

# BREATHING HEALTH QUIZ

Over-breathing causes, contributes to or exacerbates many health related symptoms.

Can your health be improved with breathing adjustment? Place a 0, 1 or 2 next to each item below (1 = occasionally; 2 = often). Add up your score.

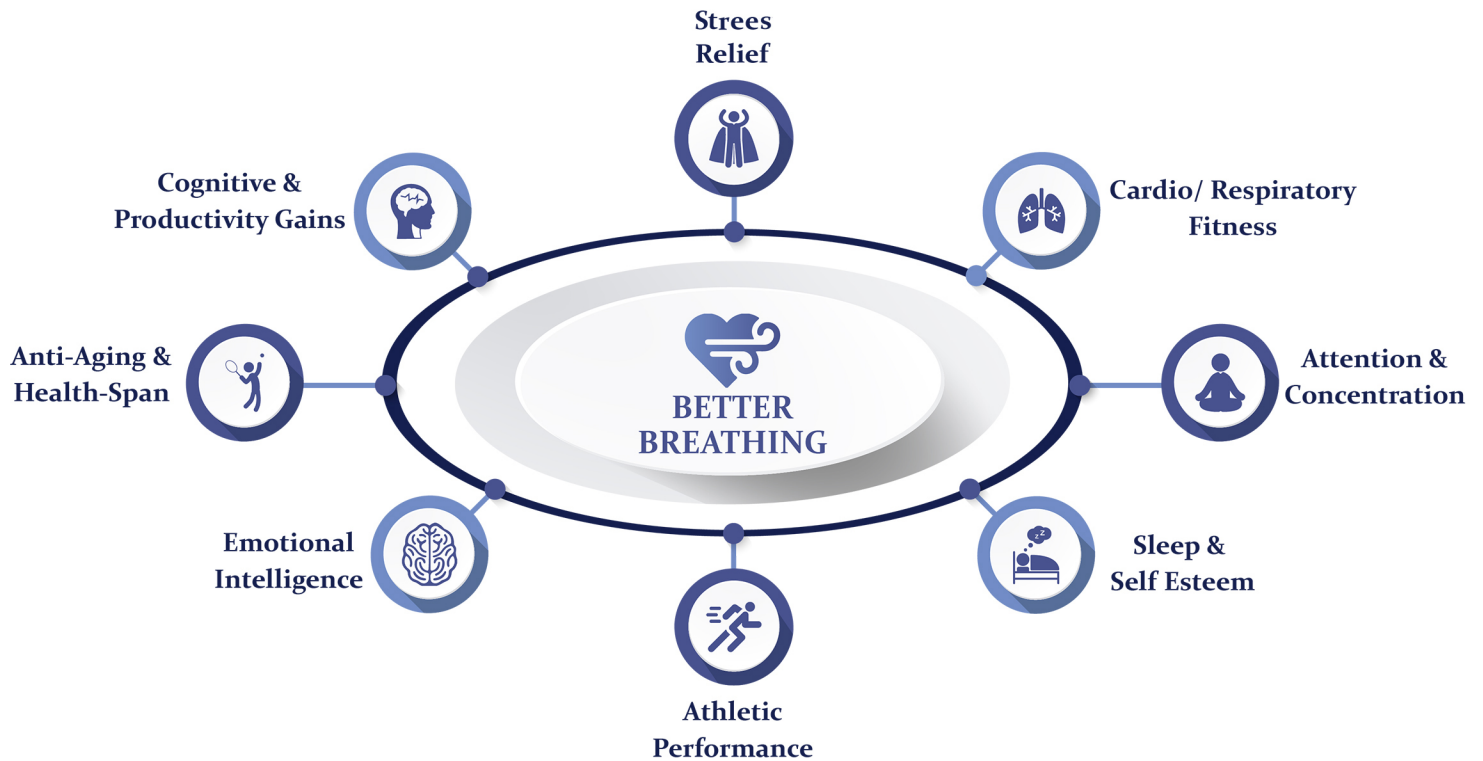
➤ <i>Intentional Breathing, Purposeful Regulation</i>	<input type="checkbox"/>	➤ <i>Chest Breathing, Effortful Breathing</i>	<input type="checkbox"/>
➤ <i>Bronchial Constriction / Wheezing</i>	<input type="checkbox"/>	➤ <i>Chest Tightness, Pressure, Or pain</i>	<input type="checkbox"/>
➤ <i>Snoring</i>	<input type="checkbox"/>	➤ <i>Mouth Breathing (Day or Night)</i>	<input type="checkbox"/>
➤ <i>Anxiousness &amp; Worry</i>	<input type="checkbox"/>	➤ <i>Cold hands/feel despite temps above 70F</i>	<input type="checkbox"/>
➤ <i>Troube Sleeping</i>	<input type="checkbox"/>	➤ <i>Yawning Spells</i>	<input type="checkbox"/>
➤ <i>Rapid Breathing, Panicky Breathing,</i>	<input type="checkbox"/>	➤ <i>Altitude Sickness</i>	<input type="checkbox"/>
➤ <i>Breath Holding, Irregular Breathing - Day Or Night</i>	<input type="checkbox"/>	➤ <i>Disconnected, Aloof, Things Seem Distant,</i>	<input type="checkbox"/>
➤ <i>Dry Or Pasty Mouth In The Morning</i>	<input type="checkbox"/>	➤ <i>Anxiety or Panic</i>	<input type="checkbox"/>
➤ <i>Dizziness, Light-Headedness, Fainting</i>	<input type="checkbox"/>	➤ <i>Fast or Irregular Heartbeat</i>	<input type="checkbox"/>
➤ <i>Fatigue Easily, Winded When Going Up Stairs</i>	<input type="checkbox"/>	➤ <i>Poor Concentrations, Focus, Memory</i>	<input type="checkbox"/>
➤ <i>Worries About My Breathing</i>	<input type="checkbox"/>	➤ <i>Blurred Or Hazy Vision</i>	<input type="checkbox"/>
➤ <i>Shortness Of Breath, Difficulty Breathing</i>	<input type="checkbox"/>	➤ <i>Upset Stomach</i>	<input type="checkbox"/>
