

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

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JA Banks



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