

Hoe herken je dat je last hebt van hyperventilatie

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Je ademt meestal hoog in je borstkas

Je ademt in rust meer dan 10x per minuut



Je piekert en twijfelt veel



Je voelt je moe of uitgeput



Je kunt je niet ontspannen



Wisselende vage klachten

Ankertjesserie 56 Hyperventilatie

Karin Nielsen-Saines



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