

Normal Breathing...

The natural way

Presented by :

Peter Wong, Aug. 2018



Normal Breathing

- Background of Normal Breathing
- What is Normal Breathing
- Nose Breathing vs. Mouth Breathing
- Breathing Training and Exercises

The Bohr Effect & Buteyko Breathing Method

A Russian doctor, Konstantin Buteyko, developed his breathing technique based on the discovery researched by Danish physiologist Christian Bohr, known as the *Bohr Effect*. According to Christian Bohr,

“THE MORE AIR YOU BREATHE, THE LESS OXYGEN YOU GET!”

Specifically, breathing in more air (decrease in carbon dioxide CO_2) provokes an increased blood pH, which results in hemoglobin (proteins) picking up more oxygen from cells. Conversely, an increase in CO_2 (less breathing) results in a decrease in blood pH, resulting in hemoglobin releasing their load of oxygen into cells.

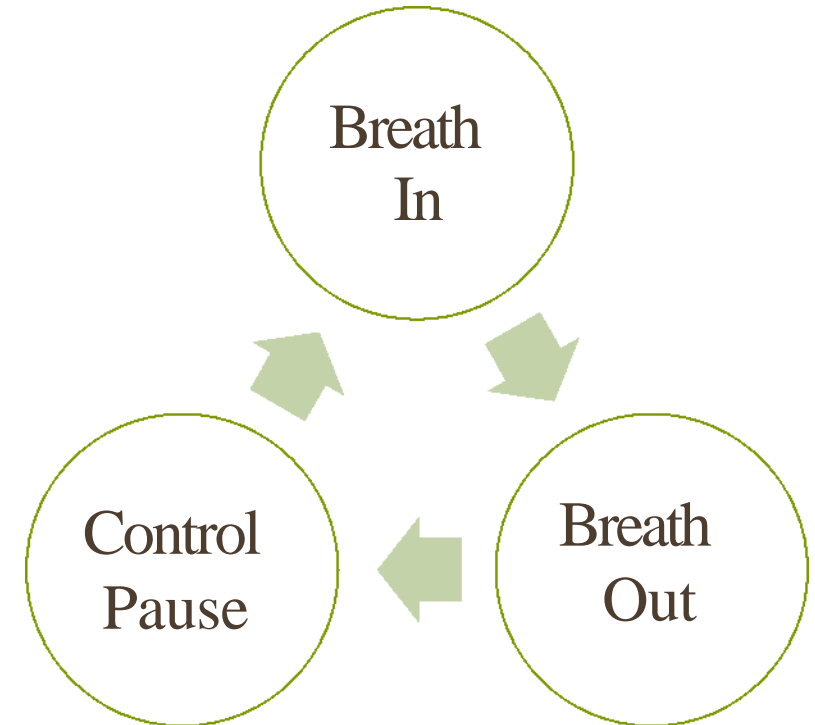
Sequence of Normal (3-Step) 5-5-5 Breathing

A normal breathing at rest on average is 4~6 Liters per minute, about 0.5 liter per breath. We take an average of 10~14 breaths per minute. We should take small gentle and less frequent breaths to prevent hyper-ventilation and over-breathing. Less frequent breathing can be achieved by increasing our Control Pause.

You can measure the number of breaths per minute you take by using a stop watch or a wrist watch. All three phases should be considered as **one** breath count.

1. Small gentle breath IN through your nose, count to **5**;
2. Small gentle breath OUT through your nose, count to **5**;
3. Hold your breath, count to **5** (or more eventually.)

The number of breaths per minute is **4** if each count is 1 sec. and you have a control pause (holding of breath) of 5 sec.



Control Pause vs. Air Intake

Control Pause (CP) sec.	# Breaths/min.	Air Intake (liters/min.)
(No CP) 0	10~14	5~7
5	4	2.0
10	3	1.5
15	2.5	1.2
20	2	1
30	1.5	.75

•GOOD

•EXCELLENT

•EXTREME

Breathe Through Your Nose

Your “NOSE IS FOR BREATHING,” while your “MOUTH IS FOR EATING & TALKING.”

The air through your nose is cleaner and warmer because your nostrils have hair to filter out dirt, dust, pollens, etc., and is warmed by your nasal passage before it gets into your lung.

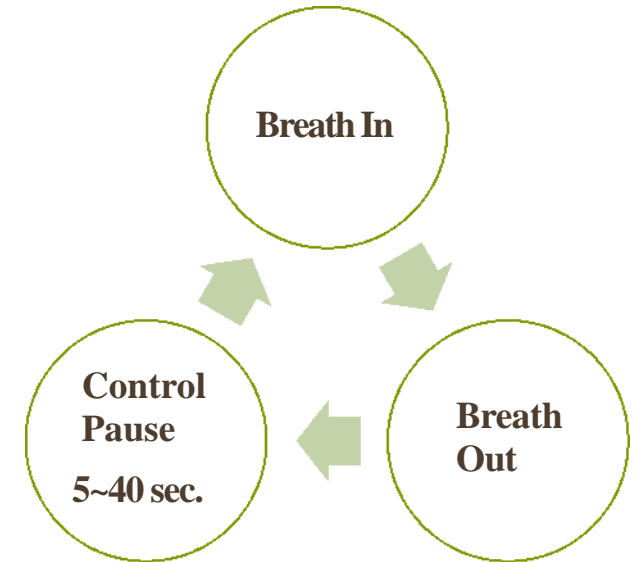
How to Clear Your Nose (if it is blocked)

- Take a couple of small breaths (through your nose if possible)
- Hold you nose closed with your thumb and fore-finger
- Nod/swing your head either up-and-down/side-to-side until you
 - have an urge to breathe again
- Release your thumb and fore-finger, then take soft breaths
 - through your nose
- If your nose is still not totally cleared, repeat the above steps as
 - many times as necessary to clear your nose completely

How to Extend Your Control Pause

Start your 3-Step breathing sequence

- **While you are in your Control Pause phase, hold your nose with your thumb and fore-finger as long as you can and count the seconds**
- **When you feel the urge to breathe again, release your fingers and start breathing normally through your nose**
- **Wait a few minutes and repeat the previous steps again**
- **Do this exercise as often as you can throughout the day**
- **Remember this is NOT a competition! Start with Control Pause of 3-5 seconds and gradually up to 20 seconds and beyond if you are comfortable**



[The Control Pause](#)
[Learn Buteyko's Control Pause](#)

Best Sleeping Positions

- Sleep on your left side since your heart is on your left
- Sleep on your right side if the left side is uncomfortable for you
- Sleep on your stomach if both left and right sides are not comfortable for you
- Sleeping on your back is not recommended for people having snoring problem since it can cause your head to tilt up, restricting the airway

Shut UP (Your Mouth)

- Use 1” or 1/2” wide Micropore tapes to tape your mouth closed before you go to sleep
- At the beginning, tape your mouth vertically and the tape is not completely covering your mouth
- If you become more comfortable or still breathing through your mouth, you can tape your mouth horizontally with the tape
- Most people can achieve breathing through their nose and not their mouth with a single vertical tape

[How to STOP Mouth Breathing Naturally | Dentist Explained \(2021\)](#)