

## The MyButeyko App The MyButeyko Training Course Getting Started for £75

You can learn to change your poor breathing habits in just one week with the latest technology that works with your smartphone or computer. The full training is in four stages, part one & two are included in the fee above:

**Part One:** A three hour session in the classroom to teach you all you need to know to get started & how to set up your smartphone or computer to do your exercises.  
£75 (Group), £125 (One to one)

**Part Two:** A week of close monitoring and support by your Buteyko Educator using the internet to view your exercises & training modules for you to study at home.  
FREE (Included in above fee)

**Part Three:** The end of course training session in the classroom for three hours. Dealing with any problems you may have had, setting up your personal training program & giving you final instructions to get your breathing back to normal  
£75 (Group), £125 (One to one)

**Part Four:** Close monitoring & support by your Buteyko Educator using real-time reporting of your progress with the internet using email, text messaging, telephone or Skype as necessary up to 30 minutes per month. We recommend six months but some will only need two or three months support. This service is charged at £25 per month

The full training course of Part 1, Part 2, Part 3 and six months monitoring and support for Part 4 is only £270 if paid at start (£300 less 10% discount).

Distant training is also available using Skype this is charged at £75 plus any extra monitoring and support as necessary at £25 per month.

Group training can be organized at your own location; your clinic, workplace or school. Please contact us to discuss fees and format of such training.

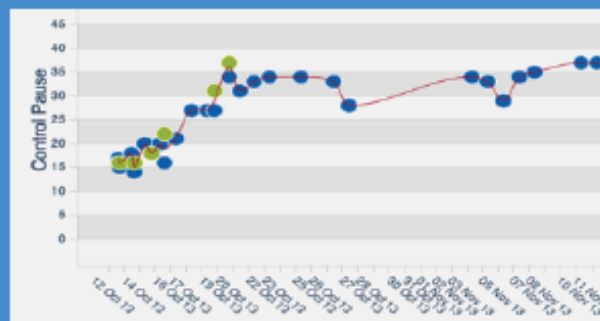
## The MyButeyko App

The MyButeyko App may be used to record your exercises when on a Buteyko training course or can be used as a first step on its own to help improve your breathing. It is designed to work with any iPhone 3G and above, most Androids and on any PC or Mac computer. It requires Safari or Google Chrome as your browser.

Download the App to your phone or PC using the following address: < [www.mybuteyko.net](http://www.mybuteyko.net) >  
(Use your Wi-Fi connection to download it.)



The graph below is a typical view of a student's exercises they have done on their smartphone or computer. The Buteyko Educator also sees details of each exercise, health & fitness profile and condition profiles to help support & monitor the student. This close monitoring has proved remarkably effective in helping students improve their breathing, raising compliance & giving the extra help needed to break old breathing habits.



**Michael Lingard BSc. DO BBEC**  
St. Bridgets Rye Road Hawkhurst Kent TN18 5DA



# The Breath Connection

*“Better Breathing  
means  
Better Health”*

Breath connects everything in our lives:  
Our health, emotions and our whole being  
Do **you** breathe well?

[www.TheBreathConnection.com](http://www.TheBreathConnection.com)

## FIVE FACTS OF LIFE

### 1. Breathing is vital for life

We can go for weeks without food, days without water but only minutes without air. Perhaps then we should pay more attention to our breathing?

### 2. Stress makes us breathe more

Because of the fight/flight reaction to any stressor our breathing increases. Repeated stressors can lead to permanent chronic hidden hyperventilation.

### 3. You can have too much of a good thing

Over-eating leads to obesity and serious health problems, we can effectively drown if we drink too much water and too much breathing has equally damaging effects on our health.

### 4. Over-breathing makes you ill

Professor Buteyko claimed that over one hundred and fifty modern diseases are associated with over breathing, the most common being: asthma, sleep apnoea, hypertension and panic attacks.

### 5. Most of us habitually over-breathe

The majority of us in the West suffer some degree of chronic hidden hyperventilation. There is no agreement as to why this is so. Either it is the chronic effects of our stressful lifestyles or perhaps in part due to a culture that promotes deep breathing in exercise classes, in gyms and whenever we are stressed we are told to "take deep breaths".

### Summary of the facts:

We, like all mammals, are given about half a billion breaths in a lifetime, learn to use them well. It is without doubt the most important activity in our lives and yet it is almost totally ignored in medicine unless there is some respiratory pathology. Stress triggers increased breathing and chronic stress creates chronic hidden hyperventilation that leads to poor health or serious illness. The good news is that we can all learn to correct this bad habit with just a little effort.

## FIVE FACTS OF HEALTH

1. Better breathing improves general health, gives sound asleep, less tension and better digestion.

2. Better breathing boosts oxygenation of tissue, better performance of muscle, nervous system and the entire metabolism.

3. Better breathing can safely reduce the need for medication whether for asthma, hypertension, panic attacks, gut problems, hay fever or other conditions.

4. Better breathing for children reduces need for orthodontic work and risk of poor development.

5. Everyone can learn how to breathe for life, with only a few days training with the new MyButeyko app for smart phone or computer.

### Why not check your own breathing now!

The Control Pause or CP is the Buteyko tool to measure your breathing rate or volume of air breathed per minute. Sit comfortably and be relaxed, breathing only through your nose, be aware of your in-breath and out-breath.

On the end of an out-breath pinch your nose gently and check the time on a clock or watch with a second-hand, when you want to breathe In release your nose and note the time on your watch or clock, the time passed from start to finish is your CP in seconds.

If you had to take a deep breath in after releasing your nose, you held your breath too long. Try again.

### How did you do, and what does your CP mean?

CP in Sec.	Your breathing condition
45 to 60	Excellent, normal breathing
35 to 45	Slight over-breathing
25 to 35	Moderate hyperventilation
20 to 25	High hyperventilation affecting your health
15 to 20	Serious hyperventilation impairing health
10 to 15	Severe hyperventilation affecting your health
5 to 10	Critically poor respiratory dysfunction

If your CP is 20 or under, your health is almost certainly adversely affected by your habitual over-breathing .

## FIVE FACTS OF SCIENCE

1. **The rate and volume of our breathing** is controlled automatically by receptors in the brain that respond to the level of carbon dioxide in body.

2. **This automatic system can go wrong** either because of long-term bad breathing habits or as a result of stressors repeatedly triggering the fight/flight response.

### 3. The bad news

is that the majority of us in the West have dysfunctional breathing, usually with some degree of hyperventilation.

### 4. Three main physiological reactions occur

a. Smooth muscle, wrapped round all hollow organs in the body (airways, gut, bladder, arterial blood vessels etc.) starts to spasm. This constricts airflow and blood circulation, irritates gut activity and the bladder's ability to retain urine.

b. The hemoglobin in the blood continues to pick up oxygen and release carbon dioxide normally but starts to hold onto its oxygen more tightly causing poor tissue oxygenation and often breathlessness.

c. The loss of carbon dioxide or hypocapnia raises the body's pH i.e. the body becomes too alkaline and this causes every chemical reaction to be adversely affected.

### 5. The good news

is that everyone can learn to correct such problems in just five days with the MyButeyko training.

There are no adverse side effects, only better health, fewer symptoms, usually less need for drugs, less stress and improved quality of life.