

DO YOU SUFFER FROM ?

Asthma, Hayfever, Allergies
Blocked Nose, Coughing
Rhinitis, Sinusitis
Emphysema, Chest Infections
Bronchitis, Bronchiectasis
Hyperventilation, Panic Attacks
Snoring, Sleep Apnoea
Disturbed Sleep
Chronic Fatigue or ME
Eczema, Itchy Skin

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The testimonials in this booklet are from people who have attended Buteyko Courses held by Jennifer or Russell Stark & Alex Spence

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Lifestyle

How healthy do you think your dog would be if you fed it three times or more a day and never took it for a walk?

Not very healthy at all, yet this is how many of us live our lives. It is very different from the lifestyle of our ancestors.

When people are exposed to stress, they breathe more. This is a fundamental fact of life. Stress can be caused by a variety of things. It can be physical such as when ill or lifting something heavy. It can be emotional, such as experiencing excitement, fear, anger or worry. It can be environmental such as when exposed to smoke, pollution or other irritants.

Until the last 100 years, most of the stress people experienced involved some physical activity, like running from wild animals or chopping wood. They ate foods when they were in season, and perhaps went hungry from time to time. Hobbies and games were often active - fishing, hunting, 'hide-and-seek'.

Today we eat at least three times a day, every day, we walk from the house to the car and park as close as we can to where we are going. We spend hours sitting on the couch watching television.

Most of the stress that we experience requires little physical activity – driving in peak hour traffic or being chewed out by the boss, for example.

How many people do you know with 'modern' diseases such as asthma, insomnia, hay fever, migraines, panic attacks and Chronic Fatigue? - all of which were virtually unheard of 100 years ago.

"After 25 years of slowly getting worse and worse, finally a reversal of the trend. Buteyko could save this country millions and millions of taxpayers dollars." Wendy Rapp

Hyperventilation (**breathing more than the body needs**)

We automatically breathe to meet the needs of metabolism - to provide the body with sufficient oxygen and to remove excess carbon dioxide. When sleeping, your breathing is slow and quiet. When exercising, your breathing speeds up and deepens. When sitting, it slows again.

Hyperventilation means breathing more air than you need to complete a particular activity. For example, breathing through your mouth while watching television is

hyperventilation. Breathing more than you need upsets the balance of blood gas levels. Less oxygen, rather than more, now reaches tissues. Hyperventilation is not easily recognised. The symptoms are many and varied. Which ones are familiar to you?

Respiratory system: Short of breath, tightness in chest, sensitive airways, excessive production of mucus, sneezing, long term blocked or running sinus, frequent yawning and sighing

Nervous system: Light-headed, dizzy, unsteady, poor concentration, numbness, tingling and coldness especially in the hands, feet and face. In severe cases, loss of memory or loss of consciousness may occur

Heart: Irregular, pounding or racing heart beat

Psychological: Degrees of anxiety, tension, depression and apprehension.

General: Mouth dryness, abdominal bloating, belching, flatulence, easily tired, poor sleep patterns, chest pain (not heart-related), itchy skin, sweaty palms, general weakness and chronic exhaustion

"Life for 4 year old Stella before Buteyko: constant stomach cramps, vomiting, constant urinating (20 times a day), fretfulness, grizzling, coughing, waking up to 5 times a night and the dreaded asthma requiring hospitalisation on occasions. Buteyko has given Stella a real life. The returns on my investment in Buteyko have been beyond all my expectations."

Anne Robertson (mother).

Hidden Hyperventilation

We seldom think about our breathing unless we want to blow up a balloon or when we actually have breathing difficulties.

Stress stimulates our 'fight or flight' response, which among other things increases heart and breathing rates. There are many types of stress, including physical, financial, environmental, illness, injury, family and work-related.

When attacked by a dog the breathing and heart rates increase substantially. When exposed to an allergen they only increase slightly. However, you are likely to be exposed to an allergen for a longer period than you would an attacking dog. Other examples could include worrying about a sick child or paying the rent, having an argument, impending exams or the bully down the road. These things create stress throughout the day. Add environmental pollutants, over-eating and lack of exercise and you quickly have a situation where stress is low-grade but chronic.

When you are under constant, low-grade stress your increased breathing pattern becomes habitual. For example, now when sleeping, you snore a little.

Dr. Buteyko (founder of this Method), called this increased breathing pattern 'hidden hyperventilation' because no one seems to notice. Our body compensates to deal with hidden hyperventilation but it functions less effectively because oxygen levels in the tissues drop.

