



BREATHWORK

When you are having trouble breathing it impacts your health, sleeping, eating, communicating, & ability to live life.

www.evolved-therapy.com

PROBLEM

Nasal breathing is about more than breathing quietly.

Just because you can breathe doesn't mean you are breathing efficiently or to optimize health.

Poor breathing also changes the state of your nervous system. If you are activated in a sympathetic nervous system state therapy will be less successful.

If you can't breathe with ease and efficiency through the nose you can't speak or eat with ease and efficiency.

SOLUTION

We use breathwork/breathing training to maximize the effectiveness of all treatments employed in your plan.

Many speech pathologists don't specifically work on breathing & it is a missing component to successful treatment.

BENEFITS

Proper breathing supports:

- speaking
- swallowing
- eating
- pain management
- oxygen distribution to the brain and body structures
- blood to the muscles
- allergy management
- diaphragm strength
- reflux management from a muscle function standpoint
- proper sleep
- metabolic and digestive effectiveness

Clients are saying...

"We work on breathing which is a major problem for me and other exercises aimed at strengthening my voice. I know my voice will never be 100% because of other health problems but the improvement made is major to me." --Marg



HOW TO BEGIN INITIAL CALL

- 15 minutes
- Speak with a speech pathologist (or email)
- Determine if this is for you



ERIN BROWNING

SLP & Owner Evolved Therapy LLC

"When multiple functions of the body are compromised breathing always wins, so we always begin with breathing."