

Breathing Pattern Disorder

Breathing comes so naturally to us that it is controlled by the most primitive part of our brain. Generally, we think that it does not matter much how we breathe. Sure, we might get out of breath exerting ourselves by walking too fast, climbing too many stairs, running beyond our limit, and so on.

How many of us are aware that the way we breathe can contribute to vitality and good health or disorders and poor health. The following website addresses will take you to sources that explain something called Breathing Pattern Disorder. Popular descriptions are offered as well as much more technical explanations.

Just consider that even when we think we are breathing properly, we may, in fact, be hyperventilating. You might say that you know when you are hyperventilating. Sorry, medical research says that you often are not aware of the less obvious kind of hyperventilation that contributes to anxiety, irritable bowel syndrome, sensitivity to pain, fatigue, hypertension, memory loss, asthma, headaches, heartburn, back pain, muscle pain (especially shoulder and neck tension), as well as stress and all of its related unhealthy consequences.

Healthy breathing is necessary to get healthy sleep, appear energized and vivacious, and engage in treatment strategies like visualization. Copy and paste these web addresses and read about a disorder that has been much overlooked but has great impact on health or disease. If you cannot copy and paste these addresses successfully, copy them by hand and type them into your browser.

<http://www.naturopathydigest.com/archives/2006/feb/chaitow.php>

<http://www.authentic-breathing.com/hyperventilation.htm>

<http://www.authentic-breathing.com/effectsofoverbreathing.htm>