Breathing Matters : A New Zealand Guide

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A revolutionary book from top Ear, Nose and Throat surgeon, Dr Jim Bartley, and highly-regarded breathing expert,Tania Clifton-Smith, who believe that good breathing patterns can dramatically improve the lives of people with major diseases such as heart disease, asthma and depression. Breathing well helps us relax, normalises body biochemistry, reduces muscle pain and allows the re-establishment of normal posture and movement. Part I discusses the role of smell and the "nose brain" in our everyday lives. These chapters provide a physiological, scientific basis to the book. Part II discusses basic breathing techniques, posture, self-massage and muscle stretching techniques. These are the self-help techniques that you can adopt to help yourself. Part III discusses common disease conditions that can be improved by attention to breathing techniques. These include asthma, heart disease, migraine, tension headache, jaw-joint pain, anxiety and depression.

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