

# **DR BUTEYKO'S DISCOVERY**

## **Volume 1 - The Destruction of the Laboratory**

**by**

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*Originally published in Russian by the Altmilla Publishing House  
Novosibirsk, 1993*

*English translation published by Alex Spence, 2009  
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*Dr Buteyko and his complexator, 1961*

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## APPENDIX

### Other charts from the original 1993 edition and photographs of Buteyko and his staff & pupils

Abbreviations:

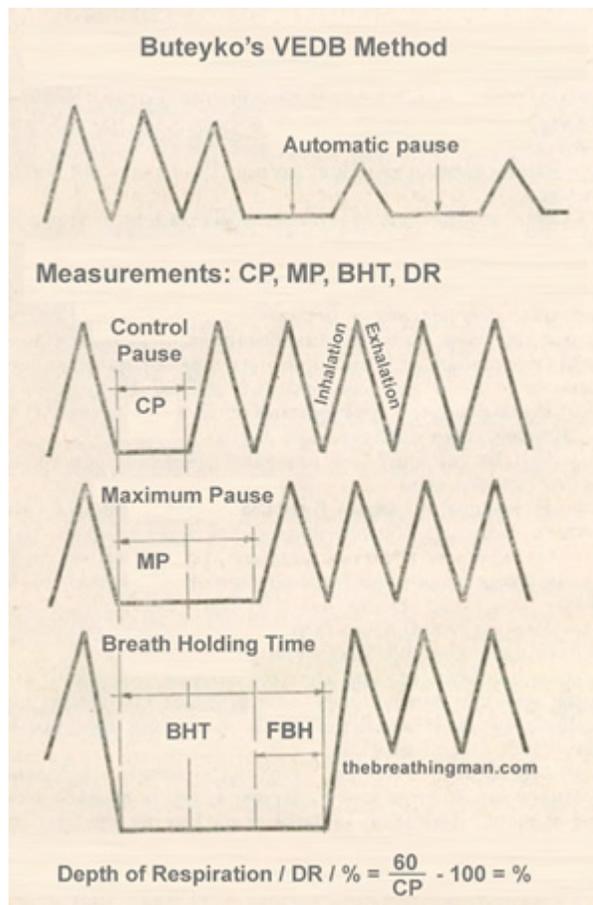
CP = Control Pause

MP = Maximum Pause

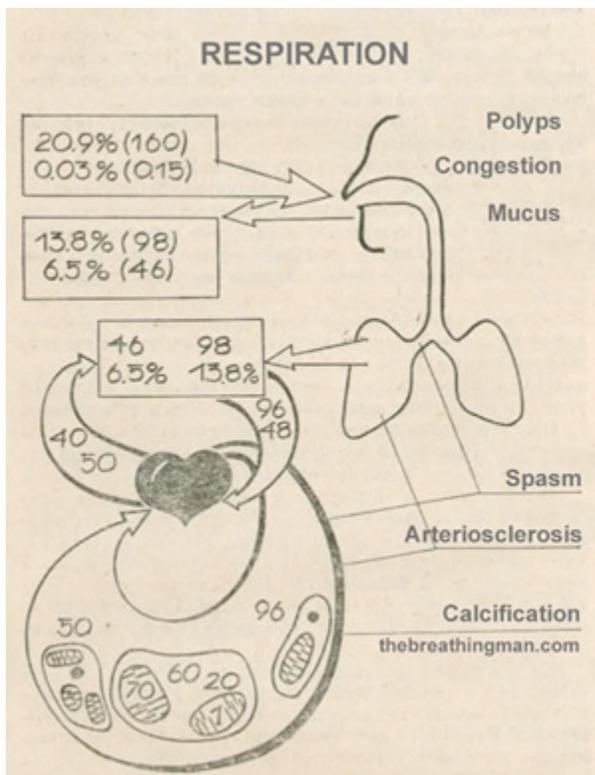
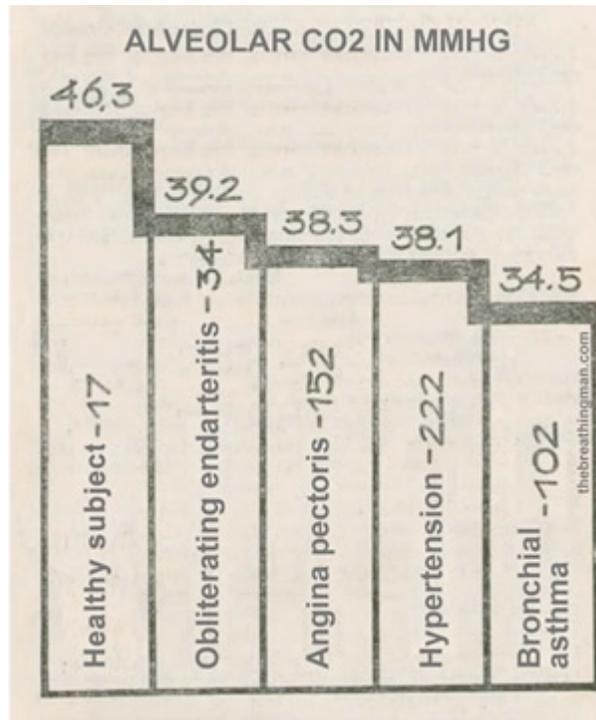
BHT = Breath Holding Time

