

REDUCE COUGHING

with Buteyko cough suppression techniques

Dry Cough Suppression



The whole reason for learning the Buteyko exercises is to be able to reduce the frequency and severity of symptoms such as dry cough. Buteyko is based on the principle that over-breathing and coughing can make symptoms worse.

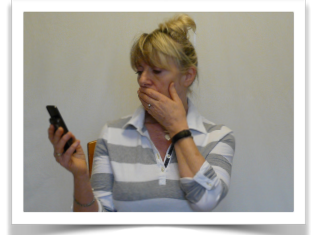
When a cough is dry or tickly, the best advice is don't cough. Although you may feel a strong urge to cough it is not helpful. Coughing can cause micro-abrasion in your lungs and throat, which in the long run can lead to further irritation.

The Urge to Cough

The primary purpose of this exercise is to control the dry, tickly cough that often accompanies asthma and breathing problems.

Overcoming the urge to cough is not easy and requires a great deal of breath control. To begin with you may need to use this exercise very frequently.

As the condition of your airways improves you should find that your cough will settle over a week or two.



The Stop Cough Exercise

1 As soon as you cough, or feel you are about to cough, put your hand over your mouth.

(This stops you taking a big breath through your mouth).

2 Swallow once.

3 Take a small breath in and out through your nose.

4 Hold your breath for a few seconds.

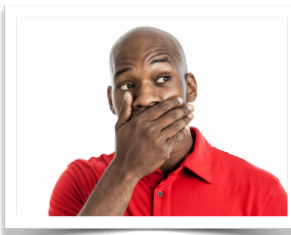
5 When you start breathing again take very slow, smooth breaths for at least 30 seconds.

(Keep your hand over your mouth.)

6 Tell yourself that you are not going to cough.

7 Finally take a smooth, normal-sized breath through your nose and take your hand away from your mouth.

8 If you still feel a tickle in your throat, repeat the exercise from the beginning.



A Productive Cough

Hard, persistent coughing may cause more harm than good to the lining of the airways.

If you have a cough caused by a chest infection or a condition which requires you to cough up mucus, then a controlled coughing technique such as 'Huffing' or the 'Active Cycle of Breathing Technique' may have been recommended by your doctor or physiotherapist to help move the mucus to the larger airways ready to be coughed up.

Using the Stop Cough exercise between these Controlled Coughing sessions can help to reduce coughing to the minimum required to clear mucus.

For more information visit www.buteykobreathing.org

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This technique can be used to help with a variety of respiratory conditions and dysfunctional breathing. If your breathlessness or other respiratory symptoms become worse contact your doctor for advice and support.

