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### **A good wheeze: Science**

Could the way you breathe make you ill? While scientists argue, a new device is claimed to help, says Jerome Burne We've all heard of hyperventilation, a condition linked with panic attacks, involving very fast breathing and a dramatic loss of carbon...

Times article discussing the idea that low carbon dioxide may be responsible for longer term disorders.

Quotes from the article:

"A review article in the *New England Journal of Medicine* in 2002 concluded that low carbon dioxide in the blood — hypocapnia — “appears to induce substantial adverse physiological and medical effects” in people with pneumonia and heart failure. A review from the University of Westminster last year described how the effects of hypocapnia on blood flow and oxygen in the body could cause increased joint and muscle pain. And recent authoritative trials from Australia and New Zealand have shown that a breathing technique called Buteyko — which trains people to breathe in a controlled way so that they do not become depleted of carbon dioxide — brought significant reductions in the amount of medication people with asthma had to use. "

[Dr] "Beales believes that common symptoms that many people come to GPs with, such as lack of energy, headaches and depression, can often be the result of overbreathing and the impaired blood flow to the brain that results."

"It's standard medical textbook stuff, which most doctors forget as soon as they leave med school," Dr Beales says, arguing that lowered carbon dioxide in the blood results in a lowering of blood pressure, which leads to less oxygen getting to brain and muscles. Once the problem has been identified, he says, people can bring their breathing back into balance.

For the full article please go to The Times website

**<http://www.newsint-archive.co.uk>**