



ARE YOU BREATHING EFFICIENTLY?

Have you ever experienced any of the following symptoms?

- Tightness or discomfort in your chest
- Breathlessness
- Feeling that you cannot take a deep enough breath
- Tingling of the skin
- Cold and/or sweaty hands
- Numbness in your fingers and toes
- Muscle tightness
- Feeling light-headed
- Sighing, gasping or breath holding
- Difficulty concentrating

If so, you may be *overbreathing!*

Normal breathing

When we breathe, it is to exchange oxygen and carbon dioxide. This process needs to be efficient for us to function optimally.

Unfortunately, many of us are inefficient breathers and therefore are more likely to experience symptoms such as those described above. This may occur as a result of altered respiratory chemistry.

What is “efficient breathing”?

There is no single correct way to breathe.

We all have individual differences, however some breathing patterns are more effective than others.

In general, a **good breathing pattern** will have the following features:

- 8 to 14 breaths per minute

- Breath going through the nose and not the mouth
- Air going into the lower abdomen and ribs, with little movement of the upper chest
- Slow, rhythmical, quiet
- Effortless when resting

A common misunderstanding is the use of deep breathing. Volume is not important for efficient breathing, so taking big breaths is not useful to maintain good respiratory chemistry. Instead, one must breathe through their nose and get air into the lower abdomen and ribs.

The capnotrainer

The capnotrainer is an instrument that will help determine whether or not you are overbreathing. The capnotrainer tells us about the chemistry of your breathing as well

as your rate and your pattern of breathing. It can then be used as a biofeedback instrument to retrain an efficient breathing pattern. It gives immediate feedback which will help you re-learn how to do the simple yet sophisticated task of breathing.

Who can benefit from using the capnotrainer?

a) People who experience:

- High stress levels
- Anxiety, depression, panic attacks
- Chronic pain
- Chronic fatigue
- Fibromyalgia
- Unexplained symptoms

b) Athletes

c) Performers

d) Anyone who is concerned about their breathing

If you want to find out more about your breathing, just contact us at Physiothérapie Maheu Killens to arrange an appointment to be assessed with the capnotrainer.

Here is a small quote by Dr. *Andrew Weil*, author of 'Spontaneous Healing', which we sincerely believe in:

“If I had to limit my advice on healthier living to just one tip, it would be simply to learn how to breathe correctly”.

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