



VA FUNCTIONAL BREATHING COACH CERTIFICATION by Veteran's Health Pathways, LLC

LEARN SCIENCE-BASED BREATHING EXERCISES DESIGNED TO HELP VETERANS:

- Stimulate the vagus nerve and the relaxation response
- Recover more quickly from medical interventions
- Increase lung capacity and oxygen uptake efficiency
- Modify blood PH by using the breath to modify oxygen and carbon dioxide levels
- Overcome snoring and some forms of sleep apnea
- Improve focus and concentration
- Improve exercise performance

TOPICS COVERED INCLUDE:

- Alveolar Ventilation and Oxygen Uptake in the Blood
- Heart Rate Variability
- Baroreceptors
- Lung Volume and Dead Space
- Carbon Dioxide's Role in Healing
- Biologic Production of Nitric Oxide
- Parasympathetic/Sympathetic Nervous System
- The Oxygen Dissociation Curve

WITH THIS CERTIFICATION, WHAT CAN I DO?

As a VA Functional Breathing Coach you will be able to teach classes that will help our veterans with important issues such as:

- Reduced lung capacity or damage due to exposure to "burn pits"
- COPD
- Asthma
- Post Traumatic Stress Disorders (PTSD)
- Depression
- Anxiety disorders
- Sleep disorders



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For more information on Oxygen Advantage visit

www.oxygenadvantage.com