

## The Breath Connection Facts

1. Overbreathing, either by taking larger breaths or more breaths per minute or both leads to low carbon dioxide levels in the lungs.
2. Lowered carbon dioxide levels (less than 5%) leads to spasm of smooth muscles that wrap around airways, blood vessels, bladder and other hollow organs.
3. Lowered carbon dioxide levels lead to the impaired oxygenation of the body as blood holds onto oxygen more strongly not releasing it fully to the tissues. (The Bohr Effect)
4. Lowered carbon dioxide levels changes the acid/alkaline balance of the blood thereby impairing the entire chemistry of the body.
5. Chronic long-term over-breathing causes receptors in the brain to accept and maintain lower levels of carbon dioxide in the blood, thereby ensuring the continued state of over-breathing to the detriment of the person's health.
6. The above effects all contribute to the symptoms experienced by asthmatics & hay fever sufferers. For more details of these physiological effects visit our website at: <[www.asthmacarekent.co.uk](http://www.asthmacarekent.co.uk)>

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## What can breath training do?

Clinical trials have shown the usual benefits include:

- Less wheezing
- Less coughing
- More energy
- Better sleep

Up to 90% less reliever medication needed

Up to 50% less preventer medication needed

No adverse side effects

Long lasting benefits after training

A safe adjunctive aid to better asthma management

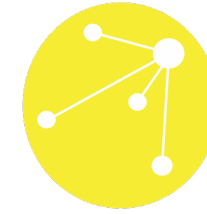
We are dedicated to improving the management of asthma with clinically proven training methods and lifestyle advice. Asthma is a growing problem with ever-increasing numbers of children being diagnosed and put on medication for life with all the potential health hazards of side effects on their development and general health. We believe it needn't be like this and that individuals, young or old, can learn, in just a few weeks, how to take better control themselves with simple lifestyle changes and breathing exercises to correct their dysfunctional breathing.



Endorsed by the  
British Thoracic Society



Endorsed by GINA  
(Global Initiative for Asthma) for  
class A evidence.



# The Breath Connection

## Asthma Sinusitis Hay fever Rhinitis

**Over five million people in the UK are diagnosed with asthma, (1 in 13 adults and 1 in 8 children). Asthma is the only treatable life-threatening condition in the western world with a rising death rate, with up to 86% of deaths being preventable (Grampian study 1994) It would appear current asthma treatment is not working.**

Our breath connects everything in our lives: our health, emotions, our whole being and every living thing in the environment, as we all, plants, animals & fellow humans, breathe the same air.

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

## Will Buteyko help my Asthma?

Complete the questionnaire below to assess how well your asthma or respiratory condition is currently controlled.

Your asthma experience	Yes	No
Do you get asthma when exercising?		
Do you get very bad asthma with a chest infection?		
Does your asthma get worse at certain times of the year?		
Do you use reliever medication more than three times a week?		
Are you concerned about the possible side effects of your inhaler?		
Do you already suffer from any of these side effects: tremor/racing heart, husky voice, oral thrush, bruising easily, thin skin, poor immune system?		
Are you using more asthma medication than you were five years ago?		
Do you take asthma medication yet still have asthma symptoms?		
Is asthma dictating/restricting your lifestyle?		
Do you avoid activities, foods or going places in an effort to avoid asthma symptoms?		
Does asthma cause you to miss school or work?		
Do you get asthma when asleep?		

### How did you do?

If you answered YES to five or more questions then your condition needs addressing now. Enrolling on a Buteyko Breath training course will make an enormous positive change in your life.

If you answered YES to between three and four questions then Buteyko Breath training will greatly improve your general health and ease your asthma symptoms.

If you answered YES to two or less questions, your asthma or breathing disorder is well controlled or mild. The Buteyko Breath training will enable you to virtually forget that you have asthma.

## The Buteyko Method improves breathing & relieves symptoms.

Asthmatics over-breathe. This means breathing heavily, rapidly or through the mouth when there is no need for it. Often over-breathing, or hyper-ventilation, occurs unconsciously, resulting in irritation, inflammation and constriction of airways. The Buteyko method consists of specially devised breathing techniques to control this over-breathing. The exercises restore normal breathing patterns and greatly reduce symptoms.

### But how do I know if I am over-breathing?

Check these symptoms associated with over-breathing or hyperventilation:

**Respiratory system:** Shortness of breath, tightness in the chest, over sensitivity of the airways, excessive sneezing, production of copious mucus, long-term blocked or running sinuses and excessive yawning or sighing.

**Nervous system:** light headedness, dizziness, unsteadiness, poor concentration, numbness, tingling and coldness especially in the hands and fingers and often in the face. In severe cases, loss of memory or loss of consciousness.

**Cardiac:** racing, pounding or skipped heart beats.

**Psychological:** varying degrees of anxiety, tension and apprehension, even panic attacks.

**General:** mouth dryness, abdominal bloating, belching and flatulence, easily tired, poor sleep patterns, general weakness and chronic exhaustion.

## How effective is breath training?

In November 1994, medical trials sponsored by the Australian Association of Asthma Foundations and led by Professor Charles Mitchell and Dr Simon Bowler, were started at Mater Hospital, Brisbane. Six weeks into the trial the group practicing Buteyko exercises had reduced their bronchodilator (reliever) medication by 90%. A further six weeks later they had achieved a 96% reduction as well as reducing their steroids by 49%. The control group practicing physiotherapy exercises were using the same amount of steroids and only 6% less bronchodilators at the three month mark. After the trial the control group practicing physiotherapy were taught the Buteyko method. They achieved the same outstanding results as the first group. For further comprehensive research information visit: [www.buteykokent.co.uk](http://www.buteykokent.co.uk)

### Quotes:

" I've been astonished and also very pleased with the excellent result. There is no disruption of their life at all by their disease: normal activities; not waking at night; not needing to use any reliever medications. It's just great...75% control is about as good as anyone has got in any study of asthma. The neat thing about it is that it has no side effects. It's very safe. The Buteyko technique certainly has been shown to be an important adjunct to treatment."

[Dr. Bob Cowie, Respiratory Physiologist, Calgary Trial of Buteyko Method](#)

"The simple fact is that 34 patients, prior to Buteyko, were costing £15,000 for their asthma medication," he said. "After Buteyko, they were costing £5,000. That's a reduction of two-thirds in their drugs bill. If this was extended to the rest of the country, very significant savings could be made."

[Doctor Gerald Spence Glasgow UK](#)

"It changed my life. Before, I could barely walk up stairs now I can manage a 10-mile hike. I was using my puffer four times a day as well as steroids and now I'm off all drugs."

[Dr John Stanley of the National Public Health Laboratory](#)

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