

# SYDNEY HOLISTIC Dental Centre

## THE IMPORTANCE OF NASAL BREATHING

*Using MICROPORE TAPE & the 7-8 hours of sleep to train your body and the breathing-control centre in your brain, to breathe through your nose*

Breathing through your nose means that the carbon dioxide (CO<sub>2</sub>) level in your lungs is more likely to be balanced. This has a profound impact on every system in the body (*see over the page for more information*). The quality of your breathing, and the way you breathe, either through your mouth or preferably through your nose, can impact your physical, mental and emotional wellbeing.

In addition breathing through your nose stimulates the production of nitric oxide (NO) in the naso-pharyngeal area. Nitric oxide is a potent vasodilator and body regulator. It is also a powerful bactericide and helps to keep the sinuses free from infection.

**NOTE:** It's often surprising that when you close your mouth, relax and breathe slowly through your nose, a nose that was blocked, seems to miraculously open and feel clear.

Nasal breathing, breathing through your nose, is an important part of overall health as it:

- Warms, humidifies and filters the air reducing the chances of enlarged tonsils, allergies, hayfever and other chronic respiratory problems
- Helps balance out body chemistry by balancing out and optimising carbon dioxide levels in the lung
- Helps in the production of nitric oxide, an important biological regulator, vasodilator and powerful anti-oxidant

When you breathe through your mouth several things can happen including:

- Tonsils can become enlarged and lead to more frequent respiratory problems
- Mouth becomes drier and more susceptible to decay and gum disease
- Carbon dioxide levels in the lungs go out of balance, leading to restless sleep and even waking up and needing to go to the bathroom at night (low CO<sub>2</sub> levels can cause smooth muscle to contract throughout the body - bladder is smooth muscle, so the need to frequently urinate can occur)

### USING THE MICROPORE TAPE TO PRACTICE NASAL BREATHING:

- Nasal breathing can be achieved by placing a small piece of Micropore paper tape across your lips before going to bed
- Make sure that you fold the tape over at either end to make it easy to pull, when you want to remove it.
- When removing the tape DON'T PULL IT OFF, stick your tongue out to moisten & loosen it. This protects your lips from trauma.
- Provided that your nose is clear and you don't have any digestive problems which might cause you to want to throw up, there are unlikely to be any problems or dangers keeping your mouth closed – it is the natural way to sleep.

### Useful Hint

Put the tape on about 15 minutes before going to bed, and so that you can get used to the feeling OR try using the micropore tape when watching TV, doing homework, or anything else that requires you to concentrate.

DID YOU KNOW THAT OVER BREATHING (CO2 DEFICIENCY) CAN TRIGGER OR EXACERBATE PHYSICAL AND PSYCHOLOGICAL COMPLAINTS SUCH AS:

<ul style="list-style-type: none"><li>▶ dry mouth</li><li>▶ nausea</li><li>▶ light-headedness</li><li>▶ dizziness</li><li>▶ black-out</li><li>▶ blurred vision</li><li>▶ confusion</li><li>▶ disorientation</li></ul>	<ul style="list-style-type: none"><li>▶ attention deficit</li><li>▶ poor thinking</li><li>▶ poor memory</li><li>▶ poor concentration</li><li>▶ impaired judgment</li><li>▶ problem solving deficit</li><li>▶ reduced pain threshold</li><li>▶ headache</li></ul>	<ul style="list-style-type: none"><li>▶ trembling</li><li>▶ twitching</li><li>▶ shivering</li><li>▶ muscle tension, spasm, stiffness</li><li>▶ abdominal cramps</li><li>▶ bloatedness</li></ul>
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DID YOU KNOW THAT IN PREDISPOSED INDIVIDUALS, OVER BREATHING (CO2 DEFICIENCY) MAY TRIGGER OR EXACERBATE:

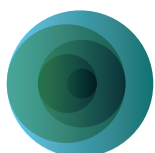
<ul style="list-style-type: none"><li>▶ phobias (eg. public speaking)</li><li>▶ depression</li><li>▶ epileptic seizures</li><li>▶ sexual dysfunction</li><li>▶ sleep disturbances</li><li>▶ allergy</li><li>▶ irritable bowel syndrome</li><li>▶ repetitive strain injury</li><li>▶ chronic fatigue</li><li>▶ shortness of breath</li><li>▶ breathlessness</li><li>▶ panic attacks</li><li>▶ chest pain</li></ul>	<ul style="list-style-type: none"><li>▶ feelings of suffocation</li><li>▶ sweaty palms</li><li>▶ cold hands</li><li>▶ tingling of the skin</li><li>▶ numbness</li><li>▶ heart palpitations</li><li>▶ irregular heartbeat</li><li>▶ anxiety</li><li>▶ apprehension</li><li>▶ emotional outbursts</li><li>▶ stress</li><li>▶ tenseness</li><li>▶ fatigue</li></ul>	<ul style="list-style-type: none"><li>▶ weakness</li><li>▶ exhaustion</li><li>▶ fainting</li><li>▶ migraine phenomena</li><li>▶ hypertension</li><li>▶ attention disorder</li><li>▶ asthma attacks</li><li>▶ angina attacks</li><li>▶ heart attacks</li><li>▶ chest tightness</li><li>▶ hypoglycemia</li><li>▶ ischemia (eg. brain cell death)</li></ul>
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### Disclaimer

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### Limitation of Liability

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