



drug-free solutions & lifestyle strategies

Aaron Lumsdaine's Breath Power - Buteyko Training Services

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"A method whose time has come - A self generating way of optimising oxygenation to every cell and taking the body from a state of defence & merely existing to truly living by perfecting what you do most - Breathing!"

Thank you for inquiring about

Aaron Lumsdaine's Breath Power - Buteyko Technique

To whom it may concern

Thank you for inquiring about the Breath Power - Buteyko Technique.

Today's society places a lot of emphasis on healthy living by exercising regularly and eating correctly. Correct breathing habits are a necessity for the foundation of good health.

We breathe approximately 30,000 times a day, and how we breathe determines how healthy we will be.

The aim of the Buteyko Technique is to recondition your breathing pattern to normal levels, allowing the body to function at its best, natural levels.

Courses are conducted for :-

- * Anxiety & Depression;
- * Asthma & other respiratory conditions;
- * Chronic Fatigue Syndrome;
- * Other diagnosed conditions;
- * Stress management;
- * Personal health;
- * Sleep Apnoea & Snoring
- * Weight normalisation; and
- * Enhancing sports performance

Users of the Breath Power - Buteyko techniques report reduction in medication, greater energy, improved sleep, and are more calm and relaxed.

Our clients achieve a fitness level never thought possible.

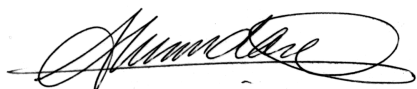
The Technique is also complimentary to most other disciplines and can be incorporated into your daily lifestyle.

Our results are achieved by training you to improve your oxygen absorption, by normalising your breathing patterns to achieve a balance of gases in the lungs.

Please read the enclosed information and if you wish to book into a program complete and return the enclosed application form or contact me for an assessment.

If you require any further information please do not hesitate to call.

Kindest regards



Aaron Lumsdaine
Senior Buteyko Practitioner



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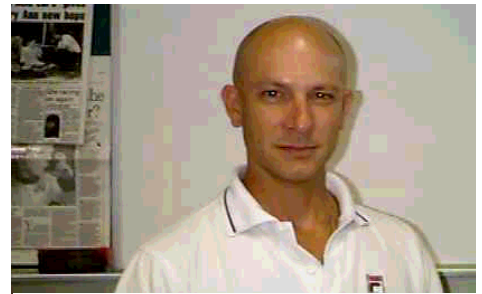
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Aaron Lumsdaine's Breath Power Buteyko Technique



Aaron Lumsdaine
Senior Buteyko Practitioner

Just over eight years ago I followed my intuition rather than my head and made a career change from the corporate world into the world of Health & Healing. I did this despite the advice and discouragement of almost everyone I knew.

The journey so far has been exciting and challenging and has brought me into contact with over 4,000 people world-wide with whom I have shared the simple and profound truth of Buteyko.

I have seen the Buteyko Method come from being maligned and dismissed to being accepted by a large section of the medical establishment and vigorously championed by many who owe it their health and freedom from medication.

The last few years have brought:

- The formation of the Buteyko Institute of Breathing and Health - a body dedicated to spreading the method and maintaining the highest professional standards.
- The acceptance by several Health funds of Buteyko treatment.
- Numerous national radio and television programs and print articles supportive of Buteyko.
- The spread of Buteyko to other countries.
- The release of books written by Dr Paul Ameisen, a Sydney GP, and by Aaron's teacher, Alexander Stalmatski, Chief Buteyko Practitioner and delegate of Professor Buteyko outside of Russia, who brought the Method to Australia and Teresa Hale of The Hale Clinic in London.

I was born in Perth, Western Australia and although never clinically diagnosed with any particular condition, missed out on many sporting interests as a child due to the inability to sustain physical exertion.

I remember as a child always having difficulty with sleep, being overactive and always congested.

In my teens I developed pains in the chest and started suffering migraines. I was told at the age of 14 that my liver would not support me beyond my thirtieth birthday.

In my early twenties I developed haemorrhoids and my migraines increased to twice a week. I started snoring and had major difficulties breathing through my nose.

By my mid twenties I had gained an extra 13 kilograms in weight and woke at night unable to breathe. This scared me so much so that I detested going to sleep and I then started to fall asleep during the day. My energy and ability to do many things was deteriorating. My blood pressure was increasing as well as my

resting pulse rate. I started to go numb in my fingers, hands, toes and feet. Cramps predominately in my right leg became a regular occurrence. Even though I had all of these niggly symptoms, I never considered myself sick, many of my friends and colleagues suffered from some of these symptoms and it didn't really stop us from doing our jobs.

During 1989 I received a phone call from a very close friend of mine whose mother looked after me for a few years of high school. I was in absolute shock to hear the news that his mother had passed away in an ambulance on the way to hospital at three o'clock in the morning of an asthma induced heart attack. I could not comprehend how this lovely lady, the wife of a pharmacist, always up to date with the advances in medicine and friends of specialists could suddenly die. This occurrence was the determining factor that influenced my decision to bring this program to Perth.

Since commencing the program for myself and developing the process to encompass a wider variety of conditions my health has experienced a major turn-around. To not have all of the symptoms as mentioned previously. All my bodily functions have normalised including a total 16kgs weight loss. I now wake refreshed and energetic with no aches complaints and hindrances, no cough nor congestion.

In the past 6 years I have travelled extensively throughout Australia with particular emphasis on country WA and been sponsored to the United States of America and Indonesia. My clientele includes people from all walks of life with a variety of symptoms as well as athletes of professional and Olympic ability gain the competitive edge by enhancing their sports performance.

With my increasing workload and International demands I decided to train Practitioners in the Breath Power - Buteyko Technique to assist in servicing the Australian and overseas markets. My father, Steve Lumsdaine and Aunt, Deborah Meredith, Caroline McDonald and Miranda Hill included amongst them.

We are all committed to providing our clients with the utmost care, attention and support in assistance with the process of retraining and integration of the techniques taught. Our various experiences empowers our clients to recover from their particular symptoms or conditions.

The overall health benefits gained from the Breath power - Buteyko program along with the ability to overcome symptoms and attacks, and of experiencing better sleep and greater energy without the need for medication is absolutely worthwhile.

I encourage you, your family & friends to further investigate this fantastic opportunity and

Regain the Power of Breath.



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Respiratory re-conditioning

Professor Buteyko's Discovery

Hyperventilation Syndrome



Russian scientist and medical doctor Konstantin Buteyko, in 1952, discovered that the real cause of asthma and other related diseases is a radical depletion of CO₂ - carbon dioxide - in the lungs.

This isn't so strange when we learn that oxygen cannot be assimilated by cells without adequate amounts of CO₂. There is only 0.03% carbon dioxide in the atmosphere today.

Yet to absorb oxygen a healthy body requires about 6.5% carbon dioxide in the alveoli of the lungs.

Therefore your lungs act to trap in some of the carbon dioxide produced by your body. Should the level of carbon dioxide in human lungs fall to 3%, it is fatal.

