

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 can all contribute to the symptoms experienced by people suffering a variety of skin problems. For more details of these physiological effects visit our website at: <www.asthmacarekent.co.uk>

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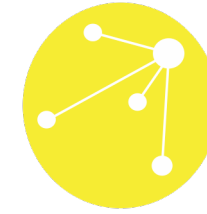
What can breath training do?

The skin is the largest organ in the body and is responsible for perspiration, to cool the body, sensation through numerous sense receptors, protection of the body through maintaining a barrier of surface cells, elimination through perspiration and skin eruptions, absorption of substances through the skin and also self healing itself when damaged. Over-breathing or hyper-ventilation can impact on the skin in a variety of ways; less oxygen is delivered to the tissue, impaired blood supply leads to reduced nutrient supply, extra histamine produced leads to increased sensitivity and irritation, hormone production is impaired causing skin changes and there is a greater risk of dehydration leading to drying of the skin.

Breath training normalizes breathing and reduces all these adverse effects.

Eczema and asthma often are found together in some people with atopy. Atopy is a hereditary disorder marked by the tendency to develop immediate allergic reactions to substances such as pollen, food, dander, and insect venoms and manifested by hay fever, asthma, or similar allergic conditions.

It is not uncommon to find suppression of one condition leads to exacerbation of another when the underlying cause is not addressed.



The Breath Connection

Eczema
Allergies
Itchy Skin

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.

Good breathing means good health.

www.TheBreathConnection.com

Some Practical Aids for Skin Problems

* Avoid using very hot water, perfumes or any kind of irritant on your skin, as these add more stress to an already sensitive skin.

* Drink plenty of water to avoid dehydration.

* Steroid creams or oral steroids may be needed from time to time to reduce the impact of the Immune system's over-reaction to irritants. Use them as sparingly as possible to avoid damage to the skin.

* Keep a record of foods you eat and creams you apply to your skin to see if there is any connection to the irritation.

* Try not to scratch as this creates more irritation, rub gently when the itch is annoying but don't scratch.

* Return to normal breathing which should improve the condition by normalizing blood flow, improving moisture to the skin and reducing histamine production.

Stress & Skin Problems

Many people who suffer from skin disorders report that their skin condition is worse when under any stress and eases when they are relaxed. Since we know that stress causes us to over-breathe or hyperventilate as a automatic response of the fight or flight reaction, then it would make sense that by eliminating hyperventilation and inducing more relaxation this effect will be minimized. If we are breathing gently it is difficult to be stressed.

How The Buteyko Method Relieves Symptoms.

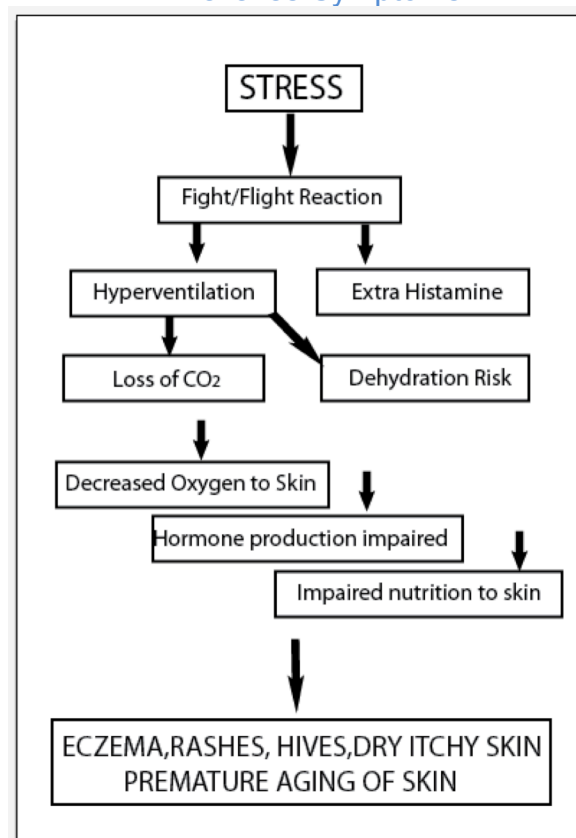


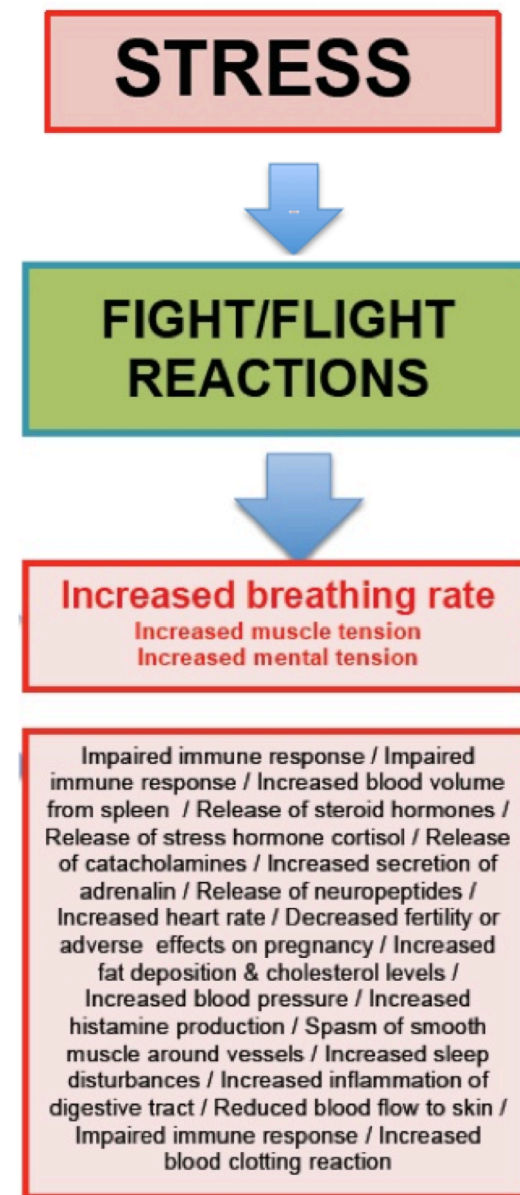
Diagram representing some of the links between skin problems, stress & hyperventilation. The significance of these effects will depend also on the genetic predisposition to atopy.

References:

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How effective is breath training?

People suffering skin problems frequently report that their condition is invariably worse when under stress. This is one of the key factors underlying many skin problems. The breath connection is related to the effects of stress on our body arising from the automatic fight/flight responses.



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