



“Better Breathing Means Better Health”

5th October 2019

11.00-1200

Park Plaza

Victoria London

Edward Suite 2 & 3

The Buteyko Breathing Method
& The Relationship With Diet

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Michael trained as an economist, statistician and accountant at the University of Hull. He worked as Financial Analyst with Fords UK, as O & M Consultant & Operational Researcher with Hawker Siddeley Group, then as a University lecturer and later as a restaurateur, until his passion for better healthcare led him to train as an Osteopath at the EEO Maidstone. He was co-founder of the first Holistic Health Clinic in Kent in 1981, a member of the DOC Council since its establishment. He trained in the Buteyko Method with the BIBH fifteen years ago. He has published: “The Buteyko Guide to Better Breathing & Better Health”,

“The Buteyko Guide to Better Asthma Management” and

“Connection – Towards a broader understanding of health in medicine”,

that outlines how our health is connected to body mechanics, to diet, to breathing, to mind, family, environment and yes, even to the cosmos!

In 2015 he was awarded the eCornell University Certificate in Plant Based Nutrition. His website is a summary of all his current work in body mechanics, breathing, nutrition & more.

He now checks body mechanics, diet and breathing routinely with all his patients.

He believes we are at an critical evolutionary stage in our understanding and practice of medicine, not with old reductionist paradigm of Newtonian thinking but a new 21st Century holistic vision focused more on health promotion and ethology and less on pathology.

Better Breathing Means Better Health – Buteyko Breathing Method

We can survive three weeks without food, three days without water but barely three minutes without breathing, yet normal healthy breathing is rarely checked by doctors. Michael’s presentation will give an overview of the vital significance of good breathing, the physiological implications of poor breathing, specific therapeutic benefits for asthmatics, hypertensives, sports people and anxiety sufferers, some of the background and research findings of the Buteyko Method of breath training & diet, and a plea for every health worker to screen for chronic hidden hyperventilation with the simple Buteyko Method of the Control Pause that takes literally under a minute.

www.TotalHealthMatters.co.uk

Better Breathing Means Better Health (Based on the Buteyko Method)

Most of us suffer some degree of chronic hidden hyperventilation, CHHV, or over-breathing in simple terms and CHHV makes us ill, laying the foundation for anything from low energy, poor sleep to serious health problems such as asthma, hypertension, sleep apnoea or panic attacks. Most arrived at this state because of the many stressful events in their lives; emotional, physical, illnesses, chemical or whatever. Any stress triggers a primitive response called the “Fight or Flight Response” that once protected us from sabre toothed tigers, but today is not so useful and more often has an adverse effect on our health. The Fight or Flight Response produces over a thousand physiological changes in our bodies preparing us for emergency action and all but three of these responses we have little or no control over including histamine, adrenaline, corticosteroid production etc.

However, we can take conscious control over three of them; our muscle tension, our breathing and our mental tension. The neat thing is, that once we start to take control over muscle tension, mental tension and our breathing all the others are improved. The benefits of better breathing are well researched and based on our physiology, but right now all you need to know is that CHHV causes us to lose carbon dioxide. Carbon dioxide, far from being the deadly gas many of us have been led to believe, is the essential stuff of all living things, we would be dead without it! We need around 6% in our bodies to function well.

Carbon dioxide is so important to our life that breathing is governed by the level of carbon dioxide in our blood and *not* by oxygen. Receptors in the brain measure the level of carbon dioxide and adjust our breathing accordingly, if too much we are made to breathe more to “wash out” the excess, if too low we are made to breathe less to conserve it. With CHHV, our receptors are set at too low a level of carbon dioxide and much of the breath training will be to correct this, returning them to normal.

Low carbon dioxide levels cause: a) Spasm of smooth muscle wrapped around all hollow organs in our body, blood vessels, airways, bladder, gut, etc. b) The blood’s ability to deliver oxygen to all our tissues is impaired and c) the pH, or acid/alkalinity of the body is changed affecting every chemical reaction in our bodies. Thus, *every* physiological function of our body is adversely affected.

First, you need a measure of your breathing. This is based on two very simple checks you can do yourself, namely, the control pause and pulse measurements.

