

## What does BreathingMotion offer?

BreathingMotion offers courses and programs to help you understand and learn good breathing habits and good body chemistry.

We offer courses for individuals who want to learn about their own breathing with our professional help and we offer programs to teach you about good breathing habits. We help you to learn how to "check in" for one moment during different daily activities to monitor your breathing manually. This can be done in a couple of seconds if you understand your own breathing pattern and reflex. Some people need only one session to restore good breathing patterns and others require a series of 6 or more sessions. Usually after 6 individual or group sessions you can regulate your body chemistry in the right way and achieve normal body chemistry. You will feel the results of good breathing and good pH levels in your body.

## BreathingMotion offers you:

- ✚ Optimal breathing chemistry
- ✚ Respiratory fitness
- ✚ Good manual breathing techniques to trigger the correct breathing reflex
- ✚ Information on the differences in deep breathing, diaphragm breathing and chest breathing
- ✚ Good breathing posture
- ✚ Manual techniques to control if your breathing the right way
- ✚ Good breathing exercises
- ✚ Correct information over respiratory physiology
- ✚ Breathing knowledge over your own natural breathing pattern
- ✚ Behavioural learning techniques
- ✚ Bio-Feedback learning with the capnotrainer device at home
- ✚ Everything you want to learn and know about breathing

## Training and education

Good breathing patterns and training is very important for maintaining proper body balance and optimal body chemistry. BreathingMotion working together with Better physiology will help you learn and get the right amount of education to change your bad breathing habits once and for all. BreathingMotion offers a variety of ways you can get individual training or groups training.

BreathingMotion also offers certified capnotraining® courses for other health professionals or other professionals in the field of breathing who would like to get acquainted with the capnotrainer and Better Physiology. BreathingMotion offers complete programs and one day workshops for everyone who would like to obtain good breathing habits, evaluate their own breathing or just learn more over breathing and their body chemistry.

**Every breath you take . . .** can alter your body chemistry within seconds. BreathingMotion helps you to empower yourself for optimal performance or to empower you to help others for optimal respiratory fitness. Good breathing is about good levels of energy in the form of optimal oxygen to all of your tissues, cells and organs in your body. You will gain self confidence in your breathing mechanics and feel better generally. **Every breath you take makes a difference!**

## BreathingMotion programs and courses:

### Programs for individuals:

- ✚ Breathing assessment and evaluation
- ✚ Individual sessions for breathing behaviour
- ✚ Individual Breathing program of 6 sessions inclusive with the capnotrainer for home
- ✚ Groups Breathing program (4 people in de group) with capnotrainer measurements
- ✚ Groups Breathing program (8 people in de group) with capnotrainer measurements
- ✚ Diverse one day workshops over breathing chemistry; check our website for the schedule.

### Programs for other (health) professionals:

- ✚ One day workshops over breathing chemistry for professionals
- ✚ Full certification program to become a certified capnotrainer® (see our website for the full course schedule and requirements, [www.physiomotion.nl](http://www.physiomotion.nl)) in Rotterdam, Holland
- ✚ Online web conference full- certification programs with Better Physiology in Sante Fe New Mexico (see our website for the course information and requirements). See also the link van Better Physiology: <http://:bpedu.webex.com> (not www).

# Every breath you take



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gelegen tussen de Groenendaal en de Hoogstraat  
vlakbij Oostplein

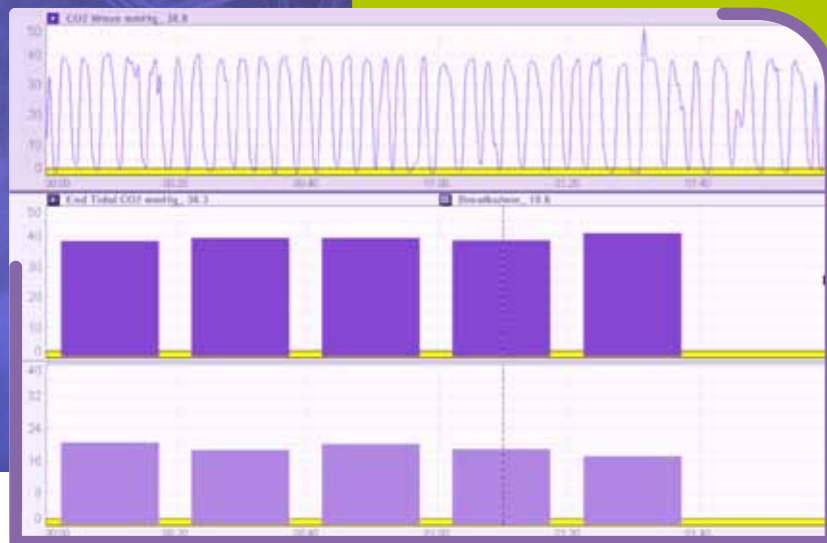


[www.physiomotion.nl](http://www.physiomotion.nl)

