

Every breath you take...

... alters your body chemistry in a matter of seconds. BreathingMotion helps people empower themselves, and/or helps people to help others to empower themselves, through learning breathing habits that optimize respiratory fitness. Help yourself and/or others improve health and optimize performance.



A division of PhysioMotion

www.physiomotion.nl

BreathingMotion for Respiratory fitness: ...an educational centre.

**Empower yourself with knowledge and experience for
achieving balanced body chemistry through breathing!**

BreathingMotion provides its clients with a unique methodology that teaches you about good and bad breathing habits. These habits, good or bad, may immediately and profoundly change your body chemistry, such as the pH of your blood, leading to both short-term and long-term effects on physical and mental functioning. BreathingMotion services are for anyone who wants to learn about their own breathing habits and how these habits may be affecting them, and for those who suffer with breathing challenges and are looking for new more effective solutions. We offer breathing workshops, courses, and learning programs, based on textbook physiology and behavioural science, for lay people and professionals.

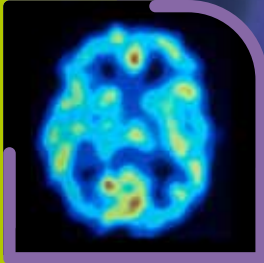




Our breathing programs go one step further than other breathing programs!

combines the principles of applied behavioural analysis, behaviour modification phenomenological analysis awareness training, cognitive learning and biofeedback for assisting clients in evaluating and learning new breathing habits. We offer our clients learning and coaching services, along with the use of capnometer instrumentation the CapnoTrainer[®], which permits clients and practitioners to observe live breathing physiology. Our unique services maximize the efficacy of achieving and maintaining respiratory fitness through self-regulation learning based on textbook physiology, textbook behavioural science, and educational medical technology. The CapnoTrainer[®] is a computer-based educational instrument, designed by Better Physiology Ltd in the USA, which makes it possible for clients to explore their own breathing patterns and their associated effects, good or bad. The most important feature of the CapnoTrainer[®] is that it allows clients and practitioners to observe carbon dioxide (CO₂) levels in the lungs live and continuously, information that is crucial to determining real time respiratory fitness and the learned behaviours that may be disturbing it. The instrument also provides vital information about breathing patterns, airflow, breathing rate, heart rate, and heart rate variability (HRV). Because clients can directly and immediately self-observe changes in their breathing, and the associated effects on physical and mental functioning, they can often quickly learn through our coaching services how to replace self-destructive breathing habits with new ones that improve respiratory fitness.

Normal breathing



Overbreathing



During all of our learning programs, individual or group, our clients are in the hands of our team of Certified Respiratory Fitness Trainers, all of whom have been trained in CapnoLearning[®] by Behavioral Physiology Institute in

Santa Fe, New Mexico. The Institute developed the Certification curriculum and the CapnoLearning services which are now offered in more than 40 countries around the world. Physiotion represents the Institute and cosponsors its Certification programs to healthcare practitioners in Europe. Physiotion also serves as a European distributor of CapnoTrainer instrumentation for Better Physiology Ltd., the manufacturer of the technology. Our highly qualified therapists are ready to assist anyone interested in learning new breathing habits that optimize respiratory fitness.

How do poor breathing habits affect you, and why are learning new breathing habits so important?

Few people know that breathing directly regulates body chemistry, including pH, electrolyte balance, blood flow, hemoglobin chemistry, and kidney function. Breathing regulates these functions through proper allocation (management) of CO₂. Good breathing isn't just about inhaling oxygen and exhaling CO₂. Most of the carbon dioxide that your body creates during metabolism is retained for acid-base (pH) management. Breathing that is too deep and/or too rapid, known as overbreathing, results in excessive loss of CO₂, a deficit known as hypocapnia. Surveys in the USA estimate that about 60 percent of the emergency ambulance calls in the larger USA cities may be a direct consequence of profoundly disturbing symptoms precipitated by hypocapnia! Overbreathing immediately disturbs acid-base balance and

may cause, trigger, exacerbate, or perpetuate a wide variety of emotional (anxiety, anger), cognitive (attention, learning), behavioral (public speaking, test taking), and physical (pain, asthma) changes that may seriously impact health and performance. These symptoms and deficits are real, not imagined, and typically go "unexplained," or are mistakenly attributed to other causes. Unfortunately, there are millions of people who have unconsciously learned breathing behaviors that compromise respiration and acid-base balance.

