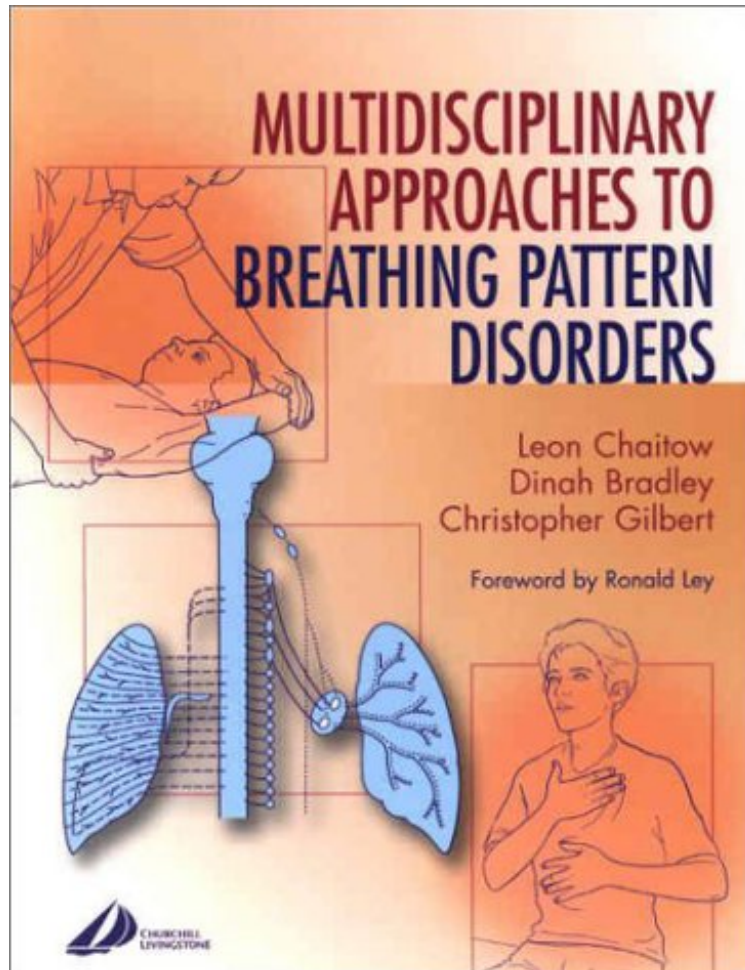


Recognizing and Treating Breathing Disorders: A Multidisciplinary Approach, 1e

*Leon Chaitow ND DO (UK), Christopher Gilbert PhD, Dinah Bradley DipPhys NZRP MNZSP
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Leon Chaitow ND DO (UK), Christopher Gilbert PhD, Dinah Bradley DipPhys NZRP MNZSP : Recognizing and Treating Breathing Disorders: A Multidisciplinary Approach, 1e before purchasing it in order to gauge whether or not it would be worth my time, and all praised Recognizing and Treating Breathing Disorders: A Multidisciplinary Approach, 1e:

2 of 2 people found the following review helpful. Good information By Anne Dwyer Body workers don't always consider body chemistry when working with a client. This book introduces the chemistry of breath, breathing disorders and ways to work with them. It is a bit technical, but very helpful and will augment work with clients.

This authoritative, research-based book, written by a team of clinical experts, offers an introduction to the symptoms

and causes of disordered breathing as well as the strategies and protocols that can be used to correct and restore normal breathing. *Multidisciplinary Approaches to Breathing Pattern Disorders* guides readers through a discussion of the current research that links disordered breathing patterns with perceived pain levels, fatigue, stress and anxiety. Basic mechanics, physiology, and biochemistry of normal breathing are outlined to lay a foundation for understanding causes and mechanics of disordered breathing. Self-help strategies with charts and workbook pages that may be photocopied as handouts are designed to help patients overcome specific breathing problems.

"...this far-reaching book covers everything one would wish to learn about breathing pattern disorders - I feel it is an essential source of reference and information to all health professionals working in this area...I would urge everyone interested in the subject to place an order..." Anne Pitman MCSP SRP, *Manual Therapy*, October 2002
The whole book is well illustrated and referenced, provides practical case examples and sensible cautions. I cannot think of anything they have left out. Ashley Conway. *Journal of Holistic Healthcare: Volume 4 Issue 4 November 2007*
About the Author
Leon Chaitow ND DO is an internationally known and respected osteopathic and naturopathic practitioner and teacher of soft tissue manipulation methods of treatment. He is author of over 60 books, including a series on *Advanced Soft Tissue Manipulation (Muscle Energy Techniques, Positional Release Techniques, Modern Neuromuscular Techniques)* and also *Palpation Skills; Cranial Manipulation: Theory and Practice; Fibromyalgia Syndrome: A Practitioners Guide to Treatment*, and many more. He is editor of the peer reviewed *Journal of Bodywork and Movement Therapies*, that offers a multidisciplinary perspective on physical methods of patient care. Leon Chaitow was for many years senior lecturer on the *Therapeutic Bodywork* degree courses which he helped to design at the *School of Integrated Health, University of Westminster, London*, where is he now an Honorary Fellow. He continues to teach and practice part-time in London, when not in Corfu, Greece where he focuses on his writing.