



# TotalHealthMatters! Lifestyle Training Course

## Skype Distant Lifestyle Training Course £175

The Skype Buteyko Training Course is given on a 1-2-1 basis over six half hour Skype Sessions, the following is a guide to what you will learn in a course.

There may be variations on content and timing depending on the client's needs.

We aim to improve your breathing, reducing chronic hidden hyperventilation and raising your Control Pause (the Buteyko measure of your breathing) and give advice on dietary changes by the end of the course. This will ensure your symptoms reduce and you regain better health. Our Skype name is "BUTEYKOMIKE"

Once we have received your completed registration form & course fee you can begin.

### PART ONE

- 1.1 Assessment and brief overview of the Buteyko Method
- 1.2 Check your breathing using the breath-hold test, the Control Pause (CP)
- 1.3 The significance of nose breathing 24 hour nasal breathing, even during sleep!
- 1.4 The nose clearing exercises.

### PART TWO

- 2.1 Introduction to Dr Buteyko's Method- clinical trials and benefits. How to reach a 40sec. CP
- 2.2 Note your breathing pattern and the effect on the breathing of correct posture
- 2.3 Learn and practice relaxation & reduced breathing.
- 2.4 Your medication you are taking – the potential for safe reduction.
- 2.5 Start your exercises with CP, Pulse, RB (relaxed /reduced breathing)
- 2.6 Nutrition screening and advice using the 4LeafSurvey Questionnaire.

### PART THREE

- 3.1 Practice and modification of the exercises to work for you The Mini Pause.
- 3.2 Learn the Reduced Breathing and Extended Pause exercises
- 3.3 The effects of stress - Signs of Stress - The 'fight or flight' response – and CHVS.
- 3.4 The difference between normal breathing and CHVS, disorders CHVS produces - how Buteyko reduces your symptoms
- 3.5 Early warning sign of an asthma, panic or HV attack, the difference, how to overcome attacks
- 3.6 The Anti-hyperventilation Exercises

### PART FOUR

- 4.1 Assessing your progress – we check your results to make sure you are practising correctly.
- 4.2 You learn how to "Talk like the queen" to avoid mouth breathing when talking.
- 4.3 How to recognize clearing symptoms - managing 'flu, chest infections, etc.
- 4.4 Changing lifestyle habits to improve your health.

### PART FIVE

- 5.1 Review of your progress so far. Full exercise.
- 5.2 When you are ill, advice on taking better care of yourself for faster recovery.
- 5.3 Physical exercise, making it safe, an essential element for progress.
- 5.4 Looking ahead, reducing your Buteyko exercises, stopping taping, incorporating the Buteyko Method into your daily life.
- 5.5 Final assessment and your personalized plan for the future including a follow-up programme.

### PART SIX

- 6.1 Review of dietary progress to date and planned changes in the future.
- 6.2 Discussion of any additional support needed, website and smartphone apps for recipes etc.
- 6.3 Any outstanding questions on breath training and diet.

You may complete the Registration Form & Course Booking Form below & return it by e-mail or by post to:

**Mr M.Lingard, TotalHealthMatters, St Bridgets, Rye Road, Hawkhurst, Kent TN18 5DA**

**Contact: Michael Lingard +44(0)1580 752 852 Email: [lingard@totalhealthmatters.co.uk](mailto:lingard@totalhealthmatters.co.uk)**



## TotalHealthMatters! Lifestyle Training Course

### **Personal training at TotalHealthMatters!, Hawkhurst, Kent.**

The Lifestyle Training Course (Nutrition & Breathing) (Three 2 Hour Sessions)

**Part One: £75pp (Group) £95 1-2-1 (A Group is two to five students)**

1. Welcome & introduction. Check Registration Form & give out Workbook and STM 1 and 2
2. Introduce 4LeafSurvey Dietary questionnaire & give initial advice and information.
3. Run Video "Hyperventilation 21st Century Epidemic"
4. Run PPP Modules 3 and 4
5. Do first exercise: CP Pulse RB (3 min) CP RB(2min) Rest (1min) CP Pulse
6. Discuss Nose Clearing Exercises & reason for nose breathing
7. Take five min. relaxed breathing while observing the student's breathing patterns, respiratory rate, posture etc.
8. Explanation of the Control Pause & common errors to be avoided.
9. Do second exercise in workbook
10. Prepare & give out Training Plans
11. Q & A

**Part Two: £75pp (Group) £95 1-2-1**

1. Review of progress, deal with any problems arising: taping, sleeping, relaxation, medication etc.
2. Do full exercise in workbook
3. Run PP Modules 5 & 6
4. Review Hyperventilation Exercises.
5. Review Mini Pause.
6. Talking Like The Queen
7. Give out STM 3 & 4
8. Advice on physical exercise to improve breathing.
9. What are the limits of better breathing.
10. The longer term plans for breathing improvement and dietary changes.

**Part Three: £75pp (Group) £95 1-2-1**

1. Recap on training covered so far, graph results and give out STM 5 & 6.
2. Do full exercise in workbook.
3. Deal with questions arising and review dietary changes or questions.
4. Warning signs & "sealing the leaks" recap.
5. Medication and your breathing.
6. When to stop taping
7. When to stop doing training exercises
8. Diet and breathing. Run 4LeafSurvey
9. Complete end of course questionnaire.
- 10 Future contact & follow-up in 6/12 months.