## BreathingMotion for Respiratory fitness: ...an educational center.

**Empower yourself with the knowledge and the education for good balanced body chemistry through breathing!**

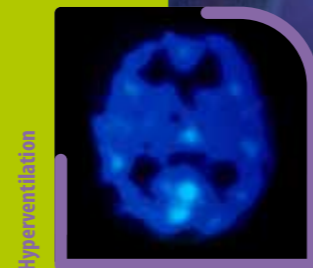
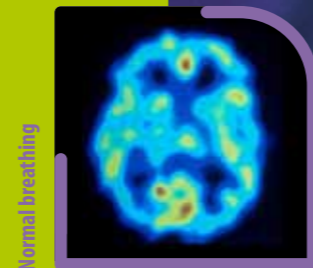
BreathingMotion is an unique concept that teaches you about good and bad breathing habits. These habits, good or bad, influence directly your body chemistry which in turn influences all your daily activities. BreathingMotion is for everybody who wants to learn about how they are breathing and for those who have breathing problems or have had breathing concerns in the past. We offer special programs and courses that has been developed through years of research by doctors, fysiologists and psychologists.



## Our breathing programs go one step further than most of the other breathing courses.

BreathingMotion combines medical expertise together with practical exercise, information and bio-feedback. We offer a combination of professional coaching and information together with the capnometer, a specially designed device that measures your breathing. Our unique program is originated from the disciplines from basic fysiology, psychology, science technology ... (any more?) and physical therapy. The capnometer is a bio-feedback educational apparatus special designed bij Better physiology<sup>®</sup> that connects to your computer so that you can see for yourself what your breathing habits and patterns are. The capnotrainer<sup>®</sup> measures your breaths per minute your heart rate and your CO<sub>2</sub> levels constantly when your are connected on to the device. Because you directly see what the effects are in your breathing patterns then you can immediately learn what you need to do in order to change the habit so that your breathing and CO<sub>2</sub> levels are in the normal range.

During all of the programs and courses you are in the hands of our professional certified team for capnotraining and breathing mechanics. Our BreathingMotion staff is made up of Dr. Peter Litchfield, Phd., professional certified physical therapists for capnotraining, and other certified capnotrainers through Better Physiology, located in Sante Fe New Mexico, USA and located here in BreathingMotion in Rotterdam, Holland. Our therapists are waiting to help you in any way they can for optimal breathing results and optimal body chemistry.



## Why is it so important to have good breathing habits and good body chemistry?

Altered breathing patterns can result in hypocapnia or hyperventilation. This is a state of low carbon dioxide in the blood. The carbon dioxide level alters the pH levels in your body and directly and immediately causes changes in your body chemistry. This change in pH may or may not result in obvious symptoms but the changes are there. The most common breathing problem that is known is hyperventilation or "over breathing". You do not have to show symptoms of hyperventilation in the form of "gasping" for air before a breathing dysfunction of "bad breathing" can occur. Very small changes in the CO<sub>2</sub> levels can occur and go unnoticed by the uninformed health professional. These small deficits in CO<sub>2</sub> can lead to much discomfort, anxiety and chronic pain problems within many people. A reduced level of CO<sub>2</sub> effects the blood chemistry and reduces the ability to release oxygen into the cells of muscles, your brain and your organs for example the stomach and intestines. This causes a direct decrease of oxygen in all of these cells, tissues and organs.

## What are some of the symptoms that bad breathing can cause?

Because breathing is very dynamic then our body chemistry that is effected by our carbon dioxide levels is also very dynamic. It doesn't take much to change our respiratory body chemistry. When your breathing is dysfunctional with a lower than normal CO<sub>2</sub> level, it leads to very many subtle symptoms that are not explained by structure of by looking on a MRI or CT scan. They are very small and subtle and go many times unexplained with the cause being explained as stress. When CO<sub>2</sub> levels drop within seconds to minutes most people will feel slightly light headed or a bit dizzy. Others may feel "on-well" and some people will get light sensation of "needles and pins" in their fingertips. These symptoms can last for only a minute or longer depending if the person is able to regulate again their breathing reflex and CO<sub>2</sub> levels. A low CO<sub>2</sub> level can cause muscle tightness to a feeling as if everything seems very distant. Some people also having trouble to concentrate on things and feel very tired most of the day. The severe- ness of the symptoms depend on how much the CO<sub>2</sub> level drop at any given time. Some people may even have a "black out" and faint.

Capnotraining and good breathing habits are not the Panacea and a cure-all mechanism but it is incredibly empowering when you have good respiratory fitness.