

Respiratory re-conditioning

Professor Buteyko's Discovery

Hyperventilation Syndrome



Russian scientist and medical doctor Konstantin Buteyko, in 1952, discovered that the real cause of asthma and other related diseases is a radical depletion of CO₂ - carbon dioxide - in the lungs.

This isn't so strange when we learn that oxygen cannot be assimilated by cells without adequate amounts of CO₂. There is only 0.03% carbon dioxide in the atmosphere today.

Yet to absorb oxygen a healthy body requires about 6.5% carbon dioxide in the alveoli of the lungs.

Therefore your lungs act to trap in some of the carbon dioxide produced by your body. Should the level of carbon dioxide in human lungs fall to 3%, it is fatal.

"Carbon dioxide is the basic nutrition of every life form of earth. It acts as the main regulator of all functions in the organism; it is the main internal environment of the organism; it is the vitamin of all vitamins." KP Buteyko

According to Buteyko's research, asthmatics and sufferers of other related conditions have adopted a breathing pattern which causes them to release more carbon dioxide than they produce.

To prevent the level from dropping to far, the body has developed certain defence mechanisms. These include constriction of the bronchial muscles and increased production of mucus in the membranes of the breathing passages.

Signs of overbreathing are lightheadedness, dizziness, poor concentration, shortness of breath, over sensitivity of the airways, excessive production of mucus, blocked or runny nose, mouth breathing, palpitations, skipped heart beats, muscular spasms, different degrees of

anxiety, tension, apprehension, fatigue, insomnia, abdominal bloating, loss of consciousness, and the list goes on!

Paradoxically, while overbreathing means we are taking in more air, we are actually receiving less oxygen in vital areas of our brain and body.

Professor Buteyko's research revealed that this hidden over-breathing pattern, or

"Hyperventilation Syndrome",

is the cause of a wide variety of problems that also include Emphysema, Sleep Apnoea, allergies, sinusitis, migraines and high blood pressure.

In the case of asthma, Professor Buteyko found that only when incorrect breathing patterns were present could the so-called trigger factors such as allergies to house dust, pollution, dust mites, cats, stress etc. produce an asthma attack.

His conclusion was that the trigger factors were secondary and that the primary cause was incorrect breathing - usually acquired through trauma, injury or infection.

Normalise a person's breathing and the symptoms decrease accordingly.

Breathing is neither taught nor learned. It is a function of the body that we just do naturally, without thought or effort. But it is also taken for granted and incorrect habits can be developed.

Traditional treatments only offer band-aid relief for symptoms as they do not touch the real cause - overbreathing.

For more details phone or email now.



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