



## **BREATHING RE-EDUCATION**

The way we breathe influences functioning of airways, blood circulation and oxygen release to the cells. Common conditions including asthma, rhinitis, hay fever, snoring, sleep apnea and anxiety can be significantly helped by applying the Buteyko Method.

[Watch Tedx Talk by Patrick McKeown](#)

## **BUTEYKO METHOD**

Named after Russian Dr. Konstantin Buteyko, the Buteyko Method consists of:

- Measurement of progress using the Control Pause.
- Exercises in Breathing Re-Education to decongest the nose, switch to nose breathing and reset the breathing centre in the brain towards more functional breathing patterns.
- Lifestyle changes including sleep, diet and physical exercise.

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## **ASTHMA**

Sixteen clinical trials of the Buteyko Method report efficacious results as an adjunct for asthma.

[Read Trials](#)

## **SNORING AND SLEEP APNEA**

The relationship between nasal obstruction, mouth breathing, snoring and sleep apnea is well documented.

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## **ANXIETY, STRESS AND PANIC ATTACKS**

Learning slow, quiet, calm breathing allows operating systems to restore towards normal. This is the opposite to the commonly held belief of taking the "deep" (big) breath.

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## **CHILDHOOD DEVELOPMENT**

50% of studied children breathe through an open mouth. Persistent mouth breathing during the formative years is linked to speech disorders, poor academic performance, abnormal craniofacial development, crooked teeth, sleep disordered breathing and reduced quality of life.

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