FBH = Forced Breath Holding

DR = Depth of Respiration



This chart shows the partial pressure of carbon dioxide in the pulmonary alveoli. This measure is given for each disease in millimetres of mercury. Numbers next to each disease indicate the number of patients examined.

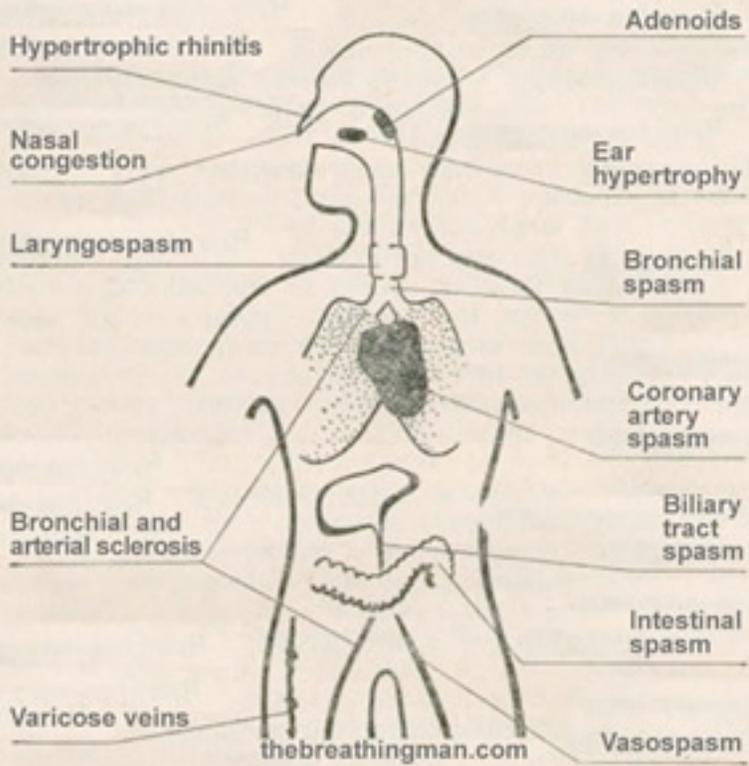


## The Effects of Hyperventilation

1. Decrease in CO<sub>2</sub> in the alveoli and the blood.
2. Increased metabolism and metabolic disorders.
3. Bronchial constriction.
4. Constriction of the blood vessels and other smooth muscle.
5. Increased or decreased arterial pressure.
6. Tighter bonding of oxygen to the haemoglobin in the blood.
7. Increased blood cholesterol.
8. Obesity.
9. Increased partially oxidised metabolic products.
10. Tissue damage.
11. Breathlessness.
12. Weakness.
13. Headache.
14. Dizziness. } Impaired blood circulation  
in the brain, stroke and so on.
15. Insomnia.
16. Irritability.
17. Heart pain. / angina pectoris, myocardial infarction
18. Feelings of cold in the extremities. / intermittent lameness
19. Decreased efficiency at work.
20. Noise in the ears.

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# PROTECTIVE MECHANISMS





*Buteyko and his staff & pupils  
Winter, 1963*



*The Laboratory, 1964*



*Laboratory staff, 1964*



*Buteyko and his staff & pupils, 1964*



*Dr Buteyko's Laboratory*

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