



Hyperventilation Syndrome clarification

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Dear Randy,

Wouldn't you know it as soon as I send the newsletter out I spot an error.

Clarification on Hyperventilation Syndrome

In the newsletter that I just sent, I said that, "the tissues get too much CO₂", it should read that you get too much O₂ in the tissues in relationship to CO₂. The fall in CO₂ levels causes a higher pH level in the blood causing a condition called alkalosis. This allows a sequence of events that inhibits normal vascular circulation to all tissues of the body. It is these tissues that now become more acidic. Therefore vital areas such as your heart, brain, or any other tissues can be adversely affected. The symptoms you experience will be dictated by the organ being prominently affected.

Stress seems to be the most common factor in causing the incorrect breathing patterns. Often the stress is long gone but the breathing habit remains. It is said that, "it takes 30 days to change a habit" so let's all pay attention to our breathing and that of others for the next month.

Thanks for listening,

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	<p>Randy Schaetzke, DC, D.I.B.A.K. Wholistic Health Services</p>	

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