The control pause (CP) is a measure of your maximum COMFORTABLE breath hold in seconds after a normal exhalation, while at rest. Effectively it measures how well your body is oxygenated, if you’re well oxygenated you don’t need another breath for a some time, if very poorly oxygenated you will want to take the next breath almost immediately after exhaling.

The Pulse may be measured on your wrist or neck by counting the number of beats in 15 seconds and multiplying by 4 to give number of beats per minute.

The table below gives a guide as to how good or bad your breathing is, related to your CP & your pulse, based on Professor Buteyko’s original data.

Health State	Type of Breathing	Degree	Pulse bts/min.	Breathing frequency/min.	Control Pause (sec.)	CO ₂ in alveoli %
Super-Health	Shallow	5	48	3	180	7.5
		4	50	4	150	7.4
		3	52	5	120	7.3
		2	55	6	100	7.1
		1	57	7	80	6.8
Normal	Normal	0	60	8	60	6.5
Disease	Deep	-1	65	10	50	6.0
		-2	70	12	40	5.5
		-3	75	15	30	5.0
		-4	80	20	20	4.5
		-5	90	26	10	4.0
		-6	100	30	5	3.5

Your Breathing & Your Eating: Research Showing The Connection

What we eat is strongly connected to the way we breathe, and that the way we breathe has a profound impact on the way we eat.

CHHV is related to stress, diet and bad breathing habits, but diet appears to be the major factor perhaps because a stressful lifestyle usually leads to bad eating habits, as well as directly affecting breathing due to the fight/flight responses to stressors.

It is important to have a measure of a person's diet before they are advised to make major changes in their breathing, especially if they are eating a very acid forming diet. This was not as important when Professor Buteyko did his research in Russia, as the typical diet was radically different from the Standard American Diet (SAD diet). Nevertheless he did establish the fact that certain foods could increase CHHV and advised patients to abstain from eating them when ill. Today, in the West that list would be much longer, as our diets have become increasingly based on a heavy consumption of animal based foods, dairy and convenience processed foods.

There are many instances where patients in the USA have changed to a whole plant diet and their asthma has totally cleared. Hypertension and many gut problems have responded quickly to such a dietary shift. As CHHV is a 21st century epidemic in the West, there is no doubt that breath training is usually needed to break old breathing habits that may have arisen from stress, trauma, illnesses, misguided efforts to do deep breathing as well as lack of physical exercise and dietary excesses. As a person's breathing improves they will begin to change the choice of foods they eat, as it appears from my research over the past two years of over two hundred patients, there is a strong correlation between these two activities.

The potential danger of having clients eliminate CHHV who are eating an acid forming diet could be depletion of bone calcium or development of kidney stones as the alternative buffering by increased breathing and elimination of carbon dioxide is taken away. I am sure that in time the improved breathing would result in more mindful eating habits, but why not help the patient with advice on their diet as well as teaching them to breathe better? The evidence is now overwhelming that the SAD diet is a direct precursor to heart disease, hypertension, diabetes, obesity, cancer and many other modern chronic diseases. If we are serious about helping our clients to better health we should at least pass this information on to them; whether they decide to make any changes in their eating habits, that is their decision, but a decision they will make with better information that they will not get from most doctors.

The table below is based on this research, the measure of a patient's breathing quality is based on the Control Pause and the measure of their diet is based on the "4LeafSurvey" score that gives a good estimate of the percentage of calories in the diet derived from whole plant foods.

4LeafSurvey Score	Mid Control Pause Score	CP Range (sec.)
- 40	15	10 to 20
- 35	16	11 to 21
- 30	17	12 to 22
- 25	19	14 to 24
- 20	20	15 to 25
- 15	21	16 to 26
- 10	22	17 to 27
- 5	24	19 to 29
0	25	20 to 30
+ 5	26	21 to 31
+ 10	28	23 to 33
+ 15	29	24 to 34
+ 20	30	25 to 35
+ 25	32	27 to 37
+ 30	33	28 to 38
+ 35	34	29 to 39
+ 40	35	30 to 40

The Skype Lifestyle Course

The Skype Lifestyle Training Course is given on a 1-2-1 basis over six half hour Skype Sessions,

1. Assessment & introduction.
2. Commence exercises.
3. Further techniques.
4. Practical advice.
5. When you are ill.
6. Review & advice for future.

