

REFERENCES

Books on Breathwork (General & Clinical Applications)

Foundational Texts on Breathwork

1. **The Oxygen Advantage** – Patrick McKeown
Focuses on CO₂ tolerance, functional breathing, and performance enhancement. Highly applicable for PTs working with endurance, asthma, or dysfunctional breathing patterns.
2. **Breath: The New Science of a Lost Art** – James Nestor
A deep dive into the history and science of breathing; touches on clinical implications for health, posture, sleep, and more.
3. **Breathe to Perform** – David J. Bidler
Explores breath as a tool for regulating the nervous system, with emphasis on resilience, posture, and mindset—relevant for coaches and clinicians alike.
4. **Just Breathe** – Dan Brulé
Covers a wide variety of breath practices from ancient to modern, with practical exercises for stress, trauma, and healing.
5. **Science of Breath** – Swami Rama, Rudolph Ballentine, Alan Hymes
A blend of yogic and medical perspectives; foundational physiological insights into the breath.
6. **The Breathing Cure** – Patrick McKeown
Targeted breathing protocols for over 20 health conditions—from sleep apnea to chronic pain.

Books for Clinicians, Physical Therapists, and Somatic Practitioners

7. **Multidisciplinary Approaches to Breathing Pattern Disorders** – Leon Chaitow
A must-have clinical reference for manual therapists, PTs, and osteopaths. Explores dysfunctional breathing, its impact on posture, pain, and rehabilitation.
8. **Somatics: Reawakening the Mind's Control of Movement, Flexibility, and Health** – Thomas Hanna
Foundational for understanding movement re-education and breath's role in neuromuscular release.

9. **Body, Breath and Consciousness: A Somatics Anthology** – Edited by Ian Macnaughton
Covers trauma-informed, body-based therapies including breathwork. Great for PTs interested in the mind-body connection.
10. **The Polyvagal Theory in Therapy** – Deb Dana
While not solely on breathwork, it deeply explains how breath regulates the vagus nerve and nervous system—critical for trauma-sensitive PT practice.
11. **Pain-Free Performance: A Clinical Guide to Postural Breathing & Movement** – Dr. Robert Libbey
Tailored to movement specialists. Integrates postural assessment, breath mechanics, and therapeutic correction.
12. **The Healing Power of the Breath** – Richard P. Brown, MD & Patricia L. Gerbarg, MD
Research-based, clinically validated techniques for anxiety, trauma, and stress—practical for patient and therapist self-care.

Peer-Reviewed References & Scientific Literature:

Breathwork & Nervous System / Pain Regulation

- Zaccaro, A., et al. (2018). How Breath-Control Can Change Your Life: A Systematic Review on Psycho-Physiological Correlates of Slow Breathing. *Frontiers in Human Neuroscience*, 12, 353.
- Russo, M. A., et al. (2017). The physiological effects of slow breathing in the healthy human. *Breathe*, 13(4), 298–309.
- Sullivan, M. J., et al. (2001). Theoretical perspectives on the relation between catastrophizing and pain. *Clinical Journal of Pain*, 17(1), 52–64.

Breathwork & Physical Therapy / Rehab Contexts

- Courtney, R. (2009). The functions of breathing and its dysfunctions and their relationship to breathing therapy. *International Journal of Osteopathic Medicine*, 12(3), 78–85.
- Kiesel, K., et al. (2017). The diaphragm's role in core stability and musculoskeletal dysfunction. *Journal of Bodywork and Movement Therapies*, 21(2), 389–394.
- Thomas, P., et al. (2005). Breathing exercises for chronic obstructive pulmonary disease (COPD). *Cochrane Database of Systematic Reviews*, Issue 4.

Breathwork, CO₂ Tolerance & Performance

- McKeown, P. (2015). Buteyko Breathing & Sports Performance. *Journal of Sports Medicine & Doping Studies*, 5(1), 1–4.
- Morton, A. R., et al. (1995). Intermittent hypoxic training and performance. *High Altitude Medicine & Biology*, 6(2), 85–93.

Breathwork & Emotional Release / Trauma

- van der Kolk, B. A. (2014). *The Body Keeps the Score*.
- Porges, S. W. (2011). The polyvagal theory: Neurophysiological foundations of emotions, attachment, communication, and self-regulation.