

**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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“The theory of life, in brief, is such that carbon dioxide is the basic nutrition of every life form on Earth - if it disappears, there will be no life on Earth. It acts as the regulator of all functions in the organism; it maintains the internal environment of the organism; it is the vitamin of all vitamins.”
Professor Konstantin Pavlovich Buteyko, founder of the Buteyko Method 1980

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.

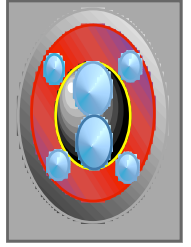
www.ButeykoKent.co.uk

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Buteyko

(pronounced bew-tey-ko)

**Carbon Dioxide
Syndrome Test**



**Carbon Dioxide
Syndrome**

Do you
hyperventilate?

Take the test.

for

**Better
Health**

The symptoms of hyperventilation often appear totally unrelated to breathing. For example sweaty palms or feeling 'spaced out' do not appear to have any direct link with moving air in and out of the body, yet they are commonly associated with dysfunctional breathing.

To check how likely it is that you hyperventilate, take this test and rate yourself on a scale of 0 - 4 for the following symptoms, where 0 is never, 1 is rare, 2 is sometimes, 3 is often and 4 is very often.

Shallow breathing, using the upper chest to breathe..	0	1	2	3	4	Poor concentration, mental fatigue, confusion, forgetful, 'spaced out'	0	1	2	3	4
Erratic breathing e.g. a deep breath every few minutes; rapid with long pauses; breathing without pause	0	1	2	3	4	Feeling tense, apprehensive, anxious, panicky, or fearful without breathing spaced reason e.g. fear of stuffy rooms..	0	1	2	3	4
Fast or deep breathing..	0	1	2	3	4	Short temper, irritable	0	1	2	3	4
Yawning or sighing	0	1	2	3	4	Mild depression..	0	1	2	3	4
Breathing through mouth	0	1	2	3	4	Mild obsession in regard to habits, objects or people	0	1	2	3	4
Difficulty in taking a deep breath	0	1	2	3	4	Frequent urination	0	1	2	3	4
Short of breath, breathless	0	1	2	3	4	Nausea, 'butterflies' in stomach..	0	1	2	3	4
Chest tightness or constriction	0	1	2	3	4	Bloated abdomen, flatulence or belching..	0	1	2	3	4
Airways are extra-sensitive	0	1	2	3	4	Constipation with intermittent diarrhoea	0	1	2	3	4
Excessive mucus production..	0	1	2	3	4	Loss of libido	0	1	2	3	4
Coughing	0	1	2	3	4	Impotence	0	1	2	3	4
Allergies, rhinitis, hay fever	0	1	2	3	4	Stiffness in fingers, arms or around the mouth	0	1	2	3	4
Sneezing	0	1	2	3	4	Trembling, tic or twitching	0	1	2	3	4
Blocked or running nose	0	1	2	3	4	Muscle tightness or cramps	0	1	2	3	4
Reduced sense of smell	0	1	2	3	4	Tingling or numbness in fingers, feet or lips	0	1	2	3	4
Bad breath	0	1	2	3	4	Cold hands and feet	0	1	2	3	4
Dry mouth	0	1	2	3	4	Itching, dry skin, eczema or rashes	0	1	2	3	4
Dental or gum problems	0	1	2	3	4	Sweaty palms/feet/armpits or feeling hot all over..	0	1	2	3	4
Throat clearing repeatedly	0	1	2	3	4	Hot or cold flushes	0	1	2	3	4
Ringing in ears..	0	1	2	3	4	Licking dry lips	0	1	2	3	4
Light-headed or feeling dizzy	0	1	2	3	4	Pains in bones or joints	0	1	2	3	4
Pounding, rapid or erratic heartbeat	0	1	2	3	4	Headaches	0	1	2	3	4
High blood pressure	0	1	2	3	4	Chest pains that are not heart-related	0	1	2	3	4
Varicose veins	0	1	2	3	4	Lacking stamina, feeling chronically tired or physically exhausted	0	1	2	3	4
Colds, flu or chest infections	0	1	2	3	4	Muscle weakness, 'jelly' legs..	0	1	2	3	4
Prone to sickness	0	1	2	3	4	Erratic blood sugar levels / often craving for sweet things..	0	1	2	3	4
Visual disturbances e.g. flashes or shadows before the eyes blurred or tunnel vision or impaired night vision, sudden deterioration of vision	0	1	2	3	4	Sleeping badly e.g. insomnia, vivid dreams, nightmares, shuddering in sleep, snoring, waking frequently, grinding teeth or still feeling tired after a long sleep	0	1	2	3	4

Scoring at least 3 for six or more symptoms indicates a tendency towards hyperventilation and the carbon dioxide syndrome, which responds favourably to learning the Buteyko Method. **You may further check on your breathing by visiting the website < [www.buteykokent.co.uk](http://www.buteyk Kent.co.uk) > to do a simple breathing test.**

Telephone 01580 752 852 for a consultation, or to book into a course. Michael Lingard BSc DO BIBH