

# Have you ever experienced:

- Frequent sighing and yawning
- Breathing discomfort
- Disturbed sleep
- Erratic heartbeats\*
- Feeling anxious
- Pins and needles
- Upset gut / nausea
- Chest pains\*
- Shattered confidence
- Tiredness and fatigue
- Achey muscles and joints
- Dizzy spells or feeling spaced out\*
- Irritability or jumpiness
- Feelings of 'air hunger'

These are the most common symptoms resulting from disordered breathing.

*\*See your doctor if you have these symptoms*

## Our therapists



BradCliff® Certified Physiotherapists – Experts in the treatment of breathing pattern disorders



Annalees Jones



Kelly Griffiths

## Where to find us

You can email all our clinics at [info@bodyinmotion.co.nz](mailto:info@bodyinmotion.co.nz)

Give us a call on **07 927 3330** or check out our website.

[www.bodyinmotion.co.nz](http://www.bodyinmotion.co.nz)



**BODY IN  
MOTION**

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PHYSIO REHAB PILATES

 **BODY IN  
MOTION** : PHYSIO  
REHAB  
PILATES

# For better breathing and health



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# You are not alone

One in ten New Zealanders experience some form of breathing disorder or chronic over breathing.

This can produce a range of disturbing symptoms baffling both patient and doctor.

Worry over this may lead to further over breathing and build-up of symptoms.

Breathing this way can become a habit. This in itself is a major stress and a vicious cycle is created.

Our specialised physiotherapy service is designed to break the cycle; restoring energy-efficient breathing, improving energy levels and renewing self-confidence.



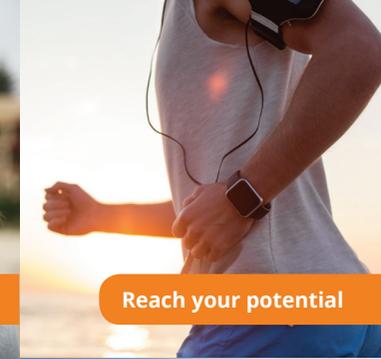
# Why this happens

There are many triggers:

- Anaemia
- Asthma or COPD
- 'Burning the candle at both ends'
- Cough and colds / bronchitis
- Chronic pain – physical and emotional
- Frequent or stressful telephone calls
- Grief/anxiety
- Hormone imbalance PMT or menopause
- Mouth-breathing/nasal problems
- Poor posture/ergonomics
- Tight clothes
- Viral sickness



Wellbeing



Reach your potential



Give them the best start



Take charge of your life



Quality of Life



Performance

# When in doubt breathe out