

Buteyko

Breathing Technique

You should always breathe through your nose. Samples of mouth tape are available upon request.

Book recommendations:

- Close Your Mouth by Patrick Mckeown
- The Breathing Cure by Patrick Mckeown

Nasal Clearing Exercise: To clear congestion

- Breathe in and out, then hold your nose
- Move your head around in any direction until you feel a strong sense of air hunger
- Release and breathe in through your nose
- After recovering, check each nostril
- Repeat until cleared

Walking Breath Holds:

- Breathe in and out, then hold your nose
- Walk in a straight line, counting how many steps you can take before you feel a strong sense of air hunger
- Release and breathe in through your nose
- After recovering, check each nostril
- Repeat 7 - 8 times a day

Control Pause Test:

- Take a small, silent breath in and a small, silent breath out
- Hold your nose and count the seconds until you feel the first signs of air hunger
 - At the first sign of air hunger, you will also feel the first involuntary movements of your breathing muscles. Your tummy may jerk. The area around your neck may contract.
- Your inhalation at the end of the breath should be calm.
- Release your nose and breathe in
 - Your time should increase 3 - 4 seconds each week

Demonstrations of these exercises can be found on YouTube.