"I wasn't hyperventilating, I wasn't an asthmatic.' I kept saying to myself. Boy did I get a surprise! Now I know that I've been running on 3 cylinders all that time and it sure feels great to be running on 4 again. What a difference. If your car doesn't run well you get it fixed. Book yourself in, you won't regret it."

Antje McIntyre.

Myths of breathing

We have been lead to believe several inaccuracies about breathing:

“Stand in front of an open window and breath deeply.”

“Do deep breathing. It’s relaxing.”

“Stand like a soldier. Chest out, tummy in.”

“We breathe in oxygen and breathe out carbon dioxide.”

“The more oxygen, the better.”

None of the above is a good idea or even right. For example, we would kill people doing mouth-to-mouth resuscitation if we only breathed out carbon dioxide.

"Buteyko challenges traditional thinking with regard to how deep breathing can solve stress-related and general health conditions. I found the course well run and user-friendly and enjoyed the contacts with other people experiencing the same difficulties with breathing and breath control. I would recommend it to anyone who is short of breath and doesn't sleep well or who has low energy levels."

Rachel Dougherty.

Good Breathing

Good breathing means breathing like a healthy baby:

Breathing comfortably through your nose, almost all the time

Breathing quietly and softly when you sleep or rest

Not feeling any restriction when inhaling or exhaling

Being able to exercise with minimal breathlessness

Not needing to blow your nose repeatedly unless you have a cold

Not coughing excessively

How many people do you know who breathe like this? Do you?

Take the Hyperventilation Test

Do you wake frequently at night? Yes No

Do you snore? Yes No

Do you lack stamina? Yes No

| | | |
|--|-----|----|
| Are you often tired, even after a long sleep? | Yes | No |
| Do you sigh or yawn frequently? | Yes | No |
| Do you feel bloated with belching or flatulence? | Yes | No |
| Do you often have a dry mouth? | Yes | No |
| Do you lack concentration or feel spaced out? | Yes | No |
| Does your nose block? | Yes | No |
| Do you experience feelings of mild depression? | Yes | No |
| Do you have allergies to things like dust, pollen? | Yes | No |
| Do you get chest pain, which is not heart-related? | Yes | No |
| Do you have cold hands and feet? | Yes | No |
| Do you get tingling in your lips or fingers? | Yes | No |
| Does your heart pound for no good reason? | Yes | No |
| Do you get sweaty palms? | Yes | No |
| Do you often feel anxious unnecessarily? | Yes | No |

If you answered 'Yes' to two or more of these questions then check out the Buteyko Institute Method to see how it will benefit your health. <http://www.buteykoscotland.co.uk/>

"Buteyko has helped me sleep better and it has given me confidence and greater concentration."

Nigel Branthwaite

"Buteyko is wonderful. Simple, logical and it works straight away. No more fear, coughing, puffing, doctors, Prednisone, etc."

Cornelia Winstanley.

"You get enormous benefits from minimal effort - great to feel less tension, more energised, and less dependent on drugs."

Dean Cooper.

"I felt quite depressed with asthma doses and attacks, also a racing heart. Feeling much better now."

Doris McMiken.

What does the Buteyko Institute Method do?

The Buteyko Institute Method addresses the hidden hyperventilation problem by restoring normal breathing patterns. This increases the absorption of oxygen by the

tissues and that feeling of breathlessness associated with asthma and panic attacks diminishes. Once you apply the Buteyko Method, and breathe more normally, you have fewer symptoms and therefore require fewer drugs.

The better your breathing pattern then the more oxygen you can use and the less symptoms of asthma, hay fever, breathlessness, panic, tiredness and other hyperventilation-related problems you have.

"To have a better night's sleep, to wake more rested, to have more energy, to be more hopeful of the future, and to be in control of my asthma, this is what the Buteyko technique has done for me."

Jenny Smith.

What is Buteyko?

The Buteyko Institute Method is a series of breathing exercises and principles about breathing. You practise the exercises until you have restored normal breathing patterns, are virtually symptom-free and feeling much better.

"To me learning a simple breathing technique sounded too easy. But after a week of Buteyko classes I found it was easy and it does really work. If you've got asthma, especially children, do a course!"

David Gladwell.

Your Safety is our Priority

Our lungs should be sterile. Deliberately inhaling substances cannot be a good idea. The over-use of reliever medication has been shown to make asthma get worse and steroids also have long-term side effects.

