

ARE YOU A HEALTHY BREATHER?

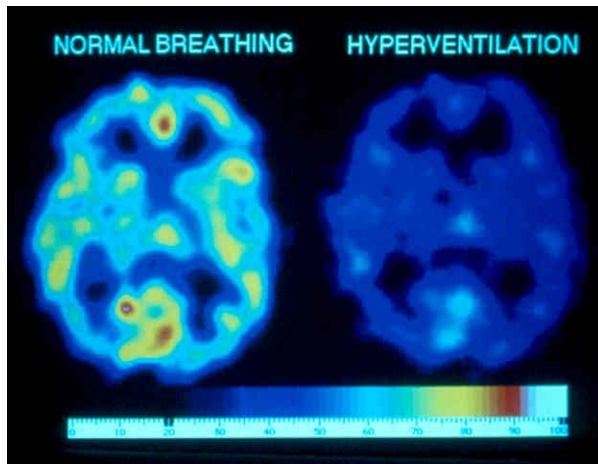


Image from: Litchfield PM, 2003

MRI scan showing normal levels of oxygen saturation in the brain of a healthy breather (left hand image).

The right hand image shows oxygen reduction in the same brain after one minute of hyperventilation.

Red = most O₂ saturation
Dark blue = least O₂ saturation

Are you always getting colds and flu? Do you suffer from asthma, sinusitis or hay fever? Do you snore or have trouble sleeping? Are you easily stressed? Do you struggle with low energy or chronic fatigue?

If the answer is yes to any one of these questions, it's likely you're not breathing correctly and in fact are probably breathing too much. The medical term for habitual over-breathing is "chronic hyperventilation".

Tips for healthy breathing

- Shut your mouth and breathe less.
- Always breathe in and out through your nose.
- Pace yourself so you can breathe through your nose throughout the day, even during exercise.
- Try to relax your shoulders and soften your stomach muscles - this promotes diaphragmatic breathing.

The most common symptom of chronic hyperventilation is habitual mouth breathing, sometimes but not always due to nasal congestion.

How to un-block your nose

Breathe in and out normally through nose.

Hold on the out breath for as long as is comfortable then gradually resume very gentle breathing.

It may help to pinch the nose and nod your head a few times.

In stubborn cases or when the blockage is due to a cold, the exercise may need to be repeated several times

This exercise and the tips provided are to help you get started on the path to better breathing. To learn more about this permanent solution to breathing related disorders contact Buteyko Breath Correction Auckland, New Zealand: Tel: 64-9-360 6291