**Media Release**

**How proper breathing can be a gamechanger for people living with asthma**

**FOR IMMEDIATE RELEASE**

**Sydney, Australia - Monday 19th May 2025:** Breathing is something that a lot of people take for granted. But for the 262 million people globally living with asthma, how you breathe can have a big impact on how well you feel and how effectively you are able to manage your symptoms.

Research shows that proper breathing techniques can play a powerful role in reducing asthma flare-ups, improving lung function, and decreasing reliance on medication.

Studies show that between 29% and 80% of people with asthma engage in dysfunctional breathing patterns such as mouth breathing or shallow chest breathing. These dysfunctional breathing habits not only dry and cool the airways, making them more reactive, but also lower carbon dioxide (CO₂) levels, which can trigger bronchial constriction. The overuse of neck and shoulder muscles can also make each breath feel harder, creating a vicious cycle of breathlessness and anxiety.

By contrast, nose breathing, or functional breathing, encourages deeper, slower breaths using the diaphragm. It filters, warms, and humidifies air before it enters the lungs, helping to calm sensitive airways. Beyond easing asthma symptoms, diaphragm-driven nose breathing also improves immune function, supports cognitive clarity, reduces stress, and helps regulate heart rate, blood pressure, and sleep quality.

A growing body of evidence exists that shows the many benefits that better breathing can have for people living with asthma. A 2024 study in the European Journal of Medical Research found that practicing the Buteyko Breathing Technique, which emphasises nasal breathing and breath control, led to improved asthma control and a 20% reduction in inhaler use in just 12 weeks. Another 2023 study published in the International Journal of Nursing and Health Services found that regular diaphragmatic breathing drills reduced respiratory rates while increasing oxygen saturation.

Certified breathing and mindset coach, high-performance squash coach, and former champion athlete Alexia Clonda says that better breathing can transform how people with asthma experience daily life.

“Many people with asthma unknowingly breathe in ways that make their symptoms worse,” she explains.

“While medication remains essential for many people with asthma, improving how you breathe can be a simple and effective way to complement traditional treatments. This can help people living with asthma to ease their symptoms, reduce their medication use, and improve their overall wellbeing.”

According to a [recent article](https://www.nationalgeographic.com/health/article/health-benefits-of-breathing-exercises) by National Geographic, the average person takes around 22,000 breaths per day, making proper breathing vital.

Alexia shares five practical breathing tips that people with asthma can use daily to help support their airway function and reduce breathlessness:

1. **Focus on nose breathing:** Consciously focus on keeping your lips gently sealed to encourage nose breathing. This will help maintain optimal airway conditions.
2. **Practice Buteyko small breath-holds:** Exhale normally, then pause for five to ten seconds. Repeat for five minutes daily for better breath control.
3. **Do daily belly-breathing drills:** Spend ten minutes twice a day practicing breathing from your diaphragm (belly).
4. **Use pursed-lip breathing:** During a flare up, inhale through the nose and exhale slowly through pursed lips. This prolongs the exhale and prevents airway collapse.
5. **Humming:** Hum every time you exhale for one minute. This increases nitric oxide in the nasal passages, which can help relax airways and improve airflow.

**Bio**

Alexia Clonda is a former champion squash player with top Australian and World rankings. As a high-performance squash coach, she is passionate about empowering athletes to reach their full potential through performance optimisation. After overcoming life-threatening, steroid-dependent asthma by learning to breathe properly, Alexia became a certified Buteyko breathing and mindset coach. She is also an inspirational speaker, Amazon international bestselling author, and passionate advocate for health, wellbeing, equity, diversity, LGBTQIA+ rights, and social justice.

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