

# Buteyko Student Wins Gold!

## Breath of Life

**Buteyko Breathing Educators Association**

Summer 2012

**Nose-breathing pays off! Buteyko client Sanya Richards-Ross wins Olympic gold in 400 meters, smiling as she reaches the finish line.**



Sanya Richards-Ross (USA), right, wins the women's 400m final during the 2012 London Olympic Games at Olympic Stadium. (Leo Mason-USA TODAY Sports)  
"...as her rivals visibly tired, Richards-Ross kept her form and, with a determined look on her face, reeled them in before breaking into a smile when she dipped for the line to win in 49.55 seconds."

## Mouth breathing during childhood creates craniofacial changes associated with reduced athletic performance

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*Adapted from an article by Patrick McKeown*

High athletic performance requires large upper airways to enable air to flow freely to and from the lungs. Although a match between breathing volume and metabolic requirements is crucial, having airways that function with little resistance is advantageous. Any hindrance to the forward growth of the jaws results in the development of narrow upper airways, thus compromising airflow.

Breathing mode during childhood influences the position of the jaws and the effect of that on the size of the upper airways. Our upper airways are comprised of the parts of the respiratory system outside the chest cavity, including the nose, nasal cavity, sinuses, pharynx and larynx.

The normal growth of the face is forward, achieved by forces exerted by the tongue as it rests in the roof of the mouth. A mouth-breathing child is unable to rest his or her tongue in the roof of the mouth. In addition to causing narrow facial structure and crooked teeth, such an inhibition also impedes the natural forward growth of the jaws. They do not develop fully and are set back from their ideal position.

It is shocking to think that the shape of our faces is heavily influenced by whether we breathed through our noses or mouths as children. Although the natural order of things is to breathe through the nose, many children – especially those with nasal congestion – habitually breathe through their mouths.

A child who breathes through his or her nose with the tongue resting in the roof of the mouth establishes the ideal conditions necessary (through the forces exerted by lips and tongue) to ensure normal development of the face. Since the tongue is wide and U-shaped, it follows that the normal shape of the top jaw is both wide and U-shaped. In other words, the shape of the top jaw reflects the shape of the tongue. A wide U-shaped top jaw is optimal for housing all our teeth.

Maintaining correct resting tongue posture is very difficult when the mouth is open. As the top jaw is not afforded the normal pressures exerted by the tongue, the end result is development of a narrow, V-shaped top jaw. A narrow, V-shaped top jaw results in a narrow facial structure, overcrowded and crooked teeth, and orthodontic problems.

That mouth-breathing children grow longer faces is well documented. Chronic, habitual mouth breathing is also associated with postural changes that result in decreased muscle strength, reduced chest expansion and impaired breathing ability. In 2011, a Brazilian study evaluated exercise tolerance, respiratory muscle strength and body posture in mouth-breathing versus nasal-breathing children. Researchers concluded that, ‘mouth breathing children had cervical spine postural changes and decreased respiratory muscle strength compared with nasal breathing’.

## Breathe Through Your Nose Week, Sept. 10-15, 2012

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### WHY?

To make you aware that mouth breathing significantly contributes to asthma, exercise induced asthma, snoring, sleep apnoea, ADD, Poor sports performance. Also, did you know that mouth breathing causes unattractive faces in children such as long narrow faces, sunken cheek bones, crooked noses and crooked teeth?