However, Buteyko is not about throwing away your medication – you continue to use as much as you require. Fortunately this need drops dramatically within a few weeks.

"Since learning the Buteyko breathing method Hannah has seemed fitter and more healthy. She has not visited our G.P. for over a year now and any asthma problems we have coped with by using the breathing techniques."

Alison Kersten.

The Method does not involve physiotherapy breathing exercises, meditation, religion, hypnotherapy, re-birthing, vitamins, special diets, power of positive thinking or equipment. There is no physical contact with the instructor or anyone else in the class.

Who can use Buteyko?

Virtually anyone from four years old. The Method is used successfully for the treatment of asthma, emphysema, snoring, sleep apnoea, allergies, chronic bronchitis, hyperventilation syndrome, panic attacks, Bronchiectasis, hay fever and chronic sinusitis.

“Any course of action which allows a person to relieve their asthma without ingesting any form of drug has got to be beneficial, not only to themselves but to the overall health of the nation, both medically and financially.”

Denis Skeet.

How does Buteyko work?

Because we breathe at least 20,000 times a day breathing is automatic, like your heart beating. You cannot monitor every breath you take or you would never do anything else.

Think about your kitchen clock. It keeps perfect time for years until one day you drop it. Instead of ticking every second, it now ticks every three quarters of a second.

You don't notice that there is anything wrong at first. After a week you notice that it is slightly fast and turn it back. After going away for a month's holiday you notice that the time is completely wrong. Now you take the clock to the clock maker to have it fixed. He corrects the problem and makes it keep good time again.

This is what Buteyko aims to do. It acts like the clock maker - bringing your breathing back to normal. Breathing too fast or too deeply causes a drop in carbon dioxide in the blood and consequently less oxygen reaches tissues (Bohr Effect).

Buteyko restores your normal breathing pattern. When you do this, more oxygen reaches tissue and your symptoms start to disappear. The need for medications reduces and you start to feel alive again.

"I can now finally get off my inhalers without my peak flow dropping or getting any attacks. Something I have not been able to do before and I feel great!"

Andrea Craig.

Snoring, Sleep Apnoea, Disturbed Sleep

It is clearly not normal to breathe noisily through your mouth when sleeping. Watch a healthy baby sleeping and see him breathe softly and quietly through his nose.

People who hyperventilate usually wake 3 – 4 hours after going to sleep with a dry mouth. They need a drink, medication or a trip to the toilet. Sleep after this is fitful for a time, only sinking into a deep sleep not long before it is time to wake up. Consequently they feel tired instead of refreshed in the morning.

The way to correct these poor sleep patterns which are hyperventilation-related, is to reset the brain's breathing centre so that you breathe normally while sleeping. This is what Buteyko aims to do.

"The improvement to my sleep through the knowledge that I gained at my Buteyko course was incredible. I now sleep as I haven't done in years. It was worth every penny!"

Paula Sargent

"My daughter now enjoys a solid sleep, no more middle of the night coughing and waking. She is also enjoying sports and participates more."

Carol Neilsen.

"I am not an asthmatic - my daughter is - but I use the technique to relax and get to sleep at night if I have difficulty. I can feel its effect most strikingly."

Sue Cornforth.

"I feel much more positive and rested because I sleep better at night, plus I feel in control and don't panic like I used to. It's great not to need so much medication."

Sue Shannen.

Asthma

Three things happen during an asthma attack:

Smooth muscles wrapped around the airways spasm

The inner airway walls become inflamed

Mucus production increases

Hyperventilation will cause these things to happen by creating a shortfall of carbon dioxide in the blood stream. This lowered level of carbon dioxide causes smooth muscles to tighten. It also triggers an increase in histamine production leading to inflammation.

Over-breathing cools and dries airways. Mucus production increases because airways need to be warm and moist.

It is considered normal to breathe between 4 and 6 litres of air each minute when we rest. Studies show that people with asthma on average breathe 10 -14 litres, even when no symptoms are present.

You may have noticed that the more you breathe, the more breathless you feel. This is because of the 'Bohr Effect' - a

medical law confirming that lowered levels of carbon dioxide in the blood (resulting from hyperventilation), strengthens the bond between haemoglobin and oxygen. Less oxygen now reaches your brain and other body parts. This causes a feeling of 'lack of air'.

