

EEO Workshop 5th October 2013

21st Century Epidemic: Hyperventilation

(How to screen for it, the pathological effects from it & how to eliminate it)

9.00 Introduction: My background in osteopathy & the Buteyko Method.

9.30 – 10.00 Chronic Hidden Hyperventilation 21st Century Epidemic PPP

10.00 – 10.15 Discussion & questions

10.15 – 11.00 BBC QED Video Presentation

11.00 – 11.20 Coffee break

11.20 – 13.00 Practical work:

- a) The Nijmegen Questionnaire
- b) Your Control Pause, & Pulse Rate measurement.
- c) The Buteyko Chart of Breathing
- d) Reduced breathing practice: CP&P/RB/CP&P
- e) MyButeyko App for you & your patients
- f) Capnography

13.00 – 14.00 Lunch break

14.00 – 15.00 Osteopathy & respiration

- a) Integrating Osteopathic work with the Buteyko Method, a powerful combination.
- b) CHHV related conditions (Asthma/Panic attacks/Sleep apnoea/Hypertension/Orthodontics)
- c) Relaxation/stress/ SOR
- d) The Alexander Technique & Emotions cf The Buteyko Method & Stress

14.30 – 15.00 Helping your patients breath better with the MyButeyko App

15.00 – 15.20 Tea break

15.20 – 16.30 Integrating the Buteyko insights into your practice

a) Check every patient for CHHV with the CP

If CP 45-60 congratulate them on excellent breathing!

If CP 30-45 just make them aware of good breathing habits

If CP 20-30 give handout, simple advice to get started & link to the MyButeyko App.

If CP under 20 give handout, link to the MyButeyko App & suggest they should seek professional help from a respiratory specialist or Buteyko practitioner.

b) Work on your own breathing; we should set an example of good health practices to our patients.

c) Let patients with young children know about the effects of mouth breathing on their children's health and good looks.

d) Encourage all your patients to become more aware of their breathing & its impact on their health.

“The perfect man breathes as though he is not breathing” Lao Tzu 80 BC

Tradition has it he lived to be 150 years old. Quite feasible!

16.30 – 17.00 Questions & feedback

Your Delegate Pack

Reprint from The British Holistic Medical Association Journal Sept 2008 Vol1 Issue 3
"Breathing can damage your health" with extended citation listing.

The Buteyko Method- Notes for Doctors & health practitioners

The Buteyko Method Handout for patients & details of the MyButeyko App

Nijmegen Questionnaire & Hyperventilation Questionnaire

More information:

General information on the Buteyko Method <http://www.buteykokent.co.uk>

All about the MyButeyko App for patients: <http://www.mybuteyko.net>

Information on Buteyko & Asthma: <http://www.asthmacarekent.co.uk>

Orthodontics & breathing: <http://www.normalbreathing.com/index-nasal-children.php>

Further reading:

The Buteyko Guide to Better Breathing & Better Health by M. Lingard

The Buteyko Guide to Better Asthma Management by M Lingard

From <http://www.lulu.com/spotlight/lingard>

M.Lingard BSc DO BIBH
TotalHealthMatters!
St Bridgets
Rye Road
Hawkhurst
Kent TN18 5DA
01580 752852