We aim to improve your breathing, reducing CHHV and raising your Control Pause and give advice on dietary changes by the end of the course. This will ensure your symptoms reduce and you regain better health. For more details visit www.totalhealthmatters.co.uk

The 4LeafSurvey © for Nutrition Screening

Complete the 4LeafSurvey questionnaire below to get your 4LeafSurvey Score, or complete it online by going to <www.4LeafSurvey.com> on your smartphone or computer.

	<h2 style="color: green; margin: 0;">The 4Leaf Survey</h2> <p style="color: green; font-weight: bold; margin: 5px 0;">For estimating the percent of your calories from whole plants</p> <p style="font-size: small; margin: 0;">As you know, 4Leaf was designed to help people everywhere leverage the simple, yet powerful, concept of maximizing the percentage of their calories from whole, plant-based foods -- still in nature's package. This survey identifies your estimated 4Leaf "level" of eating. Note that even the 1Leaf level is in the top 10%---when it comes to healthy eating. These 12 questions will give you a pretty good idea of how you can improve your score.</p>
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(Modified on 10-30-15 by J. Morris Hicks. Intellectual property of 4Leaf Global, LLC)

Take 2 minutes, be honest, circle your answers and tally your score. (A serving = about ¼ of a plate)

1	Fresh fruit. On average, how many daily servings of whole, fresh fruit do you eat? (Fruit juice doesn't count; not a whole plant)	Zero 0	1-2 +6	3-5 +12	6+ +14
2	Whole vegetables. On average, how many daily servings of whole vegetables do you eat?	Zero 0	1-2 +6	3-5 +12	6+ +14
3	Whole grains, legumes, potatoes or other starches. On average, how many daily servings of these foods do you eat?	None 0	1-2 +6	3-5 +12	6+ +14
4	Omega-3s. Are you getting all you need from whole, plant-based sources like flaxseeds, walnuts, hemp & chia seeds?	No 0	Maybe 0	Not sure 0	Yes +2
5	Dairy foods. How many days per week do you <i>eat</i> dairy foods like cheese, yogurt and ice cream? (Soy does not count)	Zero 0	1-2 -3	3-5 -5	6-7 -7
6	Eggs. How many days per week do you either eat eggs or add them as an ingredient when cooking?	Zero 0	1-2 -2	3-5 -4	6-7 -6
7	Cow's milk or cream. How many days per week do you <i>drink</i> them or add to your food, like cereal, coffee, etc.?	Zero 0	1-2 -1	3-5 -3	6-7 -5
8	Added Sugar. Are you really serious about eliminating added sugar at home and in food products that you buy?	You bet 0	Fairly -1	Not very -2	No -3
9	White flour. Bread, pasta, cakes, cookies, etc. How would you describe your consumption level of these foods?	Zero 0	Light -1	Medium -3	Heavy -5
10	Sweets & Salty Snacks. How would you best describe your consumption level of these unhealthy foods?	Minimal 0	Light -1	Medium -3	Heavy -5
11	Meat, poultry and fish. How many of your meals per week include any animal flesh? (beef, pork, lamb, chicken, turkey or fish)	0 to 1 0	2-5 -3	6-11 -6	12+ -10
12	Vegetable Oil. How many of your meals per week include oil, like olive, canola or coconut? (All oil is 100% fat, not whole plant)	0 to 1 0	2-5 -1	6-11 -2	12+ -3

Subtract "negative" points from "plus" points to get Net Points. Use chart below to determine 4Leaf level.

Plus points =	Negative points =	Net Points =	4Leaf Level =
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Net Points (-44 to +44)	4Leaf Program Levels of Eating	% of Daily Calories from whole plant foods	Net Points (-44 to +44)	Estimated % of the population
30 to 44	4Leaf	80 to 100%	30 to 44	1% "Top 1%"
20 to 29	3Leaf*	60 to 79%	20 to 29	2% "Top 3%"
10 to 19	2Leaf	40 to 59%	10 to 19	3% "Top 6%"
0 to 9	1Leaf	20 to 39%	0 to 9	4% "Top 10%"
-1 to -20	Better than most	10 to 19%	-1 to -20	25% "Top 35%"
-21 to -44	Unhealthful Diet**	Less than 10%	-21 to -44	65% "Majority"

