

Breathing & Dysfunction: mind-body vicious circle

Stress
Problems
Traumatic event
Unconscious fears

Overbreathing

Anxiety

Psychological effects: fatigue, sensory disturbance, dizziness

Physical effects: impaired balance, tingling, cramps, weakness, altered motor control, reduced pain threshold

Myofascial effects: diaphragm weakness, pelvic floor dysfunction, trigger points evolve

Systemic effects: gut, cardiac, allergic reactions increase

Aggravated post-ovulation

Body on alert: "Fight or Flight"

Symptoms are frightening

Rapid pulse
Sweating
"Butterflies" in stomach
Tense muscles
Twitchiness

Upper body tension: breathing becomes more rapid

Aching shoulders
Head & neck pain
Accessory breathing muscle dysfunction

Reduced CO₂ through BPD

Low calcium causes nerves and muscles to function poorly

Homeostatic loss of Ca⁺⁺ in urine

Blood becomes more alkaline

Smooth muscles constrict blood vessels and narrow gut
O₂ delivery reduced
Histamine levels rise

Respiratory alkalosis
Bohr Effect