

The Facts behind the Buteyko Method, check with your doctor if in doubt:

1.Overbreathing (breathing more than 6 ltrs of air a minute, either by larger breaths or more frequent breaths or both) leads to a lowering of the carbon dioxide levels in the lungs and body.

2.Lowered carbon dioxide levels (less than 5%) leads to spasm of smooth muscles that wrap around airways, blood vessels, bladder and other vital organs.

3.Lowered carbon dioxide levels lead to the blood holding onto oxygen more strongly and not releasing it fully to the tissues. (Bohr Effect)

4.Lowered carbon dioxide levels changes the acid/alkaline balance of the blood thereby impairing the entire chemistry of the body.

5.Chronic long term overbreathing leads to receptors in the brain to accept and maintain lower levels of carbon dioxide in the blood, thereby ensuring the continued state of overbreathing to the detriment of the person's health.

6.Overbreathing and the consequent chemical changes has been shown to be associated with over a hundred symptoms including panic attacks, tightness of chest, hypertension, breathlessness, asthma, increased heart rate, angina like chest pains, dizziness, seizures, and many more.

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What does Buteyko do?

The Buteyko Institute Method is not about throwing away your drugs, nor does it involve physiotherapy, diaphragm breathing exercises, meditation, re-birthing, hypnotherapy, special diets, or any unproven therapeutic systems.

Buteyko is based on sound scientific concepts, published physiological and biological research and requires just a little personal commitment to achieve these results.

References:

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Buteyko

(pronounced bew-tey-ko)

Eczema, Allergies & Itchy Skin



Eczema, Allergies & Itchy Skin

for

Better Health

People who hyperventilate (over-breathe) may suffer some from:-

Allergies, which affect the skin causing eczema, itchy skin or rashes. Sneezing, hay fever and rhinitis are more local effects in the airways.

The Skin

The skin is the largest organ in the body and is responsible for perspiration, to cool the body, sensation through numerous receptors, protection of the body through maintaining a barrier of surface cells and heals itself when damaged.

How the Skin Suffers from Hyperventilation

Hyperventilation, over breathing, can irritate the skin in a number of ways; less oxygen and nutrients reach the skin and impairs its normal healthy growth and function, extra histamine is produced which leads to increased sensitivity and irritation, hormone production is disrupted which further changes the skin and there is a greater risk of dehydration leading to drying of the skin.

Some Practical Aids to Skin Problems

- * Avoid using very hot water, perfumes or any kind of irritant on your skin, these add more stress to an already sensitive skin.
- * Drink plenty of water to avoid dehydration.
- * Steroid creams or oral steroids may be needed from time to time to reduce the impact of the immune system's overreaction to irritants. Use them as sparingly as possible to avoid damage to the skin
- * Keep a record of foods you eat and creams you apply to your skin to see if there is any connection to the irritation
- * Try not to scratch as this creates more irritation, rub gently when the itch is annoying but don't scratch.
- * Return to normal breathing which should improve the condition by normalising blood flow, improving moisture to the skin and reducing histamines...

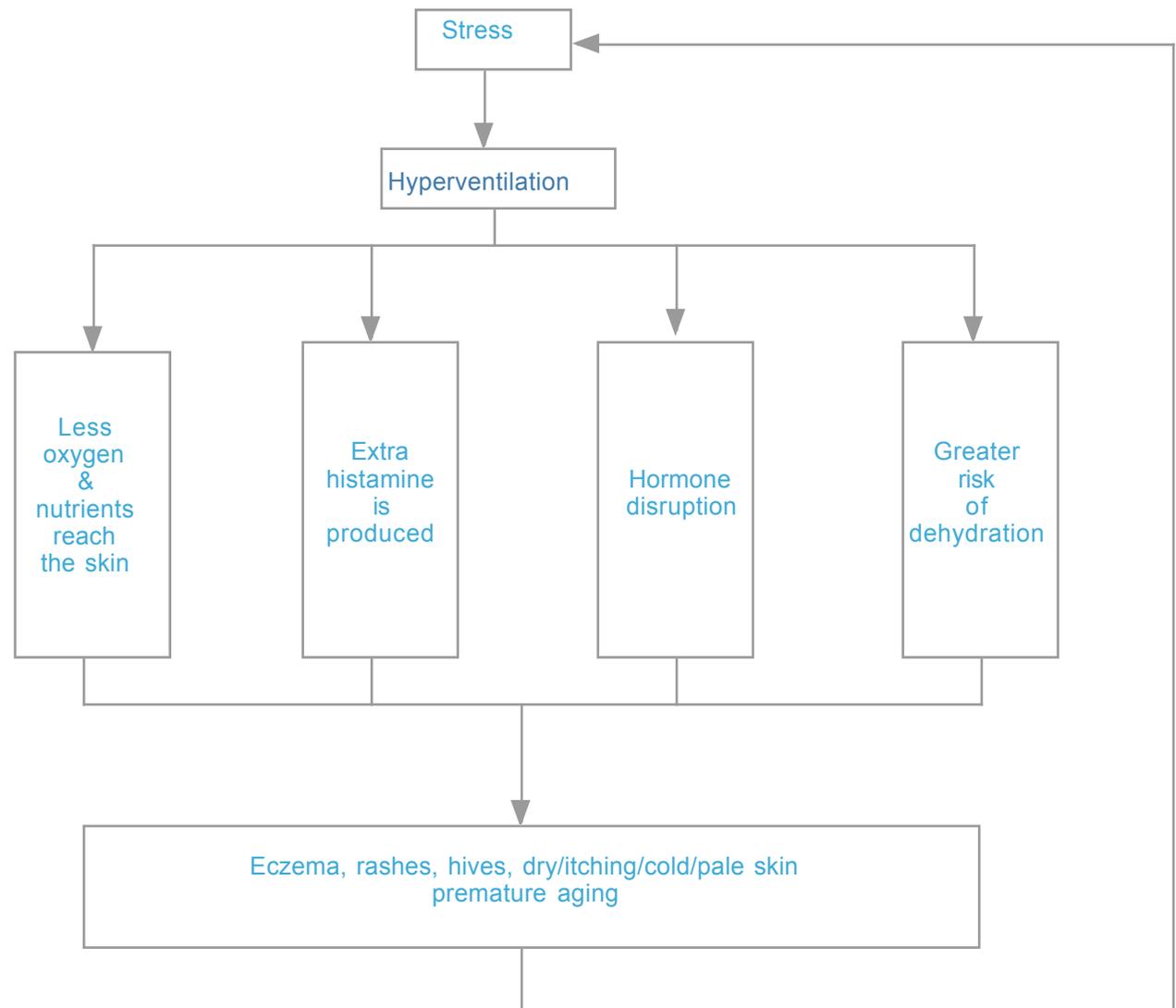


Diagram representing some of the links between skin problems stress & hyperventilation

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