Medical trials of the Buteyko Institute Method show that within three months there is an average reduction in asthma symptoms of over 80%. This leads to an average 96% reduction in reliever medication as well as a 50% reduction in steroids.

"Reduced medication by 80 to 90% thanks to Buteyko. Buteyko has helped so much that its hard to remember how bad my asthma was before."

Mike Hanks.

"Since completing the course in September 1996 I have never needed to use my Ventolin - not even once."

William Henderson.

Hayfever, Rhinitis, Sinusitis

Hay fever, rhinitis and chronic sinusitis are very similar to asthma - the passages in the nose narrow, there is inflammation and too much mucus.

Changing the automatic breathing process by practising Buteyko exercises greatly reduces these problems.

"Buteyko works. The relief from my sinus condition gets better and better each day. The money and effort involved is well worth it."

Cameron Stark.

"I found I was able to understand my allergy, breathing, sneezing and coughing problems for the first time."

Win Parkes.

"The course gives you an entirely new perspective on asthma. I found that not only did it help my asthma but also my sinus allergies - I've stopped sneezing!"

Clinton Lambourn.

"Before coming to the course I felt breathless and coughed lots. I also had a constant runny nose, rhinitis. I now feel a lot better and no longer need to use my reliever inhaler at all."

Lois Wong.

'My friends and acquaintances are amazed at the changes in my health and allergies which no longer affect me.'

Rosemary Macklin.

Lacking energy or confidence to play sport

When you don't have enough breath to run it is hard to be team captain. Sometimes it is even too hard to participate. By using the Buteyko Method you improve your fitness and enjoyment of sport.

"When Benjamin completed the Buteyko course many people commented on the tremendous improvement in his rugby. We had thought that he was a bit frightened of the action and hung back but after Buteyko there was no holding him. We realise now that he had no breath and energy to keep up."

Alison Gibb

"Buteyko has given me new hope for fitness into old age, with much more controlled breathing. I weigh less and have much more stable energy levels. I no longer fear moderate exercise and my muscles are much more relaxed."

Basil Pritchett.

"I have stopped using my reliever inhaler almost completely. (I've used it about once in 6 months) and have been able to go on tramps, walks and mountain biking trips which would have caused great discomfort before I did the Buteyko course."

Kerryann Murphy.

"It has improved my asthma 100% and made me more confident. I play table tennis and I don't get so tired and always breathe through my nose while playing now. Buteyko is the way to go for all asthmatics. I know quite a few people who have done the Buteyko course and all of them have improved heaps."

Lorraine Albiston.

"Buteyko was the turning point of my asthma management, my rugby career and possibly my life. Once I started using Buteyko I noticed immediate changes and within a short period I was off all my asthma medication."

Con Barrell.

Hyperventilation or Panic Attacks

Our 'fight or flight' response switches on when we are in danger. This causes several things to happen to maximise our safety. For example, there is an increase in breathing, heart rate, adrenaline and sugar levels so that we can move quickly.

If we increase our breathing rate and do not run away or fight, our carbon dioxide levels drop. Spasming smooth muscles wrapped around blood vessels reduce blood flow to the brain. Less oxygen is also released (Bohr Effect). This causes the brain to initiate concern about what is happening to its oxygen supply. This can lead to a panic attack.

Not everyone feels frightened. The person may simply notice that their heart is beating very hard and fast, their mouth is dry, palms are sweaty, they feel weak at the knees, lips are tingling or their hands are cold.

By practising the Buteyko Institute Method, hyperventilation attacks reduce in severity and frequency.

"I believe the Buteyko exercises are a great way to control asthma. They have calming effect on panic attacks. This

allows you to have a good nights sleep which in turn breaks the cycle of being over-tired and wheezy."

Dorothy Strange.

"Every one with asthma, or anxiety attacks should learn this technique. It would save the country millions, or billions probably, if work output was taken into consideration."

Jennifer Gow.

"Buteyko has lessened the frequency and severity of my panic attacks as well as improved my asthma. I have more energy and greater concentration."

Kerryann Wright.

Mouth-breathing

Chronic mouth breathing can contribute to

Headache

Forward head posture. This can lead to neck muscle pain, stiffness, fatigue or cervical joint damage

Elongated face

Dry mouth and throat

Chronic tonsil swelling

Enlarged adenoids and polyps

Noisy breathing/noisy eating

Snoring

Sleep apnoea

Increased mucus production

Bloating, flatulence, belching

Changing from mouth breathing to nose breathing is usually hard to do. Your nose blocks and you feel claustrophobic. Buteyko allows you to feel comfortable breathing through your nose within a few days.

