



BUTEYKO FITNESS

Module 1: Welcome to Buteyko

Introduction, testimonials and your goals

Breath is the Elixir of Life

As humans, we can survive for days without water, weeks without food – but not more than a few minutes without breathing. **Breathing is life.**

■ ■ Important Precautions

Avoid major exertion during breathing exercises. If you experience discomfort or pain, stop immediately and consult your doctor.

The Goal of Buteyko

■ To regain control over your breathing!

With Buteyko you take your health back into your own hands.

Who is this method for?

- Chronic bronchitis
- Chronic runny nose or cough
- Snoring or sleep apnea
- Panic attacks and anxiety
- Chronic fatigue

The Idea: Less is More

Most of us habitually breathe **too much**. In doing so, we lose too much CO₂.

■ The Paradox

Breathing too much paradoxically leads to poorer oxygen supply! Without enough CO₂, hemoglobin cannot properly release oxygen (Bohr effect).

■ Training Tips for Optimal Results

- ✓ Practice **3x daily**
- ✓ Find a **quiet place**
- ✓ Establish a **routine**
- ✓ Be **patient** – first improvements after about one week



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