"Carbon dioxide is the basic nutrition of every life form of earth. It acts as the main regulator of all functions in the organism; it is the main internal environment of the organism; it is the vitamin of all vitamins." KP Buteyko

According to Buteyko's research, asthmatics and sufferers of other related conditions have adopted a breathing pattern which causes them to release more carbon dioxide than they produce.

To prevent the level from dropping to far, the body has developed certain defence mechanisms. These include constriction of the bronchial muscles and increased production of mucus in the membranes of the breathing passages.

Signs of overbreathing are lightheadedness, dizziness, poor concentration, shortness of breath, over sensitivity of the airways, excessive production of mucus, blocked or runny nose, mouth breathing, palpitations, skipped heart beats, muscular spasms, different degrees of

anxiety, tension, apprehension, fatigue, insomnia, abdominal bloating, loss of consciousness, and the list goes on!

Paradoxically, while overbreathing means we are taking in more air, we are actually receiving less oxygen in vital areas of our brain and body.

Professor Buteyko's research revealed that this hidden over-breathing pattern, or

"Hyperventilation Syndrome",

is the cause of a wide variety of problems that also include Emphysema, Sleep Apnoea, allergies, sinusitis, migraines and high blood pressure.

In the case of asthma, Professor Buteyko found that only when incorrect breathing patterns were present could the so-called trigger factors such as allergies to house dust, pollution, dust mites, cats, stress etc. produce an asthma attack.

His conclusion was that the trigger factors were secondary and that the primary cause was incorrect breathing - usually acquired through trauma, injury or infection.

Normalise a person's breathing and the symptoms decrease accordingly.

Breathing is neither taught nor learned. It is a function of the body that we just do naturally, without thought or effort. But it is also taken for granted and incorrect habits can be developed.

Traditional treatments only offer band-aid relief for symptoms as they do not touch the real cause - overbreathing.

For more details phone or email now.



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Respiratory re-conditioning for The Dis-eases of Civilisation

There are some 30,000 diseases known to modern medicine. Over 150 of them can be classified as "diseases of civilisation" and include conditions such as: angina, anxiety, asthma, allergies, bronchitis, bronchiectasis, breathlessness, chronic fatigue, depression, diabetes mellitus, emphysema, eczema, high blood pressure, non congenital heart conditions, hormonal disorders, immune deficiency, obesity, pre-cancerous conditions, psoriasis, stress related disorders, sleep apnea, stroke and tumours.

It is this category - the "diseases of civilisation", which represent the bulk of health problems faced by modern man. And it is this category of diseases in particular, which have not yielded to modern commercial medicine.

In the U.S. alone, drug sales have increased by 85% in the last five years, and all these conditions are on the increase.

Buteyko's Discovery

Konstantin Pavlovich Buteyko, a Russian medical scientist claims to have discovered the underlying cause of these "diseases of civilisation" and claims:

"the only cause of them is alveoli hyperventilation, or deep breathing".

The catalyst to Buteyko's discovery occurred after exhaustive research into the breathing patterns of terminally ill, diseased and healthy patients. What he found was that all sufferers of the "diseases of civilisation" over breathe" or chronically hyperventilate. Even if they don't realise it.

At first the idea may seem far fetched. How could the way we breathe effect our health; and if so why hasn't anybody realised this before? To his amazement Buteyko found that a massive body of scientific research and fundamental principles supported his ideas, but in practical terms where just being ignored. In fact, a wide range of commonly held views on the cause of various diseases and appropriate treatment were in direct contradiction to some founding principles of biochemistry and physiology.

Buteyko's concept hinges upon the idea that "over breathing" creates a deficiency of carbon dioxide in the body, leading to a diverse cascade of problems for the organism to deal with. His theoretical work drawn from conventional medical literature, validated his anecdotal findings and led to the development of what has become known as "Buteyko's Method"

Reversal of the diseases of civilisation

Professor Buteyko claims to have developed a drug free process, which effectively reverses "the diseases of civilisation". The basic idea is to normalise the volume and depth of the breathing.

The concept sounds deceptively simple. In fact, it took Buteyko many years to perfect the process and develop the various tactics and nuances to handle the enormous variables involved with the diverse conditions which come under the category of the "diseases of civilisation".

Application of the principle the concept is just as effective for a young child with mild asthma, as it is for an elderly person with high blood pressure. In practice however, these two patients would require very different approaches to ensure efficacy and safety.

Evidence

Upon thorough investigation, evidence to support Buteyko's claim are incontrovertible. Testimonies from thousands of people, dozens of newspaper and television reports and even published medical journals confirm unprecedented and consistent positive results.

Whilst Buteyko's Method is generally resisted by conservative commercial medicine, its scientific rationale has remained unchallenged. The concept is entirely scientifically based. And various published medical trials have demonstrated results, which dramatically surpass any other treatment, orthodox, or alternative.

"Unprecedented broad spectrum improvement in the short and medium term, a dynamic breakthrough".

The Medical Journal of Australia, 2nd of January, 1995,
Vol. 162, No.1

"Patients with asthma reduced beta agonist use by 90% and improves symptoms, according to preliminary results of a randomised controlled trials in Brisbane."

The Australian Doctor, Medical Journal,
April 1995"

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Regain the Power of Breath

IS DEEP BREATHING AS BENEFICIAL FOR YOUR HEALTH AS YOU ARE LED TO BELIEVE? FOR 90% OF THE POPULATION, IT SEEMS NOT.

“TAKE A DEEP BREATH.” HOW OFTEN ARE YOU URGED TO DO JUST THAT,

by teachers, sports coaches, even doctors? It is now widely documented that any form of deep respiration can do nothing but harm, yet the misconceptions continue, firstly that deep breathing increases oxygenation and secondly that it is relaxing and therefore healthy. To see the flaws in these two assumptions you must first of all look at what occurs when you take a deep breath. In the alveoli (gas pockets) of the lung, the human organism regulates an atmosphere completely different to the gaseous composition of the air we breathe. Here the body requires definite concentrations of oxygen and carbon dioxide. Deep breathing disturbs this 'internal atmosphere' by causing a 'blowing off', or excessive loss, of carbon dioxide from the body.

Carbon dioxide plays a vital role in the body's oxygenation process through its role of facilitating the release of oxygen from the red blood cells and into the tissues. Therefore lowering of the body's carbon dioxide level equates directly to less oxygen reaching the tissues. Simply put, deep breathing results in less oxygen reaching the organs of the body, including the brain.

Oxygen depletion of the brain gives a sensation of light-headedness which is often interpreted as relaxing. In numerous studies, hyperventilation has been shown to rapidly (within the first 30 seconds) slow down the functioning ability of the brain. It is also shown to reduce blood flow to the brain through vasoconstriction (cell spasm). These factors are also linked to this 'relaxing' effect. Most of us are aware of the schoolyard trick of causing yourself to faint by breathing deeply for an extended period of time - this is only a continuance of this situation.

Carbon dioxide, through its conversion into dissolved carbon dioxide gas, carbonic acid, bicarbonates, carbonates and carbamates, plays many varied roles in our biological processes. Apart from its function as a regulator of the respiratory system, carbon dioxide is also a vital player in the vascular, nervous, hormonal and digestive systems of the human body.