"After years of not being able to smell anything now my nose works 100% better."

Judy Smith.

"I have had very good results - I am able to breathe through my nose for the first time in many years - also to sleep breathing through nose which is really great - excellent sleep."

Joan Hobman.

Dental Problems

It has long been noted by dentists and orthodontists that chronic mouth breathing either causes or contributes to the following problems:

Dental decay

Gum disease

Malocclusion - teeth not fitting together properly when the mouth is shut

Anterior open bite (prominent top teeth)

Reduced dental arch space (narrow roof of the mouth.) This increases the need for tooth extraction

Bad breathe

Greater potential for relapse of orthodontic correction

TMJ disfunction –the part of your cheek bone where a woman puts blusher

"My doctor advised me to see an ear, nose and throat specialist in order to be operated on for correction of an alleged deviation in my nasal septum. However, since I began Buteyko, I am able to breathe wonderfully easily through both nostrils. Prior to Buteyko, I had not breathed through my nose for 12 years. For me, Buteyko means

breathing easily through the nose with consequently vastly reduced symptoms."

Dennis Pamment.

"All my life I have been a mouth breather. Buteyko has taught me to breathe through my nose and I feel much better."

Rodney Gwynne.

Emphysema

Unfortunately emphysema means that there is lung damage and Buteyko will not repair the damage already done. However, people with emphysema who practise the Buteyko exercises are often pleasantly surprised to find that they

Are less breathless

Produce less mucus

Require less medication

You should feel more comfortable with your condition if you use the Buteyko Method but it will not make it go away. Sudden bursts of activity like rushing to answer the phone will still cause a problem.

"In the 6 months since completing the course I have reduced my "reliever" medication by half and can cope better with my emphysema and EIA (Exercised Induced Asthma). A very worthwhile course that I recommend to others with my respiratory problems."

Peter Marshall.

"Although I have emphysema I have found tremendous difference in my breathlessness. Now just mild in the mornings. All those, including doctor and chemist are amazed in the difference, they can't believe it improved so quickly in the past three months. I personally am enjoying each day, instead of dreading the dawning of a new day."
Helen Grenfell.

"A well presented programme which enables people to (i) get a better understanding of the process of breathing and (ii) to learn to alleviate respiratory difficulties they may have."

Richard Handford.

Chest Infections, Bronchitis, Bronchiectasis

When you constantly hyperventilate your immune system works less efficiently. This increases the likelihood of

sickness and infection. Breathing through the mouth also draws germs and irritants directly into the lungs.

Practising the Buteyko Institute Method not only means less chest infections but also a reduction in mucus production.

Like emphysema, there is lung damage with Bronchiectasis and chronic bronchitis. Buteyko will not remove the damage already done. However, because you should experience a reduction in mucus production and experience less chest infections, your lungs will work more efficiently.

"You get out of it what you are prepared to put in. No more coughing half the night. My mucus is a quarter of what it used to be. Less medication used."

Grace Gunst.

"It has been wonderful for me. I have only had one cold in the last year and it didn't even go to my chest. Before Buteyko I seemed to be ill most of the time. I had been to hospital twice in the weeks before starting the course and not since."

Yvonne Benson

"The improvement in my overall health has been dramatic. I rate my health as pre and post Buteyko. Pre Buteyko

meant colds, coughs and bronchitis every six weeks. Post Buteyko means increased energy, lack of dizziness, and coughs and colds 2-3 times a year."

Clare Conway.

Chronic Fatigue or ME

Hyperventilation leads to a drop in oxygen reaching our tissue cells. This on its own will cause tiredness and perhaps pain. When less oxygen reaches tissues then there is an increase in lactic acid production. Too much lactic acid makes a person feel tired as well as causing stiffness and pain in the muscles.

Automatically changing your breathing pattern by using Buteyko will help to correct the chronic tiredness so often noted by those who suffer from hidden hyperventilation.

"Since I learnt Buteyko Breathing, I have started part-time employment for the first time in 27 years."

Judy Smith.

"I feel Buteyko will be an important contributor in my crusade to get off all symptom suppression drugs and will hopefully help me recover from ME."

Karin Won. 21/9/96.

"I had a big improvement following the course. I don't know if it was a spontaneous recovery or due to Buteyko. I now have a part-time job after a year off work."

