

How to Overcome Breathing Issues



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

INTRO



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.



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Do you hyperventilate?

Take this quiz to find out!

Tick as many symptoms as you have experienced recently.

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

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.



TIP #1

RELAX.

- Relaxation naturally helps to calm your breathing down.
- Do one thing that you enjoy and that relaxes you each day.

TIP #2

BREATHE IN AND OUT THROUGH YOUR 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



TIP #3

BREATHE CALMLY AND 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



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





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!



BOOK NOW!



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