

### **Dr Buteyko on breathing patterns and natural pauses:**

Therefore, only reduction of the depth of breathing causes its slowing. There is a direct connection. But the breathing frequency is strictly individual: it depends on gender, age, weight, etc., and, as a rule, it is not limited. We prohibit the sick to think about it, otherwise it would confuse them. It is necessary for us only to measure carbon dioxide. If we measure breathing frequency and the control pause, then we roughly know the level of carbon dioxide in the blood and the general state.

And finally, the last parameter is the automatic pause. This is a pause that occurs even during sleep for people and animals with normal breathing. How does this happen? Sometimes in a family where there is a patient, we show an example: here is a dog or cat lying around, and it is not hot, so it is breathing normally (no dyspnea). How is it breathing? The rib cage falls after exhalation, pause, then a small inhalation, exhalation, pause, again a pause. This is normal breathing: inhalation, exhalation, pause or breath holding: this is the rest for the lungs and the possibility for gas exchange. This is a pause, a normal, automatic pause, regardless of our consciousness.

Deep breathers do not have it. Therefore, they do not need to know this. Here is their breathing. They should reduce the amplitude [of inhalation]. The pause will come, when breathing is reduced. And while breathing gets reduced down to the norm, and then becomes less than the norm, this pause gets longer: breathing becomes smaller and less frequent. The indicator of breathing frequency is the automatic pause after exhalation.

All deviations from the norm in the direction of deepening of breathing, we divided into 5 levels of hyperventilation. This table is used by hundreds of our doctors and patients and it has never failed. Thousands of patients were tested according to this table, exactly! Patients are at the bottom; when they get to the middle, they are cured; when they get higher, they are “supermen”. If they are not raised – nothing will help! This law is immutable. These are the key points that I wanted to share with you.

(from his 1969 lecture in the Moscow State University; available at [www.normalbreathing.com/books.html](http://www.normalbreathing.com/books.html))