



Better Breathing Better Health

An Integrative Breathing Therapy program



Breathing exercises, movement and mind-body techniques to retrain the neuroplasticity of breathing to improve breathing function.

This program can help with

- ▶ unexplained breathlessness and breathing discomfort
- ▶ asthma and chronic lung complaints
- ▶ snoring and sleep apnea
- ▶ poor breathing patterns and habits
- ▶ anxiety disorders
- ▶ hyperventilation disorders

What does the program involve?

- ▶ an initial assessment by Dr Courtney
- ▶ 5 weekly therapy sessions of 1 hour, either individual or in a small group
- ▶ practice at home between sessions
- ▶ a follow-up assessment.

Our breathing directly reflects our health

Stress, muscle dysfunction and many types of chronic illness can cause breathing to become dysfunctional. If your breathing becomes dysfunctional your health suffers.

Training yourself to breathe correctly or functionally can be a missing link for improving your health and managing conditions such as asthma, sleep apnea, stress and anxiety, pain and chronic illness.

About Integrative Breathing Therapy (IBT)

IBT is well researched and scientifically based – a comprehensive and individualised breathing training, combined with mindfulness and relaxation techniques.

It addresses the causes of breathing dysfunction and teaches you how to use breathing techniques along with other tools, as part of a multi-disciplinary approach to improving your breathing and your health.

The initial assessment

- ▶ We look at your health history to evaluate symptoms and causes of breathing issues.
- ▶ A comprehensive breathing assessment is carried out, including lung function, hyperventilation and breathing pattern evaluation.
- ▶ We record baseline measures so that your progress can be monitored.
- ▶ Dr Courtney can then advise if this program is likely to be helpful and/or refer for other treatment or to other health professionals if necessary.

What happens in the therapy sessions?

You will learn breathing exercises, movement and mind-body techniques designed to teach you how to breathe in an efficient, relaxed and balanced way. The exercises retrain the neuroplasticity of breathing so that it becomes better able to respond appropriately to life and health challenges.

Techniques used in the therapy sessions include: Functional Breathing Basics, the Buteyko Method, Resonance Frequency Breathing, Mindful Breath & Movement.

The follow-up assessment

After the 5 sessions it is recommended that you are re-assessed to evaluate progress and advise on further treatment if necessary.

Appointments

To book an initial assessment please call the Avalon or Neutral Bay clinic. Or please contact Dr Courtney if you would like to discuss how this revolutionary program could help you.

Consultations with Dr Courtney for assessment and treatment

Lotus Health
Neutral Bay **02 9953 5153**
Breath and Body
Avalon **02 9918 3460**

Upcoming classes

5 x weekly therapy sessions starting:

Neutral Bay

22 March, 7 June at 7:30 pm

North Narrabeen

18 March, 3 June at 4 pm

See the website for the full 2017 schedule.

Individual sessions are also available.



Dr. Rosalba Courtney ND, DO, PhD is an osteopath, naturopath and leading expert on breathing dysfunction and breathing therapy. She has over 35 years' experience and is dedicated to helping people improve their health using effective integrative health tools. She believes that natural approaches to health need to address the basics first and one of the basics is breathing. She also works with the body's movement, mind and emotions, diet and lifestyle.

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