

# How incorrect breathing effects your body

## Symptoms associated with hyperventilation (over-breathing):

### NEUROVASCULAR SYSTEM

Lightheadedness  
Dizziness  
Unsteadiness  
Poor concentration  
Memory loss  
Numbness (often hands, fingers & face)  
Tingling (often hands, fingers & face)  
Coldness (often hands, fingers & face)

### RESPIRATORY SYSTEM

Cough  
Chronic throat tickle  
Shortness of breath  
Asthma  
Tightness in or around the chest  
Oversensitivity of the airways  
Excessive sneezing  
Excessive mucus  
Excessive sighing  
Excessive yawning  
Long term blocked or runny sinus

### CARDIOVASCULAR SYSTEM

Palpitations  
Skipped heart beats  
Tachycardia  
Pain in the chest region  
(usually momentary)  
Sharp twinges  
Persistent dull aching pressure

### MUSCULOSKELETAL SYSTEM

Muscular spasm  
Twitching  
Muscle stiffness and pain  
Carpopedal spasm (wrist & foot)  
Generalised tetany

### PSYCHOLOGICAL EFFECTS

Different degrees of:

Anxiety  
Apprehension  
Tension  
Stress

### GENERAL EFFECTS

Dryness in the mouth  
Chronic mouth breathing  
Difficulty in swallowing  
Abdominal bloating  
Belching and flatulence  
Easily tired  
General weakness  
Insomnia  
Chronic exhaustion  
Frightening dreams  
Sleep disturbances

The above information from: Fried, R. 1990 The breath connection Plenum Press/New York, attributed to Lewis, BI. 1957 Stanford University School of Medicine, report Postgraduate Medicine Vol 53

For more details phone or email now.



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*"A method whose time has come - A self generating way of optimising oxygenation to every cell and taking the body from a state of defence & merely existing to truly living by perfecting what you do most - Breathing!"*