

Breath Connection clients have their say #2

Keith Scott of Busselton was faced with the cost, discomfort and inconvenience of spending the rest of his life connected to a CPAP machine every night.

With my retirement approaching, I wasn't in great shape. My nights were dreadful and my days not much better. All the medical profession could offer me was a diagnosis of sleep apnoea and a CPAP machine to connect myself to at night. I simply couldn't handle the machine so on 8th April I went to see Steve Lumsdaine at Breath Connection.

From that night on, my sleep and general fitness and wellbeing have improved enormously. My sleep apnoea and daytime fatigue have gone completely. **Now, three weeks later, I have sent back the CPAP machine and am confidently heading off for five months of overseas holiday.**

I strongly urge anyone with snoring, apnoea, fatigue or any other sleep or breathing problem to have a consultation at Breath Connection. I am amazed at the elegance, simplicity and effectiveness of the process of breath retraining by the Buteyko Method. I would have saved myself significant time, money and poor health if I had gone there years ago.



Michael Deering CD MAITT
Managing Director of a major
Perth Travel Agency

"Despite an active, sporty and healthy early life, as I entered my 50's, I began to suffer from a number of health problems. **The most debilitating of these was poor sleep, accompanied by snoring and sleep apnoea. This led to daytime exhaustion and fatigue with the embarrassing tendency to fall asleep in mid conversation. Even worse was the fear of falling asleep while driving.**

I finally succumbed to a number of sleep tests and was recommended to buy a CPAP machine which I trialled over a period of 30 days and found uncomfortable, intrusive and not very effective. I would remove the mask during sleep without even waking. The cost to me would have been about \$2500.00. The CPAP machine stopped my snoring but did not attend to the sleep apnoea condition.

Fortunately, around this time, I heard about the Buteyko Method and undertook a course of Breath Retraining with Steve Lumsdaine of Breath Connection. The cost was well within my budget.

Within a week of commencing the course, I was able to send back the loaned CPAP machine and my sleep and general health have been improving ever since. **I am amazed at the simplicity and ease of the Buteyko Method and the beneficial "side effects" of correcting my breathing. This contrasts enormously with the medical approach, which seemed only to address my symptoms and not what I now know to be the cause - my hyperventilation.** I have no hesitation in recommending the Buteyko Methods and the services of Steve Lumsdaine at Breath Connection."

Nicole Kamman developed asthma with severe allergies and hay fever in childhood. At 15 she developed Irritable Bowel Syndrome and at 18, Chronic Fatigue Syndrome.

For 3 years Nicole has endured a debilitating range of symptoms which included breathing difficulties leading to occasional severe asthma attacks, massive mucus production, throat infections, swollen lymph glands, ringing in the ears, earaches, loss of voice, dizziness, mental fatigue, loss of memory and depression. **Her sleep was never satisfying with snoring, intense dreams, trouble waking, headaches on waking and falling asleep during the day.** Nicole suffered very severe exhaustion with the slightest physical activity and daily muscle spasms, weakness and pain. Her hands and feet were always cold and she often had chilblains. Nicole's digestion was poor with bloating, belching, flatulence and alternating severe diarrhoea and constipation. Her menstrual cycle was irregular and difficult.

Nicole tried everything she could find in the way of conventional and alternate medicine. In February she commenced a course of Breath Retraining with Buteyko Practitioner, Steve Lumsdaine in Busselton. "I was almost at the stage where I didn't want to try anything else, in case it didn't work. But the physiology, as Steve explained it, made sense and I was attracted to the idea that I was in charge of a completely natural process - not someone else giving me something or doing something to me." It took three months of consistent working on Nicole's breathing to get to the stage where she was ready to start gentle walking and swimming exercise. At seven months, Nicole has completely recovered. She cycles, goes roller-blading and can run. Her symptoms have virtually disappeared and she has dropped 5Kg in weight.



"I feel fantastic." says Nicole **"It has taken time and effort but it was worth it. I still get a bit wheezy in a heavy cigarette smoke environment but I can control it with my breathing. I haven't had any asthma medication in months. I can't speak highly enough about the Buteyko Method and the instruction, coaching and support I have had from Steve.**



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