

Breathe Better, Be Healthier!

With The Buteyko Breathing Method

By Dianne Lazer, MA, CCC-SLP/COM[®]

www.diannelazer.com



Dianne Lazer

MA, CCC-SLP/COM[®]

Speech-Language Pathologist/
Certified Orofacial Myologist

T'zuna Bria Speech & Feeding Services is pleased to announce a new program offered for those with allergies, asthma and snoring issues called The Buteyko Breathing Method.

“Few people, lay or professional, know that (1) breathing directly regulates body chemistry, including pH, electrolyte balance, blood flow, hemoglobin chemistry, and kidney function, and that (2) breathing is a behavior subject to the same principles of learning as any other

behavior, including the role of motivation, reinforcement, emotion, attention, perception, and memory. Bringing together these two simple facts means integrating the biological and behavioral sciences in profoundly practical ways relevant to the lives of millions who have unwittingly learned breathing behaviors that compromise respiration and acid-base balance.

Fundamental to good respiration is the proper allocation of carbon dioxide; some of it is excreted in the lungs, but most of it is necessarily restored to the body for moment-to-moment acid-base regulation. Learned over breathing behavior results in a carbon dioxide deficit (behavioral hypocapnia) leading to an increased pH level in blood plasma (respiratory alkalosis) which may have negative immediate and long-term effects that trigger, exacerbate, and/or cause a wide variety of emotional (anxiety, anger), cognitive (attention, learning), behavioral (public speaking, test taking), and physical (muscle pain, reducing respiratory functions) changes that may seriously impact health and performance. And, unfortunately, these kinds of symptoms and deficits typically go “unexplained” or are mistakenly attributed to other unrelated causes, e.g. an easy off-hand reference to stress. *Over breathing is the most common form of faulty breathing in the nation, accounting for up to sixty percent of the ambulance runs in the nation's major cities.*” (Litchfield, and Akira, 2006).

The Buteyko Breathing Method is a natural way of correcting poor health and reducing the symptoms of asthma, allergies, hay fever, sinusitis, panic attacks, stress, snoring, and sleep apnea and other disorders caused by a dysfunctional breathing pattern (chronic over-breathing) that can often interfere in the management of speech, language, feeding, swallowing and voice disorders. This training method was developed by a Russian doctor and respiratory specialist named Konstantine Buteyko in the 1940's. His method underwent extensive research in the '50's and was finally implemented into widespread use by the medical community in the 80's.



The Buteyko Breathing Method is virtually unknown in the USA, but has received considerable recognition in Europe and Australia with six independent published trials in respectable medical journals, inclusion as an asthma therapy by a number of hospitals, debated in UK House of Parliament and offered by health insurance companies as a members benefit.

The Buteyko Breathing Method is a holistic approach that includes the special Buteyko breathing techniques and principles about exercise, nutrition and sleep that Dr. Konstantin Buteyko considered vital to good health. It consists of series of exercises designed to normalize the breathing pattern and reset the respiratory center. Clinical trial results after applying Buteyko techniques for 12 weeks show improved quality of life with reduced asthma symptoms, as well as an 86% reduction in reliever use and a 50% reduction in preventer medication three months after adopting the Buteyko method (Sladder, CA., et. al., 2006).

Learn ways to drastically reduce or end symptoms of asthma, allergies, snoring, dental malocclusions and other respiratory conditions and/or eventually eliminate the need for medication, machines or appliances that are associated with these disorders through the Buteyko Method.

Contact T'zuna Bria Speech & Feeding Services
to schedule an appointment at 856-433-1110 or 856-424-5955

REFERENCES:

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Please note: Dianne Lazer completed a 10 day-intensive training course at Boston Medical Center April, 2012 under the direction of Hadas Golan, MS, CCC-SLP, Carol Baglia, RRT and Susan Neves, BSc, Psychology/Math, all highly trained and certified Buteyko Breathing Educators. She is listed on the Buteyko Breathing Educators Association website (www.bbea.com) as a trainee and is completing her course work to become a trainer in the coming year. Ms. Lazer works closely with her trainer/supervisor, Hadas Golan, MS, CCC-SLP seeing patients in the office. Ms. Golan is a nationally recognized voice specialist with a history of asthma all her life until becoming medication free for the last 7 years due to using the Buteyko techniques.

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