➤ <i>Tingling Or Numbness, E.g., Fingers, Lips</i>	<input type="checkbox"/>	➤ <i>Attention Issues and/or Hyper-Arousal</i>	<input type="checkbox"/>
➤ <i>Congestion</i>	<input type="checkbox"/>	➤ <i>Unexpected Mood Changes (E.G Anger Or Irritability)</i>	<input type="checkbox"/>
➤ <i>Unable To Breathe Deeply</i>	<input type="checkbox"/>	➤ <i>Crooked teeth</i>	<input type="checkbox"/>
➤ <i>High Blood Pressure</i>	<input type="checkbox"/>	➤ <i>Periodontal Issues / Excess Cavities</i>	<input type="checkbox"/>

## SCORING

- 12 or more: Dysfunctional breathing is impacting health, productivity and performance. Capnotraining, Respiratory fitness and Tech Accelerated Meditation should be a priority.
- 7-11: There is a high probability that sub-par breathing is compromising health and performance. Confirm by securing a breathing analysis. Respiratory fitness and Tech Accelerated Meditation will be of significant benefit.
- 2-6 Depending on symptoms, sub-optimal breathing may be compromising health and performance. If in the morning (before eating) at the end of an exhale, you cannot hold your breath for at least 20 seconds before the first urge to breathe occurs - then respiratory fitness training and Tech Accelerated Meditation will serve you well.

# Better Breathing

FOR BETTER BEING



- Upgrade Health, Performance and Productivity
- Undo Chronic Stress, Fatigue and Breathing Related Issues
- Improve Deep Sleep, Inner Calm and Emotional Balance
- Help Your Child Increase Attention Span, Athleticism and Composure
- Breathing.coach offers a 50% discount to assess children, teens or young adults who score above 8 on the *Breathing Health Quiz*.
- QEEG Brain-maps and Tech Accelerated Meditation training also offered at a discount to those between the ages of 10 and 24



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Technology driven health and wellness training that *makes life better.*