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By Dinah Bradley

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Dinah Bradley is a respiratory physiotherapist with over 25 years experience. She is the author of Hyperventilation Syndrome: Breathing Pattern Disorders (Tandem

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Dinah Bradley is the author of Hyperventilation Syndrome (4.50 avg rating, 8 ratings, 1 review, published 1998), Breathing Works For Asthma (3.67 avg rat

The physiology behind hyperventilation is well understood. There are many well-written self-help books (eg, Hyperventilation Syndrome by Dinah Bradley)

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Dinah Bradley. Dinah Bradley is the author of the bestselling Hyperventilation Syndrome: Breathing Pattern Disorders and, with Tania Clifton Smith, Breathe, Stretch

Hyperventilation -- taking in more air than needed -- is habitual for some people. Dinah Bradley outlines remedies that incorporate breathing exercises, posture

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The biggest clue to Chronic Hyperventilation Syndrome is the presence of vague dizziness accompanied by a lot of other seemingly unrelated symptoms, Bradley, Dinah.

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