

TELE-BREATHING LEARNING SERVICES



BREATHE WELL during PREGNANCY w/ The Breathing Science Network

Dysfunctional breathing can have profound effects on health and performance during pregnancy

Booking [Breathe Well Tele-Breathing Services](#) can help you manage your symptoms of nausea, fatigue, brain fog, anxiety, pain or mood changes right in the comfort of your own home. Before you turn to medication or other interventions, consider getting a consultation to see if breathing learning services could be right for you!

“I was 10wks pregnant and I couldn’t go up the stairs. I was breathless and didn’t understand why. I worked with a behavioral breathing analyst and she explained to me that I had developed poor habits during my first pregnancy and immediately reverted to those dysfunctional habits early on in my second pregnancy. We worked together and, in a couple of sessions, I was able to shift my breathing to go up the stairs WITHOUT any issues until I delivered! Could not believe how quickly I overcame the issue and how I was able to sustain it throughout my WHOLE pregnancy..and he was 8.5lbs!”
- **Natalie B., happy client**

LEARNED BREATHING HABITS

Statistics suggest that millions of people worldwide suffer with the profound and misunderstood symptoms and deficits of learned dysfunctional breathing habits. Unfortunately, these habits are rarely identified by practitioners, their effects mistakenly attributed to other causes, and their resolutions prescriptive in nature where focus is on symptoms rather than on causes.

Pregnancy sets the perfect stage for learning dysfunctional breathing habits that can have profound effects on health and performance both *during pregnancy and after*. 100% of pregnant women have a breathing dysfunction, or poor habits, due to limited access to their diaphragm during pregnancy. Most are entirely unaware of habits they may have learned and how they may seriously be affecting them.

PREGNANCY AND BREATHING

It is a fact, that pregnant women suffer to one degree or another with the effects of a physiological condition known as **hypocapnia**. This condition IS NOT a disorder that needs treatment, and IT IS a condition you can learn to manage.

Hypocapnia is a **carbon dioxide deficiency** in body fluids, including blood, lymph, cerebrospinal fluid, and the fluids that surround all body cells (interstitial fluid). We need carbon dioxide (CO₂) in our bodies to be healthy, not too much and not too little. When we have too little, we are **hypocapnic**. CO₂ level in body fluids are reflexively regulated by breathing.

Hypocapnia is caused by **overbreathing**, that is, breathing too rapidly and/or too deeply where too much CO₂ is exhaled per unit of time. Overbreathing results in **respiratory alkalosis** where your body fluids, such as blood plasma, are too alkaline and as a result cause, trigger, or exacerbate **symptoms and deficits** of all kinds.

These symptoms and deficits can be **powerful, insidious, and debilitating**, especially when you don't know where they are coming from. This fact is nicely illustrated by surveys indicating that up to 60% of ambulance runs in major US cities are a result of symptoms triggered by overbreathing (hypocapnia).

Physiological changes may include reduced blood supply to tissues (e.g., brain, heart), electrolyte imbalance (e.g., bicarbonate and sodium), muscle contraction (bronchial, gut, and vascular), and oxygen deficit (combination of compromised hemoglobin and vasoconstriction).

Physical symptoms may include NAUSEA, inability to focus, headache (reduced cerebral glucose) dizziness (reduced cerebral oxygen), tingling, numbness, blurred vision, muscle cramping, increased airway resistance, air hunger, cardiac changes, hyperarousal, and reduced pain threshold.

Psychological changes may include, heightened emotionality (e.g., wanting to cry), anxiety, panic, disconnectedness, traumatic memories, learning impairment, changes in self-esteem, and even personality changes.

During pregnancy overbreathing, in conjunction with the effects of progesterone on respiratory centers, is **unconsciously learned** in response to pressure on the diaphragm.

New breathing habits can be learned for overcoming and managing overbreathing and its potential physical and psychological effects during pregnancy. They can help assure that dysfunctional overbreathing habits learned during pregnancy don't carry forward into postpartum life.

If you are pregnant you are very likely to be overbreathing often. It's just a question of how often. As pregnancy advances, so too does the pressure on your diaphragm which decreases the quality of our breathing and often leads to symptoms. You can change that and feel great during your pregnancy!

Helpful sites:

<https://www.breathingsciencenetwork.com/breathewell>
www.first1000daysofwellness.com