



the beauty of breathing

Would you like to have more energy and less pain?

Do you feel stressed all the time and can't get your body to relax?

Would you like to know how to sleep well and wake refreshed?

Do you experience abdominal discomfort or bloated feelings?

Do you get anxious before surgery or medical procedures?

If the answer is yes to any of these questions, then this is for you.

Breathing slow and low through the nose and diaphragm is an effective way to reduce pain and anxiety, promoting relaxation and a sense of control over your situation. Isn't it reassuring to know there is something we can do that is simple and yet so effective?

It is our natural way of breathing but when we go through periods of pain and stress, tiredness and fluctuating emotions, (such as with endometriosis) our breathing is one of the first things to change.

It becomes shallow and rapid, leaving us tense, anxious and on "red alert". This pattern of breathing can become a habit, causing a chronic cascade of symptoms.

Symptoms can include:

- Abdominal problems: irritable bowel, bloating, constipation
- Chronic body pain
- Poor sleep/tiredness
- Headaches/sinusitis
- Muscle cramps and tension
- Difficulty switching the mind off
- Difficulty relaxing the body
- Weight issues

Breathing well enhances every system in our body:

- Reduces cortisol levels (stress hormone) and hormonal fluctuations
- Improves energy levels and improves sleep quality
- Increases serotonin levels
- Improves digestion, circulation and the immune system
- Normalises pH levels in body
- Promotes muscle relaxation
- Improves post surgical pain naturally

So, if you are ready to soothe your symptoms and gain a sense of control of your body, call and make an appointment with Susan today. She is an experienced musculoskeletal physiotherapist specialising in headaches, neck, back and pelvic pain with a passionate interest in helping women with endometriosis, chronic fatigue and abdominal problems.

Breathing sessions take one hour initially with a strong practical focus. Subsequent sessions can involve soft tissue and joint work if you have specific areas of body pain and tension.

Her clinic MOVING WELL is located in the Langstone Clinic, 120 Remuera Road, corner of Beatrice and Remuera roads.

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