Yet probably carbon dioxide's most important function is (through its conversion to carbonic acid) as the number one buffer (regulator) in our acid-base balance. If our bodies are depleted of this 'acid base' then alkalaemia (over-alkaline pH) develops which is known to impair immune function. Hyperventilation leads to weaker immunity and therefore poor health generally.

BUTEYKO BREATHING

It is with this understanding that we see the link between deep breathing and disease, correct breathing and health. Currently, in Australia, hundreds of asthmatics and those suffering from the symptoms of hyperventilation have been treated for this disorder by a Russian technique of breathing normalisation. The success of this method has been remarkable. Recent clinical studies have shown that 96 per cent had claimed reduction in their asthmatic symptoms and reliance on reliever medications and a 49% reduction in their preventative medications over a twelve week period.. The method was designed by the world's foremost hyperventilation expert, Russian Professor Konstantin Buteyko. Over forty years of scientific research, Professor Buteyko has shown that incorrect breathing can be the cause of a whole range of problems, which can therefore be treated successfully through what he calls 'breathing reconditioning'. The Buteyko research has shown that any form of over-breathing is detrimental to the health.

The term 'hyperventilation' should be clearly defined. It is not reserved only for the most extreme and visible cases. Hyperventilation simply means an increase in the amount of air we breathe above the normal recommended amount. The significance of Buteyko's discoveries hinges on the diagnosis of what has become known as 'hidden hyperventilation', that is, long term over-breathing that is not clearly visible in the patient. If a patient over-breathing thirty litres a minute can experience severe physical repercussions in the very short term, over-breathing lesser quantities will have equally dire consequences over the long term.

DIAGNOSING HYPERVENTILATION

The problem for doctors, however, is the difficulty in diagnosis. In the majority of cases the hyperventilation is not apparent and even the patients themselves are mostly unaware of the problem. Ironically the patient may even indicate to the doctor that they feel as though they are not getting enough air. This sensation of breathlessness and an inability to take a satisfying breath are some of the most common symptoms of 'hyperventilation' (see Symptoms Of Hyperventilation). It appears also that, in the western world, the ability of doctors to assess their patients' breathing is hampered by the current trend of symptomatic medication.

Professor Buteyko claims that asthma and many other problems are simply symptoms of hyperventilation. Normalise a patient's breathing (alveolar carbon dioxide levels) and the symptoms decrease accordingly. For forty eight years in Russia, they have not seen an exception to this and the Buteyko Method has been government endorsed there since 1983.

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Having discussed some of the physiological side effects of hyperventilation, and the resulting "blowing off" of carbon dioxide, an obvious question arises; how does this "deep breathing" develop?

WHAT CAUSES HYPERVENTILATION?

There are many factors known to increase the breathing. In Professor Buteyko's opinion the most important factor is the propaganda of the usefulness of deep breathing. Babies are often encouraged to breathe deeply after birth by having their arms raised and lowered. Throughout life this continues - in kindergarten's, schools, sports clubs, armies, and even doctors' rooms, deep breathing is encouraged without any scientific basis.

Over-eating, especially animal proteins (chicken, eggs, milk, fish etc) and processed foods, sharply increases the breathing. Animal products increase the breathing more than plant, cooked food more than raw.

Poor fitness and lack of physical work serves to increase the breathing pattern, as does lack of mobility such as bed regimes. Prolonged sleep (especially when lying on the back and/or with the mouth open) encourages hyperventilation. Recommendations for longer periods of sleep seem illogical when you take into account that most incidents of asthma, epilepsy, strokes, myocardial infarction, paralysis, etc. occur during or immediately after sleeping.

Further factors deepening the breath are emotions - either positive or negative - psychological disturbances, stress, stuffy environments, etc.

What about yoga? This question is often posed to me and it is one that deserves an answer. It is true that yoga involves the taking of deep breaths. However after these single deep inspirations, the breath is held for a considerable time. This breath retention causes an increase in the lungs' carbon dioxide content. All the studies on yoga masters (practitioners) that I have viewed showed these practitioners to have very low breathing patterns as reflected by high levels of carbon dioxide in the blood. Yogis also show exceptional levels of health which is generally the reason for these studies in the first place.

Therefore yoga does not involve hyperventilation, but rather a series of breath holding exercises. Meditation and relaxation techniques are also known to lower the breathing and this is probably the physiological link between these techniques and the reported improvements in health experienced by many practising them.

Some people indicate that taking slow, deep breaths during hyperventilation (or anxiety) attacks has helped them overcome these situations more rapidly. In these situations the breathing has obviously become more controlled and therefore less rapid. Less air is actually being taken in, encouraging carbon dioxide levels to normalise.

SYMPTOMS ASSOCIATED WITH HYPERVENTILATION

1. **NERVOUS SYSTEM:** Light-headedness, dizziness, unsteadiness. poor concentration and memory, loss of consciousness. Numbness, tingling and coldness especially in the hands and fingers and often the face.
2. **RESPIRATORY SYSTEM:** Shortness of breath, tightness in or around the chest, over sensitivity of the airways, excessive sneezing, excessive production of mucus, lung term blocked or running sinus, excessive yawning and sighing.
3. **HEART:** Palpitations (racing heart beat), tachycardia. 'skipped beats'. Pain in the chest region usually described as momentary, sharp twinges, or as more persistent dull aching pressure.
4. **MUSCLES:** Muscular spasm, twitching, muscle stiffness and pain, carpopedal spasm (wrist and foot), generalised tetany.
5. **PSYCHOLOGICAL:** Different degrees of anxiety, tension and apprehension.
6. **GENERAL:** Dryness in the mouth. chronic mouth breathing, difficulty in swallowing (Dysphagia), abdominal bloating, belching and flatulence, easily tired, general weakness, insomnia and chronic exhaustion.

If, after reading this, you suspect that you may be suffering from a 'breathing based disorder' do not attempt to alter your breathing without professional assistance. Many physiological disturbances occur with a change in the breathing pattern and therefore any reconditioning must occur under the close observation of a breathing expert.

BUTEYKO TRAINING SERVICES

Aaron Lumsdaine has assisted over four thousand people since his involvement with the Buteyko Technique. For over seven years now he has travelled extensively throughout Australia and Overseas teaching people the Benefits of Better Breathing Habits. Aaron regular conducts his renowned five day (2 hours per day) seminars and "weekend workshops" in Perth, Esperance, Adelaide, Sydney, Darwin, Broome, Exmouth, Geraldton, Jakarta, Honolulu, LA, Miami, New York, Toronto, Dublin, Milano, Cairo.

Aaron Lumsdaine, also a founding member of the Buteyko Institute of Breathing & Health Incorporated, is recognised as one of the few Senior Buteyko Practitioners. Aaron and the Practitioners he has trained are dedicated to assisting their clients through this amazing physiological process of Regaining the Power of Breath.....



