

How to Overcome

Breathing Issues

3 Powerful Tips to Help You Breathe Your Way to Better Health





You may have been experiencing breathing difficulties or have been told you have hyperventilation but you don't know where to start or what to do. This is the perfect place to start!

Here's what to do next

- 1. Take the Hyperventilation Quiz.
- 2. Learn the 3 essential breathing habits in order to kickstart to get your breathing back on track.
- 3. Assess whether you need the help of a breathing coach or not and the advantages of getting expert help.





01

Hyperventilation Quiz



Tips to start with

05

When do you need to see a breathing coach?

06

Importance of seeing a breathing coach

Do you hyperventilate?

Take this quiz to find out!

Tick as many symptoms as you have experienced recently.

\checkmark	SYMPTOMS
	Feeling tense
	Anxiety
	Dizziness
	Feeling confused
	Blurred vision
	Faster/bigger breaths
	Shortness of breath
	Mouth or throat dryness
	Unable to get a satisfying breath
	Chest tightness
	Chest pain not heart related
	Heart palpitations
	Abdominal bloating
	Tingling in the hands or feet
	Stiff fingers or arms
	Cold hands or feet



01

If you have ticked 5 or more of the above symptoms, it is highly likely that chronic hyperventilation is an issue for you.

Disclaimer: This quiz is not a diagnostic tool but can give you an idea of whether hyperventilation may be a problem for you. See a medical professional or breathing coach if you suspect you may have hyperventilation.



Relaxation

 naturally helps
 to calm your
 breathing
 down.

 Do one thing

 that you enjoy
 and that
 relaxes you
 each day.

02

BREATHE IN AND OUT THROUGH VOUR NOSE.

Benefits of nasal

breathing:

- Helps reduce breathing volume to optimal range
- Filters out dust, allergens and other particles.
- Has several layers of immune defence to kill bacteria and viruses
- Helps neutralise harmful chemicals.
- Warms and humidifies the air we breathe in