Karin Won. 28/12/96.

"I believe Buteyko is very effective. I have a lot more energy if I do two sets - i.e. 10 minutes twice each day. Thanks for changing my life for the better."

Karin Won. 11/2/98.

"I am very excited about discovering the Buteyko breathing technique because it is totally natural and has given me a lot more energy, to the extent, that it has changed my physical and social life style."

Esther Ennor.

Eczema and itchy skin can also improve with Buteyko

Hyperventilation causes a reduction in blood flow to the skin, resulting in perhaps pale colouring, cold extremities and less

nourishment for the skin. Excessive breathing also means a greater loss of moisture and this can cause dry skin.

Low levels of carbon dioxide trigger an increase in histamine production. This can cause itchiness and rashes in reaction to allergens.

"My nose was permanently blocked and my skin terribly itchy - my fingers cracked and bled so that I had to wear band aids by day and plastic gloves over ointment by night. By day four, my condition had improved as if I had taken a short sharp course of Prednisone (without the health risk). I could smell the grass and my fingers and cheeks feel warm and I have stopped scratching."

Dennis Pamment.

"After two weeks, I am very pleased with the success I've had so far from applying Buteyko techniques - sore cracked nose has healed, itchy face and irritability absent when exercises applied."

Ruth Smith.

"It has really been an excellent experience, encouraging a better understanding of asthma control and ability NOT to depend on drugs. An excellent breakthrough in my eczema/allergic reactions on my face has come about since this course too!"

Ali Lomax.

Breathing problems can take over your life.

Buteyko puts you back in control

When you experience asthma, panic attacks, a constant cough or chronic tiredness it is hard to get the most out of life.

Often people stop visiting friends who smoke, don't eat certain foods, chop down trees, restrict their physical activities, get rid of pets and avoid all manner of things in an attempt to be symptom-free.

Once normal breathing patterns are restored, you can get right back into the swing of things.

"I am going away to Europe backpacking for three months with my 11 year old son. I would not have tried that 5 years ago!"

Liz Cadogan.

"Buteyko - the method, teaching and results are a dream come true. Every facet of life has improved. My dad is a doctor and he says that physiologically he cannot fault it and adds that it is logical why it works."

Shelly Osborne.

"To me, the Buteyko course meant a gateway to weight loss, improvement in overall fitness and lifestyle in general. I strongly recommend it to all those who cling to their relievers like life preservers."

Daniel Wanigasekera.

"I used Ventolin at least five times a day before I attended a Buteyko course two years ago. My hay fever and allergies made life hell. I haven't used Ventolin on a regular basis since about one month after the course. My energy, motivation and self-esteem have improved. Buteyko enabled me to exercise and so I lost weight and got fitter and healthier. I have 98% less hay fever and my skin is healthier - I have less eczema."

Madeline Campbell.

Buteyko Education

Book: The Carbon Dioxide Syndrome

This book is the first western book to discuss the syndrome of overbreathing and how it affects the entire body.

It provides a detailed, easy to follow introduction to hyperventilation, and how using Buteyko will improve your health.

Case studies of people who have successfully used the Buteyko Method to control their asthma, sleep problems, allergies etc. are included, along with stories from Buteyko practitioners.

Home Education Kit

Looking to learn **Buteyko for your Breathing** in the privacy of your own home? This video, manual and workbook come complete with support for one year and a 45-day money back guarantee.

Available from www.buteykoscotland.co.uk

Buteyko Scotland

Your Local Buteyko Breathing Therapist

Alex Spence

School days were plagued by asthma. I can remember when I was at Primary School and had an asthma attack. I didn't have my Ventolin puffer with me. One of the ladies at the school had to drive me home, which was four miles. It was probably the longest four miles of my life; **I felt I was going to die.** My chest was really tensed up and my shoulders were hunched over. I was really struggling to breathe. I eventually arrived home and got the Ventolin, which relieved the symptoms and then I could breathe again. **Asthma was in total control of me.**

The Buteyko Institute Method (BIM) of teaching the Buteyko Breathing Method, **has put me in control of my Asthma** and other symptoms.

I trained in 2002 with Russell Stark in New Zealand the **World Authority** on the Buteyko Institute Method (BIM) out side of Russia.

Would you like to become a Buteyko Breathing Therapist?
Then contact us on buteykoscotland@hotmail.com

Alex Spence

Buteyko Breathing Therapist

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