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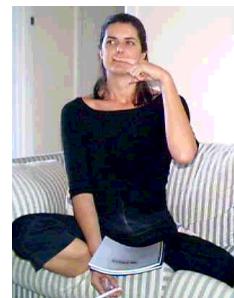
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Regaining the Power of Breath

THE BREATH POWER - BUTEYKO METHOD OF BREATHING RECONDITIONING

A natural, safe & effective way of improving the quality of your life



How much should we breathe? Most people in our society would probably say "the more, the better". It seems that we are encouraged to deep breathe in an effort to get better oxygen levels in the body. However, any examination of the physiology of respiration indicates that this concept is quite misleading - even dangerous.



A Russian medical doctor and scientist, Dr Konstantin Pavlovich Buteyko, made some clinical observations and discoveries which revealed that human breathing habits seem to have strayed from what our physiology books describe as normal. What he identified as increasingly prevalent in Western society, is

low level and mostly hidden hyperventilation, which he discovered is a major underlying cause of human illness. He further noticed that by reducing this overbreathing to more normal respiratory volume levels, that a whole range of diseases and their symptoms improved. He then developed a program for enabling patients to retrain their breathing pattern which has evolved into the Buteyko Technique.

Normal respiratory tidal volume for a healthy adult at rest is internationally recognised as 4-6 litres per minute. The most important effect of hyperventilation is hypocapnia, and it is this lowering of Carbon Dioxide levels, and the resulting imbalances caused throughout the organism, that Buteyko identified as a major problem to our health.

As a response to stress (eg. illness, fright, allergy, emotion, pain etc - some of which could be hereditary) the heart rate increases, breathing deepens and hormone production changes. It is worth noting that during most of the period of evolution of the human body, stress occurred simultaneously with physical activity for which these responses were quite appropriate.

Nowadays, most of our stress occurs while our bodies are at rest - in which case the above responses become quite inappropriate. In prolonged periods of stress, deeper breathing becomes an unrecognised, unconscious and continuous habit and physiological pattern. Once the body becomes conditioned to the lower levels of CO₂, the respiratory mechanism drives us to breathe more than we need to, thus keeping the levels low. Both oxygen and carbon dioxide are needed in certain proportions to ensure normal physiological functioning. With low levels of carbon dioxide, the body's smooth muscle tissue can go into spasm or constriction, creating problems in the sinus passages, lungs, arteries, heart, digestive system and so on (Brown, 1953; Demeter & Cordasco, 1986). CO₂ is well known in its role of facilitation of oxygen splitting from the haemoglobin, as well as in pH balance in the blood and respiratory system.

Buteyko also describes its role in maintaining healthy vessel tone and reducing excess mucus production. According to Buteyko, when hyperventilation is triggered to increase, the lungs of an asthma sufferer react with constriction of airways, excess mucus production and swelling, i.e. the symptoms of asthma. In fact Buteyko has written an extensive biochemical theory highlighting the role of CO₂ as a regulator in the immune, cardiovascular, hormonal, digestive and neuro systems.

(Part of this is accessible through the website for Buteyko Training Services-[http:// www.buteyko.com.au](http://www.buteyko.com.au)) **cont....**



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"A method whose time has come - A self generating way of optimising oxygenation to every cell and taking the body from a state of defence & merely existing to truly living by perfecting what you do most - Breathing!"

Regaining the Power of Breath ...cont

In the Breath Power - Buteyko program, clients learn to recognise their own overbreathing pattern and how to retrain their breathing to normal levels. A range of adverse symptoms are reversed, and relief from asthma and many other conditions follows.

The following benefits are typically observed:

- **Recovery of nasal breathing (applicable to all activities). This allows for effective filtration, humidification, temperature and airflow regulation and reduces allergen entry.**
- **For asthmatics, relief of acute bronchospasm through the bronchodilatory properties of CO₂, leading rapidly to a reduction in the need for bronchodilators; then reconditioning of the automatic breathing pattern and avoidance of bronchospasm with continued practise and application of Buteyko's methods.**
- **Improvement in oxygenation of cells through correction of oxygen/carbon dioxide balance.**
- **Reduction of excess mucus.**
- **Improvements in a range of other conditions such as allergies, rhinitis, sinusitis, stress, anxiety disorders, obesity, circulation, apnea, snoring, skin disorders, CFS, hypoglycemia and emphysema.**
- **Improvement in quality of sleep - less wakes, movement, noise and disturbing dreams as well as a new clarity on waking.**
- **Increased energy levels and enhanced sports performance.**
- **Correction of digestive malfunction (eg. acid reflux, constipation, flatulence).**

The teaching of the technique is varied according to the individual's age, history, condition and response. Some lifestyle modifications involving posture, nutrition, sleep and exercise are recommended to enhance the benefits of the breathing exercises.

The causes of hyperventilation are addressed. Adults are taught in a different manner from children, and parents are instructed in ways to assist infants to develop good breathing habits. The method is usually taught in small group workshops - at least five sessions each of about one and a half to two hours duration. All participants are invited to have any follow-up phone consultations or workshop sessions as required. Most of the work is done in the first five sessions, usually resulting in significant improvement in most conditions, and sufficient understanding of the technique so that few patients require much follow-up. Patients are usually supplied with notes and support materials during the workshops including diaries for daily recording of exercise results, pulse variations, symptoms, medication intake, reports of sleep length and quality and energy levels etc. Needless to say, changing unconscious breathing patterns requires discipline, perseverance and persistence, so the structure and feedback provided by an qualified Breath Power - Buteyko practitioner is the essential beginning.

The first Australian medical research trial of the Buteyko Method for asthma commenced in December 1994 at the Mater Hospital in Brisbane - in conjunction with the Australian Association of Asthma Foundations.

All 39 of the moderately severe asthmatics in the trial were found to be breathing 3-4 times the normal resting minute volume. The 19 who learned the Buteyko Technique were all able to reduce their relief medication by an average of 90% while having a decrease in their asthma symptoms (within two weeks), and at the end of three months they had reduced their preventative medication by 50%. This improvement corresponded with a significant reduction in their 'minute volume' ventilation, confirming Buteyko's theory. The 'control group' (the other 20 participants who continued their normal medication regime and did some physiotherapy/relaxation breathing) showed no improvement.

Aaron Lumsdaine, Senior Buteyko Practitioner trained by Alexander Stalmatski, a leading protege of Dr. Buteyko's, was the first to introduce the method into Western Australia in 1994. He has taught over 4000 people throughout Australia and conducted programs in the USA, Canada and Indonesia and is based in Perth, Western Australia.

