

Looking for a CPD Course?

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Michael Lingard

Chronic hidden hyperventilation - The 21st Century epidemic

Saturday 4th February 2012

Chronic hidden hyperventilation (CHH) affects up to 90% of the population in the west. CHH is associated with or the underlying cause of over 100 diseases but is rarely diagnosed by doctors and even when diagnosed rarely treated. CHH will be met by every osteopath every day and this workshop will give participants the diagnostic tools and the basic advice for patients as to how they may help themselves improve their breathing.

The most effective training programme has been shown to be the Buteyko Method. The Buteyko Method is based on the lifetime work of Professor Konstantin Buteyko, who researched the effects of dysfunctional breathing on our health and gained the approbation of the Russian medical authorities. The method was introduced to the west in the early 90's and now is taught by practitioners throughout the world.

This one-day course will cover:-

- The History of Buteyko and his work with respiration
- The science & physiology underpinning this work
- The pathological consequences of dysfunctional breathing, in particular chronic hidden hyperventilation
- Specific applicability to asthma, sleep apnoea and hypertension
- A practitioners guide pack: a) Diagnosis b) Patient advice c) Further reading & research sources.d) What the full Buteyko training involves.
- Questions and discussion

The course will not only provide a valuable CPD insight into CHH but also a practical aid for therapists to help patients with simple, safe advice in their practice. For further information visit www.buteykokent.co.uk or www.asthmacarekent.co.uk.

Cost: £135

CPD: 7 hours

Location: ESO Boxley House



For further information please contact:

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