The course may be offered as six shorter sessions over three weeks or longer.

Contact: Michael Lingard +44(0)1580 752 852 Email: [lingard@totalhealthmatters.co.uk](mailto:lingard@totalhealthmatters.co.uk)

**TotalHealthMatters! St. Bridgets, Rye Road, Hawkhurst, Kent TN18 5DA**

# Lifestyle Training Course Booking & Registration Form

Forename \_\_\_\_\_ Surname \_\_\_\_\_ Date of birth \_\_\_\_\_

e-mail address: \_\_\_\_\_ Date \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_ Postal code \_\_\_\_\_ Phone number: \_\_\_\_\_

Telephone number: \_\_\_\_\_ Mobile number: \_\_\_\_\_

Skype name: \_\_\_\_\_ Medical practitioner \_\_\_\_\_

Your Condition (eg. asthma, emphysema) \_\_\_\_\_ Degree eg, mild) \_\_\_\_\_

Age originally diagnosed \_\_\_\_\_ Regularity of attacks or problem \_\_\_\_\_

Have you ever suffered from any of the following conditions?

Heart problems	High blood pressure	Low blood pressure	High cholesterol
Diabetes	Schizophrenia	Kidney disease	Underactive thyroid
Angina	Overactive thyroid	Migraines	Hypo-glycaemia
Depression	Epilepsy	Fluid retention	Panic attacks
Stroke	Brain damage/trauma	Organ transplant	(Women) Are you pregnant?

What drugs are you allergic to? \_\_\_\_\_

What else besides drugs are you allergic to? \_\_\_\_\_

Please list all the medication you are currently taking, or have taken in the last two months, whether related to breathing problems or not: \_\_\_\_\_

Symptoms before the course (Please tick appropriate box) A) Rarely/Never B) Sometimes C) Often D) Very Often

	A	B	C	D		A	B	C	D		A	B	C	D
Shortness of breath					Mouth breathing					Tightness of chest				
Frequent deep breaths					Lack of concentration					Headaches/migraines				
Dizziness					Ringing/buzzing in ears					Insomnia/restless sleep				
Mental fatigue					Trembling & tics					Apathy/depression				
Irritability					Loss of feeling in limbs					Loss of smell				
Fear without reason					Dryness of mouth					Allergies				
Coughing					Deterioration of vision					Itching				
Asthma attacks					Pains in heart region					Muscle pains				
Dry skin/eczema					Painful/irregular periods					Loss of hearing				
Rhinitis/hay fever					Prone to colds/flu etc.					Snoring				
Flashes before eyes					Shuddering in sleep					Pains in bones				
Physical exhaustion					Chest pains					Digestive problems				
Loss of memory					Sudden chilling of limbs					Frequent yawning				
Breathing without pause					Diarrhoea/constipation					Bloated abdomen				
Frequent sighing					Wheezing					Tingling/numb fingers feet				

## Breathing Evaluation & Nijmegen Questionnaire

The Nijmegen questionnaire gives a broad view of symptoms associated with dysfunctional breathing patterns. It is only a preliminary guide to breathing training.

**Please ring the score that best describes the frequency which you experienced the symptoms listed**

Symptom	Never	Seldom	Some-times	Often	Very often
Chest pain	0	1	2	3	4
Blurred vision	0	1	2	3	4
Dizziness	0	1	2	3	4
Confusion or loss of touch with reality	0	1	2	3	4
Fast or deep breathing	0	1	2	3	4
Shortness of breath	0	1	2	3	4
Tightness across chest	0	1	2	3	4
Bloated sensation in stomach	0	1	2	3	4
Tingling in fingers and hands	0	1	2	3	4
Difficulty breathing or taking deep breaths	0	1	2	3	4
Stiffness or cramps in fingers and hands	0	1	2	3	4
Tightness around the mouth	0	1	2	3	4
Cold hands or feet	0	1	2	3	4
Palpitations in the chest	0	1	2	3	4
Anxiety	0	1	2	3	4
<b>Totals</b>					

### Course Booking Form

I understand that the Buteyko Breathing Reconditioning Program is a series of lectures and training. It does not constitute medical treatment. Furthermore I the undersigned, agree to only modify prescribed medication after consulting with a medical doctor. I also agree that, as I am not a trained Buteyko Educator, I will not attempt to teach other people without written permission of my Buteyko trainer.

Name		Date	
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Signed	
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**The Skype Lifestyle Training Course £175**

**The Lifestyle Training 1-2-1 Full Training Course £285**

**Group rate (2-5 students) £225 pp**

**Additional family members in a group are charged £100 each.**

If the course participant is under 18 a parent or guardian must be sign. A parent or guardian must accompany under 18's at all times on the course.

Payment by cash, credit/debit card or cheque payable to "Totalhealthmatters"

Special reminder: Please do not eat a large meal just before you come to the classes, although eating a snack, if you want, is fine.

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