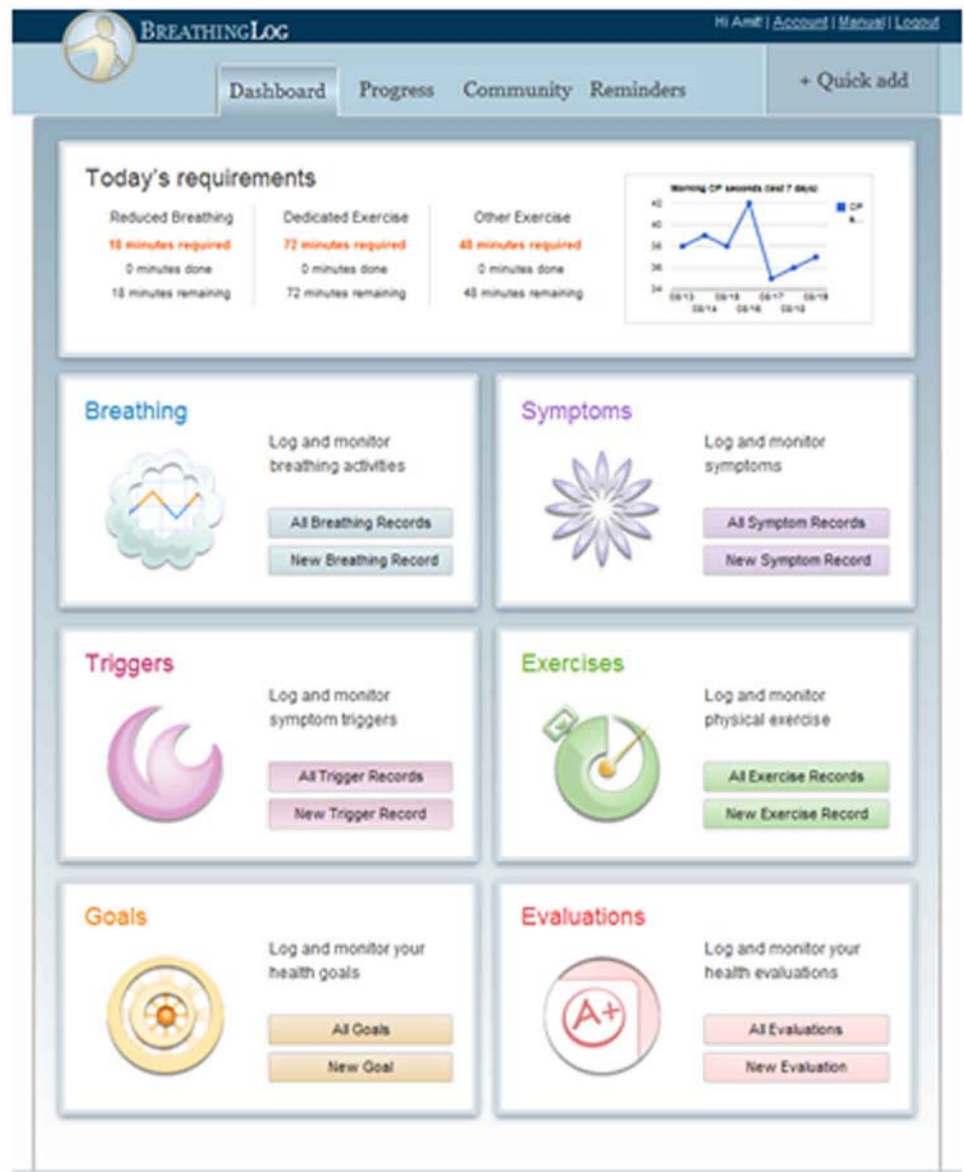


**Patrick McKeown and Miss Ireland introduce International Breathe Through Your Nose Week.**

- Do you find it difficult to stay on track with the Buteyko program?
- Are you running out of paper filling up so many tracking sheets in your course book?
- Are you one of these people who love having everything on their smart phones?
- If the answer is yes, [www.breathinglog.com](http://www.breathinglog.com) is for you.

[www.breathinglog.com](http://www.breathinglog.com) is a free web tool designed to help you log, plan and track your breathing practice. It is simple and intuitive. It covers all the aspects of the Buteyko program including triggers, symptoms, breathing exercise and physical exercise. It is designed for desktops and mobile devices.

For detailed “How to” information, please click [here](#) (or copy to your browser: <https://www.breathinglog.com/static/breathinglog-user-manual.pdf>).



In order to create a shortcut on your smart phone, follow the steps below:

**IPhone:**

1. Open Safari
2. Navigate to [www.breathinglog.com](http://www.breathinglog.com)
3. Press the '+' icon
4. Select 'Add to home screen'

**Android:**

1. Navigate to [www.breathinglog.com](http://www.breathinglog.com)
2. Add it to the bookmarks (Menu – Add book mark )
3. Long press the home screen, select Shortcuts → Bookmark → select the new bookmark

For questions, comments, and support, please contact Hadas Golan at [info@breathinglog.com](mailto:info@breathinglog.com)