

What is Obstructive breathing?

Blockage of the nasal passage, sinuses or throat that inhibits clear breathing.

Why is clear breathing so important?

When we were embryos in the womb, 5 weeks after fertilization of the egg, the sympathetic chain – which controls our heart rate and breathing in our “flight or fight” response – separated from our spinal cord. However, the association still remains. So that if we are not breathing clearly, our body is inhibiting us from “fight or flight”.

Common Symptoms:

- Sinus and nasal congestion
- Mouth breather
- Snoring

Common Causes:

- Allergies
- Deviated septum
- Cold or flu
- Enlarged tonsils
- Infections
- Inflammatory diet

Associated symptoms:

- Loss of stability and balance
- Sleep apnea
- Pain and stiffness of the neck, upper and lower back and pelvis
- Worsening back and shoulder pain at night
- Weakness of shoulder, arms and hips

Treatment for Obstructive Breathing:

- Nasal sprays
 - Flonase
 - Xlear
 - Ocean spray
- Saline rinses
 - Neti pot
 - NeilMed
- Nasal strips
- Nasal dilators
- Humidifiers
- Allergy medication
- Anti-inflammatory diet
- Diaphragmatic breathing exercises



STRETCHING TO OVERRIDE NASAL RESPONSE AND IMPROVE STRENGTH



Place fists behind lower back and arch back.