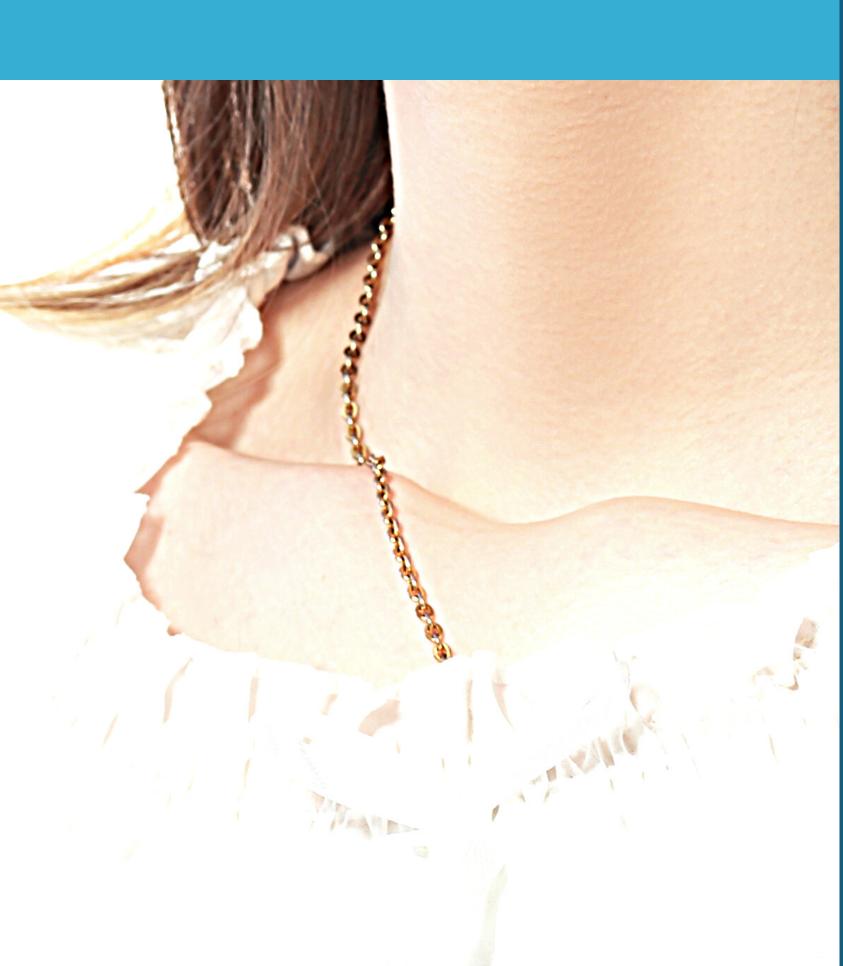




03

TIP #3

GENTLY.



 Breathe as
 calmly and gently as you
 can for the
 activity at
 hand.
 Avoid taking
 big breaths,
 yawning,
 sighing or
 coughing.

If you have any of the following, it is highly recommended that you see a Breathing Coach to help you get your day-to-day breathing back to healthy, functional breathing:



Chronic mouth breathing that you find difficult to shift to nose breathing



Audible breathing



Feeling like you're not getting enough air



Frequent sighing, yawning, big breaths throughout the day





Frequent cough, colds or flu



Medicated breathing conditions (asthma, hayfever, insomnia, etc)



Non-medicated breathing issues plus other medical conditions



Chronic snoring



Breathing stoppages at night or waking with a gasp



Stress and anxiety affecting daily life and productivity

05



Symptoms are affecting your lifestyle considerably



Breathing is an automatic function, which makes it hard to observe yourself and guide yourself to make the necessary changes. A breathing coach can give you objective feedback as to your breathing habits and patterns and give you step by step guidance on what to do based on how your body responds to the exercises.

Breathing is a fundamental function that affects your body deeply. A breathing coach is aware of the effects of the different breathing exercises on your system and your medical condition and steers you to make safe changes to your breathing depending on your health history.

Poor breathing habits affect your blood chemistry and your metabolism. If left uncorrected, may cause chronic illness. The sooner these habits are corrected, the easier it is and better for your health.

THE IMPORTANCE OF SEEING A BREATHING COACH



06





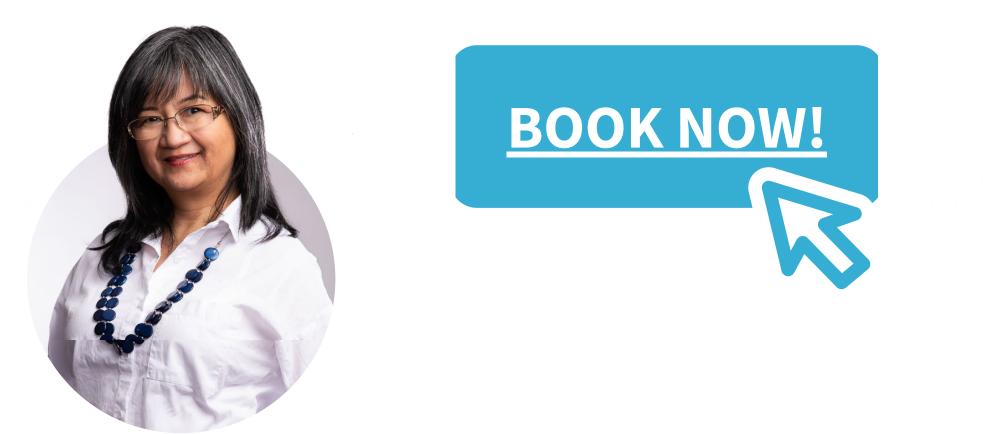
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For an objective assessment of your breathing habits and patterns and to get personalised recommendations for your specific condition, book an online or in-person 1-hour **Breathing Assessment and mini-Workshop with Dina now!**

During this Assessment, you will:

- have time to discuss your condition and your concerns about your breathing and health with me
- discover where your breathing sits compared to healthy norms
- understand how your breathing patterns contribute to your symptoms.
- Learn practical and easily implementable tips you can start with that are catered to your specific needs.

Let's get your breathing sorted and your health back on track!



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