For more information about the method, it is recommended to visit the website mentioned earlier. There are also three books available - 'Every Breath You Take' by Sydney GP and Naturopath, Dr Paul Ameisen (Lansdowne Press - Australia); 'Freedom from Asthma' by Alexander Stalmatski (Hale Clinic Health Library - London); and 'Breathing Free' by Teresa Hale (Hodder & Stoughton - London)

Written by **Jac Vidgen** for
Buteyko Training Services



Aaron Lumsdaine's Breath Power - Buteyko Training Services

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How incorrect breathing effects your body

Symptoms associated with hyperventilation (over-breathing):

NEUROVASCULAR SYSTEM

Lightheadedness
Dizziness
Unsteadiness
Poor concentration
Memory loss
Numbness (often hands, fingers & face)
Tingling (often hands, fingers & face)
Coldness (often hands, fingers & face)

RESPIRATORY SYSTEM

Cough
Chronic throat tickle
Shortness of breath
Asthma
Tightness in or around the chest
Oversensitivity of the airways
Excessive sneezing
Excessive mucus
Excessive sighing
Excessive yawning
Long term blocked or runny sinus

CARDIOVASCULAR SYSTEM

Palpitations
Skipped heart beats
Tachycardia
Pain in the chest region
(usually momentary)
Sharp twinges
Persistent dull aching pressure

MUSCULOSKELETAL SYSTEM

Muscular spasm
Twitching
Muscle stiffness and pain
Carpopedal spasm (wrist & foot)
Generalised tetany

PSYCHOLOGICAL EFFECTS

Different degrees of:

Anxiety
Apprehension
Tension
Stress

GENERAL EFFECTS

Dryness in the mouth
Chronic mouth breathing
Difficulty in swallowing
Abdominal bloating
Belching and flatulence
Easily tired
General weakness
Insomnia
Chronic exhaustion
Frightening dreams
Sleep disturbances

The above information from: Fried, R. 1990 The breath connection Plenum Press/New York, attributed to Lewis, BI. 1957 Stanford University School of Medicine, report Postgraduate Medicine Vol 53

For more details phone or email now.



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Testimonials

Genevieve Baster-Sallon & Eric & Estelle Krause

Genevieve Baster-Sallon



"After a simple, painless, easy hour and a half each day for five days I learnt how to erase a condition which had controlled and restricted my activities for most of my life."

I had just finished yet another course of steroid medication in an attempt to get my asthma under control. My family had been through this several times before. Each time, the respite was temporary with the nebuliser intake increasing once the effects of the steroids wore off.

My lifestyle and life enjoyment was severely restricted. I had become extremely depleted and depressed, and to be honest I would have been quite happy to have died. Whilst this might sound exaggerated, believe me it was not. Life had become a battle, a fight for every breath and I was worn out. I felt as though the asthma had won!

For anyone who feels that they have tried everything, as I had, Buteyko offers an effective, simple, beneficial method that works. My health has continued to improve significantly over the years. It is challenging for those who have not experienced Buteyko to fully understand the multiple benefits it offers.

I experienced a whole new world; everything was fresh and new and I had the energy and vitality to enjoy life again. I have waited several years before writing this to prove that the technique is NOT A SHORT TERM FIX. I am proud to say that I have not had one single nebuliser since attending the clinic in 1994. I am no longer an asthmatic.

The additional benefits of practising Buteyko included the virtual disappearance of old scars, easy daily bowel movements, increased energy, increased vitality, greater self confidence, more relaxation, a more positive mental attitude, but most of all having enough energy to enjoy life again. Life to live as I choose, not as my condition had dictated in the past.

Eric & Estelle Krause

It is now just over one year since Estelle and I did the Buteyko course with you and I am taking this opportunity to let you know of our progress. Estelle, as you will remember, suffered from a combination of Asthma and Bronchiectasis and I had Asthma with underlying C.O.A.D. (Chronic Obstructive Airways Disease) and Sinus Disease.

I am very happy to report that neither of us now have any asthma at all and we no longer take any Ventolin or any other bronchodilator. I still have sinus problems and the C.O.A.D. which requires steroid medication but I am hopeful that by continuing with the Buteyko method of breathing my respiratory condition will show further improvement. As you know I was extremely sceptical of the seemingly illogical treatment but now I would be happy to recommend the system.

However it is Estelle who has received the most benefit. From more than 20 puffs of Becloforte and Ventolin per day she is down to only one puff of Becloforte night and morning. Even more importantly she is now free of the terrible drudgery of twice daily postural drainage as well as the debilitating physiotherapy and the continued coughing which made her life a misery.

The specialists at SCGH had told her that the bronchoscopy examination had showed that a significant part of her lungs had lost the cilia which sweep the dust etc. out of the airways and that the areas were now scar tissue which could not be repaired. They told her that postural drainage with physiotherapy would be necessary every day for the rest of her life.

There is now no more coughing, no more postural drainage, no more physiotherapy and only a minor amount of medication. She is a much happier, healthier person. We have just returned from a trip to Ireland, England, Scotland, Italy and Asia which we would not have thought about two years ago.

All we have to do to achieve this healthier lifestyle is to sit and watch TV for about 25 minutes twice a day while we do our Buteyko breathing. We do not consider this to be a significant chore compared with the benefits we have received.

Estelle and I both feel that the money spent for the course was the best investment we have ever made.

Aaron, if you consider that this letter could help you promote the Buteyko system to other people with respiratory problems then feel free to use it. I feel that this is the least that we can do to express our thanks.



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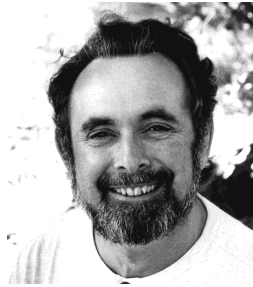
Testimonials

Jonathan Kester

John Laurito

& Gabrielle Kervella

Jonathan Kester



"As a former asthmatic I am pleased to recommend the Breath Power - Buteyko Program because I am now symptom free and do not need to use drugs."

I first suffered severe asthma when I was five and missed half of my primary schooling because of repeated chronic attacks that would keep me in bed for days at a time. At the age of eleven I was hospitalised for six weeks to undergo the then pioneering treatment of cortisone therapy and, whilst I did not have many severe attacks after that, I continued to require medication on a daily basis. I started using Ventolin as soon as it became available in the late nineteen sixties and required at least one dose a day from then on. In recent years I also used anti-inflammatory drugs such as Becotide, Becloforte or Flixotide on a daily basis.

About five years ago I was diagnosed as having moderate emphysema. This really shocked me and I never really accepted it, believing that I could reverse the symptoms I sometimes felt of breathlessness and tightness in the chest on exertion.

I found out about the Breath Power - Buteyko Programme about two years ago when an advert was shown at my local cinema before the film started. I phoned up about the Programme but, at the time, was put off by the price. However about a year later I made contact again and decided that the price of the course would well be worth spending if I could satisfy myself that others had really benefited from doing the Programme. I contacted three of the people who had written testimonials about the Breath Power - Buteyko Programme and their enthusiasm and stories of remarkable recoveries from asthma, chronic fatigue syndrome and other disorders were so remarkable that I was convinced that I should "give it a go."

After the first day I was able to use the breathing techniques taught to me to overcome asthma symptoms thus I could stop using the Ventolin. Over the last two months I have gradually reduced my Flixotide and no longer have the requirement for it.

Learning the breathing techniques used in the Breath Power - Buteyko Programme and the rationale behind them was both interesting and uncomplicated and I now breathe much more consciously than ever before and can, just by breathing correctly, easily eliminate any early signs of asthma. Because the breathing exercises relax the smooth muscles of the body I have also had another completely unexpected benefit, the elimination of chronic constipation and the haemorrhoids I often used to have.

