long as you are using the device correctly – activities during the session may be too distracting and will cause inefficient or improper use.

#### **Why isn't my health improving after a Frolov session?**

Breath retraining is a process that can take some time to normalise. You may have had dysfunctional breathing for many years – it takes time to undo the damage that has been caused by poor breathing habits. There are also other factors that may be hindering your process. You may need a consultation to ensure you are performing the sessions correctly and to see if anything else is preventing progress.

#### **How long can I expect to wait until I see some results?**

It's completely dependent on the severity of your issues. However, most people report improvements in breathing, less breathlessness, improved energy and better sleep just a few days after using the Frolov Device for the first time.

## **Troubleshooting appliance issues**

#### **The water inside the Frolov is bubbling/frothing up and out of the container**

This is usually due to saliva leaking down from the mouthpiece and into the central chamber. One way to fix this issue to keep the horizontal part of the tube above the lips so that the saliva directed back to the mouthpiece and not into the chamber.

It could also be the use of soap when cleaning the Frolov that causes the frothing. Be sure to always clean the Frolov with clean water and make sure there is no soap residue left.

#### **I'm getting headaches and/or feeling dizzy whilst doing a Frolov session**

This can be because you are pushing yourself too hard i.e. pushing a PRA that is beyond your capability. It can also be because you have exceeded the recommended session time - try reducing the time of the session by a few minutes.