

The Breath Training Course

The training is based on the well researched Buteyko Method, clinically tested in many trials. Visit The Breath Connection website to view some of the international clinical trial results. It is not a medical system but more a lifestyle and physical education system that has profound benefits for many medical conditions & for those wishing to be fitter and healthier. Your breathing will be carefully assessed, then you will be taught how to return your breathing to normal or as near normal as possible.

The training includes:

1. Advice on posture & physical exercise
2. A detailed presentation on respiration
3. Nose clearing exercises
4. How to learn to reduce your breathing
5. Anti-hyperventilation exercises
6. Correct breathing when talking
7. How to record & monitor your breathing
8. Basic advice on diet and lifestyle
9. How to cope better when ill or under stress
10. Support & monitoring for at least 3 months

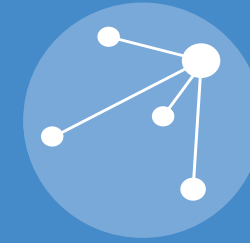
Visit our website for details of course training options & fees, from distant Skype learning to group or 1-2-1 courses..

Who Needs Breath Training?

If you ever suffer from any of the symptoms below you will benefit from breath training:

Allergies, rhinitis or hay fever
Asthma, COPD or emphysema
Breathlessness, shortness of breath
Hypertension, angina or heart disease
Low energy, lack of stamina
Mental fatigue, poor concentration
Unrefreshing sleep, waking tired
Snoring, sleep apnoea
Anxiety, panic attacks or depression
Frequent habitual yawning or sighing
Headaches, migraines
Pounding or rapid heart beats
Recurrent infections and colds
Blocked nose, sinusitis, mouth breathing
Gut problems, IBS, constipation
Cold extremities, tingling in fingers
Orthodontic problems, gum disease
Chronic hidden hyperventilation or habitual over-breathing appears to affect over 75% of the population in the West, it is the hidden epidemic that is rarely diagnosed & treated.

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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

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 chronic habitual 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-breath 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; is it 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 also whenever we are stressed we are told to "take deep breaths".

Summary of the facts:

We, like all mammals, are given about 750 million 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 & 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 in weeks with just a little effort & help.

FIVE FACTS OF HEALTH

1. Better breathing improves general health, gives sound sleep, less tension & better digestion.

2. Better breathing boosts oxygenation of tissue, better performance of muscle, nervous system & 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 better for life, with only a few days training with the Buteyko Method

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, & 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, the airways, gut, bladder, arterial blood vessels etc. starts to spasm. This constricts airflow and blood circulation, irritates gut activity & 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 causing every chemical reaction to be adversely affected.

5. The good news

is that everyone can learn to correct such problems in just a few days with the Buteyko Method training.

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

Contact to book a FREE consultation to learn more: T: 0800 781 2534 E: info@TheBreathConnection.com