

Breathing



THE HEALTH EQUATION

The Health Equation

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Advanced Breath Practitioner and UK Lecturer for Lifelogix Inc

The Health Equation is a private health clinic in London where we take the time to carefully assess you, so we can get to the root cause of any problems you may have. We provide an open environment, where you can discuss your health in detail and learn more about your individual needs and treatment options.

By combining both conventional and complementary medicine, we consider our patients' as a whole; taking into consideration your body, mind, energy level, memory, diet, routine and posture. An initial consultation at our private health clinic in London will allow us to create a thorough picture of your health and lifestyle and provides a unique diagnosis alongside a treatment plan that's specific to you and your needs.

Our core values are Caring, Partnership and Excellence; our aim is that these values underpin all that we do at The Health Equation.

"Reoccurring chest infections were putting a real dampener on my training, with over six infections in one year that usually lasted 2 to 3 weeks, with one bout lasting two months during some of my busiest cycling events. Conventional medical routes had me on antibiotics, steroid inhalers and rest; this was not a prescription that fitted in with the demands of my sport.

The keys changes made which had the most impact on my sports performance were a change in breathing patterns, when tested my ETCO2 levels were quite low, the knock-on effect of how oxygen is taken up in the muscles was fairly significant. Easy to follow breathing exercises brought my CO2 levels back to normal, thus increasing O2 utilisation and I was able to extend my maximal effort outputs for longer.

All I was hoping for from my consultation with Gerry was to avoid regular chest infections, which I have not had since my consultation and have not missed a single day of training. What I wasn't expecting to have was increased energy levels, a more balanced eating routine which fitted so easily into my training regime and least of all an in-depth understanding of the physiological impact my poor habits were having on my internal organs especially those responsible for energy production in the body."

Ms. Peta McSharry – sponsored masters cyclist, London

Breathing Evaluation

Breathing

Breath and life are obviously intertwined, as are breath and thought. It is by means of breath that we remain physically alive. We are born with the inherent knowledge to breathe correctly through our diaphragm. However, our own unique breathing patterns are influenced by many life events, especially during childhood. Our emotions influence our breathing patterns and just as importantly, our breathing affects our emotions.

I estimate that 70% of patients that consult me do not breathe properly. At first this may seem strange, as breathing is a subconscious activity. Unless we have an obvious breathing problem (asthma, lung disease etc.) we do not usually notice our breathing. You may notice, in other people or indeed yourselves, that we may sigh a lot, find it difficult to catch our breath or talk very fast, which are all signs of not breathing properly, we call this Breathing Pattern Disorder (BPD)

You will probably know that when we breathe in, we breathe in oxygen (O₂) and when we breathe out, we breathe out carbon dioxide (CO₂). However, it is not as simple as that! Whilst the main aim of respiration is to get O₂ into cells to help with energy production and the many cellular reactions that our bodies need to survive, this action is dependent on an adequate level of CO₂ being present in our bodies. Almost always, when people are not breathing properly, the issue is one of over breathing. The effect of this is to breathe out too much CO₂ and so the levels of CO₂ in our body drop (hypocapnia) and so reduce the level of O₂ delivered to the cells of the body (hypoxia).

Ironically trying to breathe more O₂ in DOES NOT necessarily help this situation.

How can we help?

Breathing Evaluation

An initial assessment, lasting up to 1 hour and including a case history, breathing questionnaire, clinical examination and assessment by capnography and HRV will allow me to ascertain if you are a good breather or indeed, more likely, that you have a breathing pattern disorder. People who don't breathe well fall into 2 groups; the first is intermittent over breathing, which tends to be triggered in certain situations, the second is chronic over breathing, which is generally a long-established poor breathing pattern and often needs breathing re-training using biofeedback with a capnometer and Osteopathic Manual Treatment (OMT).

Breathing Evaluation & Re-Education/Treatment

Diagnostics: Capnography and Heart Rate Variability

- Capnography This specialised piece of equipment measures CO2 levels and breathing rate and is the most scientific method of diagnosing BPD.
- Heart Monitoring The capnometer I use also measures Heart Rate Variability (HRV). HRV is an excellent way of assessing the function of the autonomic nervous system (which controls almost all body systems). It is common to pick up ectopics (missed heart beats), which are often functional and related to lifestyle. Occasionally I may suggest additional monitoring with a Holter 24hr ECG analysis instrument, at an additional cost, to decide if specialist cardiology referral is necessary.

If we decide that biofeedback via the Capnotrainer is necessary this usually involves at least four, 45-minute combo-sessions, spaced weekly, which will include use of the Capnotrainer and osteopathic manual treatment.

For further information, including current prices go to

<https://www.thehealthequation.co.uk/breathing-re-education/>

<https://www.thehealthequation.co.uk/capnometry-and-heart-rate-variance/>

<https://www.thehealthequation.co.uk/fees/>



You can also download “The Health Equation- A Way of Life”, available from iTunes, Gerry’s iBook containing 30,000 words of text and 10 HD videos focusing on nutrition and lifestyle.

<https://itunes.apple.com/gb/book/health-equation-way-life/id871262937?mt=11>

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