The literature I have read about Dr. Buteyko and his work is truly inspiring and I fully concur with the claims others have made that the Breath Power - Buteyko Programme is one of the greatest medical achievements of this century.

John Laurito



"Give it a go.
It works!"

Occupation: Teacher/Footballer
Diagnosed: Asthma diagnosed 2 yrs of age.

Medication Prior: Ventolin (15 puffs per week during training)

Commenced Buteyko: 18 Nov 1996

Since starting the Buteyko Course I have noticed the following improvements with my overall health: Improved sleep. Quicker recovery after exercise. Reduced appetite & better stamina. I have been able to reduce my ventolin to 1 puff per week during training. Increased strength - squat up from 130kg to 182kg. Bench up from 77.5kg to 87kg. 5km run down from 20 min+ to 16min 37sec.

Gabrielle Kervella - Fromage Fermier



"I now have a great deal more energy, which has enhanced my business and lifestyle. I hate to think where my life would be now had I not looked into the Breath Power - Buteyko Technique"



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Testimonials

Fiona Munroe

Deryck Brockhurst
& Janice Williamson

Fiona Munroe

I was first diagnosed as being asthmatic at the age of 12; I was prescribed Intal Forte and told to take Ventolin when needed. After a couple of months of taking Intal there was no improvement and the Doctor decided that a stronger medication was required and prescribed Pulmicorte (however this seemed to cause severe headaches) and so I was changed to Becloforte, I continued to take this for the next 9yrs. I am now currently taking Flixotide but the dosage is being cut and I hope to be off it altogether soon. There were many times when I had to go to hospital or take courses of Predisone and as I got older everything got worse. The medication was constantly being increased; I felt like I was always sick and could never enjoy a lot of things, a simple walk would send me into an attack. I got to the stage where every couple of months I was at the Doctor and they were prescribing Predisone and telling me to increase my puffers. Leading up to doing the workshop I had, had several attacks in the previous months and felt that I was constantly on the Nebuliser or puffing away on Ventolin. All I could think was there had to be a better way the medication just seemed to be making things worse and it was making me extremely depressed. I had constant headaches from all the drugs and all I wanted to do was sleep. This was hard not only on me but also on my boyfriend of the time, it was he that finally convinced me that I should do the workshop. The week I did the workshop was amazing. I couldn't believe how fast the changes were for me during that week, I had my first day in 11yrs that I didn't have to take a puff of Ventolin and since doing the workshop I have only had one puff of Ventolin (it is now 15 weeks). It's obvious that breathing is extremely important in everybody's life but I have since learned that the way we breathe can change the way we live, I no longer live in fear and am confident in myself that I can stop an asthma attack, as I have done. But I am happy to say that it has been quite a few weeks since I have had an attack and plan to keep it that way. As well as not having asthma trouble I no longer get the headaches that I used to get and I have lost 12 kilos. I don't struggle to breathe when exercising and so I can take a walk without having an attack and without worrying. I look better, feel better and am happier with my life and myself. I couldn't be happier that I made the decision to do the Buteyko workshop, both the workshop and Aaron have changed my life; they have been a great help to me and not just for my Asthma.

Aaron, I hope that you will use this and that it will be of inspiration to others thinking of doing a Buteyko Workshop. Thankyou for the initial workshop and all the advice and help you have given me since then. I look forward to giving you more good news in the future as I continue to improve and I really look forward to the day that I tell you I am no longer taking any medication. Until then keep smiling

Deryck Brockhurst



"It is too good to be true.
The Best Investment I have ever
made"

Occupation: Finance Director **Diagnosed:** High Blood Pressure & Gout Age 30

Medication Prior: Indocid (anti inflammatory), Renitec (blood pressure)

Commenced Buteyko: 13 Jan 1996 Since starting the Buteyko Course I have noticed the following improvements with my overall health. No gout, lower blood pressure, improved sleep, less anxiety, feeling much calmer and relaxed, reduced appetite and better stamina. I have been able to reduce all medication 3-4 months after commencing and have experienced some of the best weeks of health that I can remember.

Recommendation: It is too good to be true. Until I experienced Buteyko I didn't realise how efficient the body was and that pills and physical aggravations did not have to be part of my life. The best investment I have ever made!

Janice Williamson



"I was so impressed with the
results in my own health I asked
Aaron to come to Mt Beaumont
to teach the rest of my family"

The technique made me aware of the function of the body as a whole inter-related system, not a cluster of separate systems, with good health dependent on all parts of the body functioning correctly. As we are what we eat and how we metabolise our food, so we are what we breathe and how we metabolise our air. The Breath Power - Buteyko Technique has begun to accomplish for me what no amount of medicine, diets, vitamin and mineral supplements could do. Being able to correctly metabolise oxygen now means I can metabolise food properly, and several food related allergies are now diminishing.



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Testimonials

Katrina Winch & Claire McGlinchy

Katrina Winch



"For the first time in my life I can really live it. You don't have to be sick!"

Occupation: Secretary

Diagnosed: Asthma diagnosed 2 yrs of age

Medication & Symptoms Prior: Sinusitis (2 operations for polyps & deviated septum), Cyst Age 14
Tonsilctomy Age 14, Appendicitis Age 19, Glandular fever Age 20, Whooping cough, Pleurisy Age 20, Hepatitis B, Mild Scoliosis

Becotide (4 puffs per day)

Beconase (4 puffs per day)

Teldane (2 tabs per day)

Intal (4 puffs per day)

Numerous antibiotics

Commenced Buteyko: 28 Oct 1996 **Medication After:** I was able to reduce my ventolin intake by 99% within the 1st week and have not used ventolin at all after the first 3 weeks. Totally eliminated Teldane, Intal & antibiotics.

Becotide (4 puffs per day), Beconase (4 puffs per day)

Since starting the Buteyko Course I have noticed the following improvements with my overall health:

Improved sleep. Lost 6kg in 4 weeks. Posture straightened.

Stamina and libido improved. Eating more balanced, and reduced cravings. Now able to clean and dust the house.

Sinuses have cleared and sense of smell and taste have returned.

As of 6th April 1997:

Overcame one cold and one infection without medication in two days whereas normally I would be effected for 7-9 days as well as being bedridden.

Recommendation: After having a lifetime of always being or expecting to be sick, as well as the fear of not being able to breathe, for the first time in my life I can really live it. You don't have to be sick!

Claire McGlinchy

It is almost 12 months now since I underwent the Buteyko Programme of breathing. I turned 60 this year and have suffered with Bronchiectasis since early childhood. The two lower lobes of my left lung were removed when I was 13 years old, however my right lung and the remainder of my left lung were still affected by Bronchiectasis.

For anyone suffering from this condition they will understand the embarrassment of having a 'smoker's cough' and the importance of expelling the copious amounts of phlegm that build up each day. Doing this can often be very awkward if one is travelling or doing other activities where the opportunity does not present itself for privacy to get rid of the build up.

I can honestly say that the Buteyko method of breathing has changed my life! I no longer have the embarrassing cough or the build up of phlegm. Finding the opportunity to relieve the discomfort of the build up whilst on holidays or at work or anywhere else for that matter is no longer necessary and the breathing exercises can be done anywhere and without anyone even being aware they are being done.