Examples of symptoms triggered by hypocapnia, resulting from learned breathing habits, include: shortness of breath, asthma symptoms, feelings of suffocation, air hunger, chest pain, sweattiness, coldness, tingling, numbness, heart palpitations, tachycardia, cardiac arrhythmias, anxiety, anger, panic, apprehension, low mood, performance anxiety, tenseness, acute and chronic fatigue, headache, blurred vision, reduced pain threshold, dizziness, loss of balance, fainting, confusion, disorientation, changes in self-esteem, traumatic memories, personality shifts, attention deficit, inability to think, poor memory, learning deficits, muscle tetany, muscle spasm, muscle fatigue, nausea, cramping, and stress symptoms of every kind.

Failure to directly address breathing as learned behavior, and how it regulates basic body chemistry, means leaving out the most fundamental, practical, and profound factors that account for (1) the far-reaching effects of poor respiration, as well as for (2) the surprising benefits of good respiration. Learning breathing behavior that improves respiratory fitness can bring about immensely beneficial physical, mental, and behavioral changes.

What does BreathingMotion offer to its clients?

Unfortunately, misinformation, misconceptions, pseudoscience prescriptions, and ignorance about breathing prevent people from making good use of basic textbook knowledge. Breathing-Motion offers its clients a solution: comprehensive educational and consulting services for observing, evaluating, and learning breathing behavior. These services are not about diagnosis and treatment. They are about learning optimal breathing behavior through self-exploration. Clients discover how they have learned to breathe, how their breathing affects them, and how to effectively self-regulate breathing behavior based on learning rather than on prescriptive exercise. Emphasis is on inside-out learning and intuitive experience, rather than on outside-in “treatments” and prescriptive exercises.

Good breathing patterns are essential to respiratory fitness, including acid-base balance for maintaining optimal body chemistry. BreathingMotion helps its clients learn how to unlearn unhealthy and inefficient breathing habits once and for all, and to replace them with healthy and efficient ones that permit the basic respiratory reflexes to operate once again. Most learners achieve success with about six individual sessions, or eight group sessions, over about a one-month period with continuous practice at home with a CapnoTrainer. This learning period, however, varies considerably, some people learning much faster and others much more slowly.

Our objective is to assist you in learning breathing behaviors that promote respiratory fitness and its associated acid-base regulation. The efficacy of the learning strategies involved is extensively documented in the behavioral modification (psychology) literature.

Your objective is likely to be the amelioration of symptoms (e.g., anxiety) or the enhancement of performance (e.g., public speaking). The outcome of your learning depends entirely upon whether or not, and to what degree, compromised respiration plays a role in your symptoms and deficits.

BreathingMotion offers its clients the following services:

- ✧ Breathing Interviews (telephone, Internet)
- ✧ Breathing behaviour evaluations with CapnoTrainer instrumentation
- ✧ Individual tutorial learning sessions with a CapnoTrainer
- ✧ CapnoTrainer rentals for home use
- ✧ Learning packages (6 learning sessions, 1-month CapnoTrainer rental)
- ✧ Respiratory Fitness Classes (groups of 8 clients at a time)
- ✧ Choice of sessions in the office, or over the Internet (preferable)
- ✧ Lectures and demonstrations about good and bad breathing
- ✧ Breathing counselling and consulting sessions

What does BreathingMotion offer to its colleagues?

BreathingMotion offers lectures, demonstrations, workshops, and Certification training to colleague health and human service professionals interested in offering breathing services to their clients. The Certification Workshop Series includes:

Workshop-1:

RESPIRATORY FITNESS: Good Breathing, Bad Breathing.

Workshop-2:

DYSFUNCTIONAL BREATHING: Applied Behavioral Analysis.

Workshop-3:

LEARNING TO BREATHE: Behavior Modification.

Workshop-4:

BREATHING BUSINESS: Efficacy, Relevancy, and Economics.

These Workshops may also be taken individually by anyone seriously interested in evaluating their own breathing habits, in learning good breathing habits, or in simply finding out more about breathing and its role in acid-base regulation.

Go to our website for details regarding all of our different events: www.physiomotion.nl. You may also go to <http://bpedu.webex.com> to sign up for web-conference based events offered by Behavioral Physiology Institute, including the co-sponsored Institute-Physiomotion Certification Workshop Series.

Every breath you take makes a difference!

PhysioMotion partners with Behavioral Physiology Institute and Better Physiology Ltd. to provide breathing services, education, and instrumentation.

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