*If you scored 3Leaf but had "net points" of at least 24, and no more than 4 "negative" points, you are a 4Leaf-er.
**The typical Western diet --- with meat, dairy, eggs, oil, seafood and highly processed carbs at almost every meal

Notice that **4Leaf** eating is not necessarily vegetarian or vegan. But if you choose to routinely include dairy, meat, eggs, fish, oil, sugar & processed foods in your diet, you will have a difficult time reaching the **4Leaf** level. Wishing you the best in your pursuit of vibrant health & optimal weight. Be well, from the entire team at 4Leaf Global.

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How to Improve Both Your Diet & Breathing

As already explained, any improvement in your breathing will lead to you eating a healthier diet and any improvement in your diet, raising the %age of whole plant foods in your diet, will lead to improved breathing, a win-win situation.

Improving Your Breathing:

1. Always try to breathe through your nose, breathing in *and out* through it.
2. If you have a stuffy or blocked nose: Take a breath in then out and gently hold your nose while nodding ten times keeping your mouth closed. Release your nose and breathe in through your nose. Repeat as necessary.
3. Check how you are breathing; hold one hand on your chest and the other on your belly, which hand is being moved the most? Try to get all the movement low down where your diaphragm is. Check your Start Control Pause (CP) & Pulse.
4. Now practice Relaxed Breathing.
 - a) Relax every muscle in your body & be “soft like a cloth!”
 - b) Only breathe through the nose, keep your mouth shut.
 - c) Keep a quiet mind, close your eyes & visualize a garden, seashore etc.
 - d) Sit upright with a straight back and both legs placed on the floor.
 - e) Sit like this, just learning to relax thoroughly for two to five minutes then open your eyes and wait for another minute while resting, to let your breathing return to a its new normal.
 - f) Now measure your CP and Pulse again. If you have succeeded in doing this exercise well your CP will be higher and your Pulse may be lower or the same. This will mean you are breathing less than when you started.
5. Repeat this exercise three or four times a day and keep a record of your results to measure your progress.

Improving Your Diet:

1. Increase all the food groups that score positive in the 4LeafSurvey; vegetables, fruit, grains, pulses, starch-rich vegetables etc.
2. Decrease all foods that score negatives on the 4LeafSurvey.
3. Check your 4LeafSurvey Score weekly to measure your progress.

More advice & information:

Book on my Skype Lifestyle Training Course that covers both the breath training and dietary work, learn with a Free Podcast Course or just visit my website for more information on all health matters: <www.totalhealthmatters.co.uk>

One of the problems many people meet when making dietary changes is “What can we cook now?”

Download the App “Forks over Knives” for recipes or visit <www.pcrm.org/health/diets/recipes>

“Prevent & Reverse Heart Disease Cookbook” by Ann & Jane Esselstyn, ISBN 978-1-58333-558-1

Essential material on the Whole Plant Nutrition would include: “The China Study” By Dr. T. Colin Campbell, ISBN 978-1-932100-66-2 Dr. Michael Greger’s website <www.nutritionfacts.org>

“The Starch Solution” by Dr. John McDougall, ISBN 978-1-62336-027-6

“Prevent & Reverse Heart Disease” by Caldwell B. Esselstyn, Jr. MD, ISBN 978-1-58333-300-6

The “Better Breathing Means Better Health” podcast is free and can be found on all major podcast sites, this is a fifteen-episode course based on the full Buteyko Method.

“Your Health in Your Hands” is another free podcast covering a wide range of health issues including breath training, diet, hydration, exercise etc. There is also a Buteyko Training podcast for Asthma sufferers free of charge entitled “Escape From Asthma” Anyone learning the Buteyko Method using my podcasts would be well advised to buy the book to accompany them; “The Buteyko Guide to Better Breathing & Better Health” with exercise pages from <www.lulu.com/spotlight/lingard>

“Connection” by Michael Lingard (from Amazon) ISBN 978-1-326-94022-5

Remember breath work is very powerful so check with your doctor as you progress to make sure your medical prescriptions don’t change, usually they need to be reduced.

Your Notes:

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