I have to admit it took me a little time to get the hang of shallow breathing and I still have not perfected it to the stage where I feel I am breathing that way at all times, but even so the improvement to my condition is quite amazing.

I would be very happy to talk to anyone else with Bronchiectasis who may be thinking of going through the programme. Thank you for making such a wonderful difference to my life.



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Testimonials

Catherine Johnson & Bill Williamson

Catherine Johnson



"It is not quite 15 months since I started the Breath Power - Buteyko Course and I don't know where to begin explaining the benefits I've received."

Three and a half years ago I was diagnosed with emphysema in the lungs and chronic bronchitis, in the months prior to me commencing the Breath Power - Buteyko Course my hyperventilation was so bad I actually wondered how much longer I would live.

My husband and family were also very concerned. My aunt from New South Wales whose asthmatic grandson had been healed through the Buteyko method gave me the book "Every Breath You Take" for my birthday at the end of February, there I read a testimony from a man with emphysema so I rang and booked in and started the course on March 15. I can truly say this date has been the first day of the rest of my life.

The benefits started right from that very first session. My medication prior to doing the course was Ventolin, Atrovent and Serevent puffers as well as at times Prednisolone or Dexamethasone tablets and Becloforte puffer twice a day. Since that very first session I have only needed to use the Becloforte and I'll be able to come off that with my Doctors approval.

The benefits apart from getting the hyperventilating under control have been much improved sleep, waking feeling well, rested, more energy thinking a lot clearer, eyesight improved, weight loss (15 kilos in 5 months) no tingling in hands and fingers, a lot calmer and less stressed able to walk without being out of breath, able to climb stairs, arthritis in my right knee and right shoulder gone, no more feeling hot and bothered, less mucus, no more constipation, my food allergies have all gone and just this week I've noticed a very painful corn on the fourth toe of my left foot has gone. All of these things are such a bonus because I did the course to

help my breathing and all these other things are improving or going altogether, I've learned so much about myself and how wonderful the human body is at repairing itself given the correct oxygenation. Aaron and Caroline I will be gratefully to you both for the rest of my life especially as fifteen months ago I didn't think I had very long to live and now I feel I will end up being a much healthier person than I was when I was sixteen.

You will always have a very special place in my heart and I pray for you both everyday.

Bill Williamson



"Go for it, without any doubts, be prepared to stick at it."

Diagnosed:

Emphysema 1970,
Age 54

Medication Prior: 6
puffs Atrovent (per
day) 6 puffs
Ventolin, 2 puffs

Serevent, 6 puffs Becloforte, 30mg Prednisolone

Commenced Buteyko: 29 May 1996

Medication as at 11 April 1997: 5mg Prednisolone

Since commencing the Buteyko Course I have noticed the following improvements with my overall health: General all round physical improvements. Breathing improving all the time. I can now walk for approximately 25 minutes - distance and times continually improving. Minimal effort to recover after exertion. Minimal mucus compared to how I used to be, and my chest and sinuses are clear. Cravings for cigarettes have reduced.

Recommendation: I heard about the Buteyko Technique from my next door neighbour. The decision to attend the course came after conflicting reports by my specialists on my condition. Medication intake kept increasing and my condition wasn't getting any better, in fact worse. I had a consultation with Aaron Lumsdaine my Buteyko Practitioner and what he said made sense. The first three months were the most difficult, however maintaining the regimes set by my practitioner I was seeing steady improvements. Go for it, without any doubts, be prepared to stick at it.



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Testimonials

Verity Klemm & Ramon Andersson

Verity Klemm



"HOORAY FOR
BUTEYKO
HOORAY FOR AARON"

Occupation: Environmental Manager

Diagnosed: Chronic Fatigue Syndrome

Symptoms prior to course:

Sleeping 10 - 14 hours per night, disturbed /wakeful sleep, excessive sighing and yawning, physical tiredness, CFS for 2.75 years, not much socialising

Commenced Buteyko: 5 August 1996

Since starting the Buteyko Course I have noticed the following improvements with my overall health: sleeping 6-7 hours per night, undisturbed sleep, much more energy, waking feeling healthy, well and energized, feeling emotionally more balanced, able to cope with stress really well, no yawning or sighing, lost 12kg in 15 weeks and still going!!!

Recommendation:

"The beauty of the Buteyko technique is its simplicity. There are no pills or potions to take. All that is required was time and this time came easily because I needed less sleep. The exercises became like a meditation to me and I looked forward to each session. It became like an oasis in the desert, a time where there was nothing else required than to concentrate on breathing. Through using this technique I have become aware that the underlying cause of my illness has been suppressed emotions. This technique is helping me move through and shift these emotional patterns that have contributed to my illness. Now when I wake in the morning I feel healthy and well. I look forward to the day. Until I did Buteyko I had forgotten how good it was to feel well and how sick I have been for most of my life. All I had to do was decide that I wanted to be well and use the Buteyko technique as the tool to achieving wellness. No other technique I've tried in the past three years has created such a dramatic and positive shift in my health in such a short space of time."

Ramon Anderson



"I tried just about everything, I read everything there was to read about CFS but there seemed to be no concrete cure."

Occupation: Olympic Kayaker

Diagnosed: Chronic Fatigue Syndrome

Medication Prior: Nil

Commenced Buteyko: 18 Nov 1995

Since day two of the the Buteyko Course

I have noticed the following improvements with my overall health:

Improved sleep. Quicker recovery after exercise. Reduced appetite & better stamina. All of the symptoms I suffered before attending the Buteyko course, which included fatigue, aching muscles, headaches, difficulty sleeping, joint pain, dry eyes and mouth, and stomach aches have gone.

Recommendation: I tried just about everything, I read everything there was to read about CFS but there seemed to be no concrete cure. I was ecstatic at making the Atlanta team and quite emotional, as going through CFS had been a nightmare. Go for it!



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"A method whose time has come - A self generating way of optimising oxygenation to every cell and taking the body from a state of defence & merely existing to truly living by perfecting what you do most - Breathing!"

Testimonials

Robyn & Cheryl Farquhar Mary Wright & Troy Rogers

Robyn & Cheryl Farquhar



'Cheryl's first twenty four hours without ventolin was a dream come true for her and by day five she felt great.'

Cheryl was first diagnosed as an asthmatic at 18 months, taking ventolin by medicine or nebuliser whenever needed. Until she was 10 she was considered a mild asthmatic with a few hospital admissions.

Things changed in May 98 when her asthma attacks became more frequent, and her medication had to be increased. She was taking prednisolone (steroid), nebulisers 3-4 times per day, becotide (steroid) 2 puffs twice per day and Serevent 2 puffs twice per day.

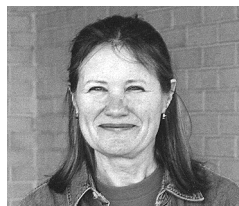
On December 22, 1998 Cheryl had a severe attack and had to be resuscitated. She was hospitalised for two days and medication increased yet again. Her self esteem was getting lower and she gained weight. In the following months she was re-admitted to hospital for bleeding from the bowel, tests showing she had Campylobacter. All of the above were the results of side effects of the medication.

