

## Life Span of Mammals & Breathing Rate

All mammals appear to have a given number of breaths in a lifetime, about **half a trillion**. As a rough approximation divide the breathing rate in breaths per minute into 700 for lifespan in years.

<b>Mammal</b>	<b>Breaths per minute</b>	<b>Lifespan (Years)</b>
Whales	3-5	200 - 130
Elephant*	5-12	130 - 65
<b>Man</b>	<b>6-16</b>	<b>110 - 45</b>
Horse	12-15	55 - 45
Sheep	16-34	40 - 20
Cat	20-40	30 - 15
Dog	20-30	20 - 15
Cow	25-50	25 - 15
Pig	30-60	20 - 10
Hamster	35-135	10 - 5
Mouse	90-250	7 - 2
Shrew	300 -800	2 - 1

\* Elephants breathe 4-6 breaths/min lying down & 8-12 standing, they have a different lung structure.

**Where are YOU?**

**Do you hyperventilate?**

**“Better Breathing Means Better Health”**

“The perfect man breathes as if he is not breathing” Lao Tzu (4<sup>th</sup> century BC)  
Lao Tzu is claimed to have lived to a 160 years old. Perhaps he only breathed about five breaths per minute

“The more you breathe the closer you are to death. The less you breathe the longer you will live.” Konstantin Buteyko 1923-2003.

We don't promise great longevity when you train with the Buteyko Method but you will have better health, more energy, sounder sleep, fewer symptoms and a calmer life if you breathe better.

With humans, one of the major factors that cause chronic hidden hyperventilation is stress. Stress triggers the primitive fight/flight response repeatedly eventually causing the CO<sub>2</sub> receptors to accept a lower level of CO<sub>2</sub> and thereby establishing an over-breathing pattern.

For more information regarding breathing and health visit  
<[www.TheBreathConnection.com](http://www.TheBreathConnection.com)>