

## TotalHealthMatters! Lifestyle Courses

In just six sessions of 45 minutes discover how you can transform your health and cut the risk of developing most serious diseases.

It is now accepted that the two major factors affecting our health are stress and diet. Ninety percent of all major diseases are diet related, in other words we can reduce or even eliminate the risk of developing Heart Disease, Diabetes, Strokes, Alzheimer's Disease, Cancer, MS, Arthritis etc. by changing our diet.

Yes, it's that simple and that powerful, we all have the power to improve our health with simple dietary changes in just weeks.

Stress and breathing are so closely linked that by normalizing our breathing we can take control of our stress. Over seventy-five percent of us breathe badly, most of us suffer from over-breathing or some degree of chronic hidden hyperventilation. This causes poor body oxygenation, constriction of blood vessels, disturbed chemistry of the entire body and may be a major factor causing over a hundred diseases including Asthma, Angina, Anxiety, Hypertension, ME, Poor Sleep, IBS, Sleep Apnoea, Panic Attacks and even Orthodontic Problems.

Yes, it is true that something as simple as the way we breathe that is almost ignored by medicine, can be so important but can be improved in just a few weeks.

Our Lifestyle Course gives you all the information and skills you need to transform your health through nutrition and breath training and is based on two major research works; the dietary advice is based on the largest epidemiological study ever done in the field of nutrition, backed by over half a century of clinical tests and is used by over 12,000 doctors worldwide, often referred to as "The China Study". The breath training is based on the clinically proven system, the Buteyko Method, developed by the Russian doctor Professor Konstantin Buteyko.

There are two ways of joining this course, either on a 1-2-1 basis in Hawkhurst, or if distance and time are a problem take the Skype 1-2-1 Course.

The 1-2-1 Hawkurst Course fee is £ 275 (or for two £150 each) The Skype Course fee is £ 175.

### **A brief outline of the Course is shown below:**

Session 1: Assessment and brief overview of the Buteyko Method, check your breathing using the breath-hold test, the Control Pause. The significance of nose breathing 24/7, even during sleep! Introduction with an Power Point Presentation

Session 2: Introduction to Dr Buteyko's Method - clinical trials and benefits. How to reach a 40-60 second breath hold. Note your breathing pattern and the effect on the breathing of correct posture. Learn and practice relaxation & reduced breathing. Your medication you are taking – the potential for safe reduction. Start your exercises with CP, Pulse, RB - relaxed/reduced breathing. Food and its effect on your breathing, food allergies & intolerances.

Session 3: This part will be based on assessing your current dietary state and developing a plan for future improvements. Information will be given to guide your changes in diet. Links to many sources of support and cookery recipes will be given.

Session 4: Practice and modification of the exercises to work for you The Mini Pause. Learn Reduced Breathing & Extended Pause exercises. The effects of stress - Signs of Stress - The 'fight or flight' response – and CHVS. The difference between normal breathing & CHVS, disorders it produces - how Buteyko reduces symptoms. The Anti-hyperventilation Exercises

Session 5: Assessing your progress – we check your results to make sure you are practising correctly. You learn how to "Talk like the queen" to avoid mouth breathing when talking. Changing lifestyle habits to improve your health.

Session 6: Review of your progress so far. When you are ill, advice on taking better care of yourself for faster recovery. Physical exercise, making it safe, an essential element for progress. Looking ahead, reducing your Buteyko exercises, stopping taping, incorporating the Buteyko Method into your daily life. Final assessment & your future personalized plan.

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