

Test to Determine if You Over Breathe

To find out if you over breathe; perform this simple test called the Control Pause. You will need a watch or clock with a second hand.

1. Breathe in gently for two seconds.
2. Exhale gently for three seconds.
3. Hold your breath, pinching the nose after exhaling.
4. Hold your breath until you feel first urges to breathe in.
5. Count the seconds that you held your breath

If your control pause is less than 10 seconds you have very serious health problems. If you can hold less than 25 seconds your health requires attention, 40 seconds is satisfactory and 60 and above is excellent.

This measurement is due to the observation that persons with low carbon dioxide levels have low breath holding ability. The Control Pause was developed by Professor Buteyko following years of research with thousands of patients. Professor Buteyko also developed a table relating control pause to exact Carbon Dioxide measures. While you may not have asthma, if you do have a low control pause your health is not good.

Below is a list of symptoms and illness directly linked to hyperventilation. Do you have any of these symptoms?

Symptoms of Over-Breathing or Hyperventilation

Hyperventilation contributes to many conditions, but because it receives very little attention in the diagnoses of illnesses, many patients suffering from various physical symptoms sometimes spend years going from doctor to doctor looking for the cause. This group of patients is often labeled as 'psychosomatic' and there is a belief that the condition is 'all in the head'.

Physician Claude Lum noted that hyperventilation *"presents a collection of bizarre and often apparently unrelated symptoms, which may affect any part of the body, any organ and any system"*.

Some of the symptoms of hyperventilation affect:

The respiratory system in the form of wheezing, breathlessness, coughing, chest tightness, frequent yawning, sneezing, runny nose, congested nose, postnasal drip and snoring.

The nervous system in the form of a light-headed feeling, poor concentration, numbness, sweating, dizziness, vertigo, tingling of hands and feet, faintness, trembling and headache,

The heart, typically a racing heartbeat, pain in the chest region, and a skipping or irregular heartbeat.

The mind, including some degrees of anxiety, tension, depression, apprehension and stress.