Doctors visits, hospitalisation and medicine costs as well as no improvement in her health were becoming a fact of life. After seeing a program on television and on the recommendation of a friend Cheryl & her mother Robyn decided they had nothing to lose, and possibly everything to gain by attending the Breath Power - Buteyko program.

They commenced the program on the 10th of May 1999, at the time Cheryl was taking 2 puffs of Serevent twice daily, 3 puffs of Flixotide twice a day and ventolin with nebuliser three times daily. Within 24 hrs of commencing the program Cheryl was only taking her preventer, Flixotide. From that day on she has not had any medication other than her flixotide which is now down to 1 puff a day and hopefully she will be off this for the new year. She has had two colds since commencing the program with no symptoms of asthma and Cheryl uses the techniques taught to her to get through the cold without the need for other medications. Robyn's benefits surprised her as she mainly did the program to support Cheryl, however she now sleeps better, wakes feeling rejuvenated with more energy and has not had a cold since. Also no more swelling and bloating that usually associates with women's monthly experiences. Robyn uses techniques taught to her for overcoming any pain that begins and they go.

Mary Wright

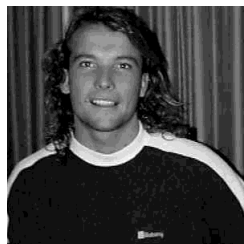
Denmark potter, Mary Wright attended the first Denmark Buteyko course which started in May 99.



"I am now off all medication and, as an added bonus, my overall health, confidence and energy levels have improved as well."

Buteyko has changed my life. This might sound very dramatic but it's true. For years I have been living with asthma; that dreaded feeling of pain and tightness in the chest followed by difficulty in breathing, the extreme panic when you feel you just can't breathe any more, hurried trips to hospital, preventer and reliever medication, nebuliser treatment, injections. After just three months on the Buteyko Breathing technique I have given all this away. I still get a very occasional mild tightness in the chest but this goes away immediately when I do the special breathing exercise. I am now off all medication and, as an added bonus, my overall health, confidence and energy levels have improved as well."

Troy Rogers



"Being an avid surfer I was attracted to the Breath Power - Buteyko Program for improving my personal stamina & endurance and to help me give up smoking..... which it certainly has done!"

Dear Steve and Aaron as you know I commenced the program in April 1998 and I just wanted to thank you both for the opportunity of attending the Breath Power - Buteyko Breathing Program. As I am about to go overseas I thought I would drop you a quick line. Before I undertook the program I felt my personal performance was lessening. This was due not only to the lifestyle I was living at the time but I found I just couldn't perform as well, my motivation was deteriorating and I was getting more & more puffed and running out of breath, especially after being held under by a wave. I experienced benefits in the initial week of commencing the program. I found that I didn't panic when being held under by a wave and could regain my breathing quickly, in time for the next. My paddling endurance improved and now it is not uncommon for me to be able to surf for 4 hours comfortably. I have stopped smoking and my posture and strength have improved by around 20%. I highly recommend this program to anyone. I consider it to be a lifestyle skill and the sooner you can learn it the healthier you will be. Once again thank you both.



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Testimonials

Jill Harvey & Fergus McPherson

Jill Harvey - Harvey Recruitment

Dear Aaron,

As you are aware, I was diagnosed with asthma only twelve months ago however in the past year, my medication had been increased quite significantly and I have felt very much that I was getting worse daily.

I had been made aware of the Buteyko technique months before I actually sought your help, however my scepticism, and my very strong attachment to the wisdom of conventional medicine kept me from calling. As you know, I "talk" for a living and on a particularly quiet day at work where I had interviewed only three people I had to go home early because I suffered an asthma attack and had a terrible feeling of desperation for air. This was my worst day and on an impulse I had one of my staff call to get the information on your organisation.

Within days of our first meeting, I experienced results.

My resting pulse rate was usually around 96 beats per minute, a fact commented upon many times by many doctors and now I rarely get above 82 beats per minute.

I am now more calm and relaxed about asthma attacks, (if I ever have another one), knowing that I can control my breathing without panic and without copious amounts of medication. I now only take my preventer medication and am working towards no longer requiring that.

I no longer have the terrible ache in the middle of my chest which I got when full of medication and the most amazing result (according to my husband) is that I am out of bed around 5.30am to 6.00am, ready alert and rearing to get to work. In all of our 23 years of marriage, I have never been able to get out of bed in the morning before him.

I often wonder if I truly had asthma and my symptoms were simply caused by hyperventilation.

In any event, I am thrilled with the result and even though I have been using the technique for a mere thirty two days, I know it can only get better.

I have not hesitated to recommend you and Grace and the excellent work you are doing.

Regards

Jill Harvey, Harvey Recruitment Australia

Fergus McPherson



"The Buteyko technique offers a safe, cost effective way of treating the cause of sleep apnoea. I am more than happy to recommend this technique".

Diagnosed: Sleep Apnoea Age 44

Medication Prior: Nil, CPAP Recommended

Symptoms prior to course: Weight gain, jaundice, chronic snoring 15-20 years, fainting, and a history of bouts of diarrhoea and nausea.

Commenced Buteyko: 1 Nov 1994 Since day two of the Buteyko Course I have noticed the following improvements with my overall health: Improved sleep, have not snored since, reduced appetite and better stamina as well as weight loss.

Recommendation: I was recommended to have laser surgery, due to the fact that the CPAP machine can be noisier than natural snoring. However I was not guaranteed that this would be a permanent solution as in 50% of cases regrowth occurs and further surgery may be required. The laser surgery may have helped the snoring but not the wind pipe collapses of up to 85%. The Buteyko technique offers a safe, cost effective way of treating the cause of sleep apnoea. I am more than happy to recommend this technique.



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Testimonials

Carl & Alison St Jac

Carl & Alison St Jac



We spent thousands of dollars trying to solve this problem. Fortunately, my parents helped us pay for the program and Alison's recovery started almost immediately

Dear Aaron, I am writing to offer my sincere thanks for your assistance in ending Alison's depression & panic and anxiety attacks. Hopefully this letter may convince other people with similar problems to try your technique, so I will give an outline of our history which will probably strike a chord with many others. We have been married nearly twelve years and for ten of those years have run our own business. We also have five children which has meant that our marriage has been hectic. We were coping quite well until about four years ago when our last child was born. One day Alison collapsed in the shower and ever since then, life has been a real struggle. Alison seemed to lose her zest for life. She found it hard to motivate herself to do the most simple things which she had previously breezed through. She said she felt "dead" inside and had no emotions at all. She didn't feel happy or sad or enjoy doing anything, she was just going through the motions. She also used to feel cold all the time and would be rugged up in bed on the warmest nights. One of the biggest problems was that she was unable to drive the car. Alison had always been a confident driver and had no problems driving in the heaviest of traffic. When she became ill she could manage to take the kids to school and drive around our local area, but couldn't drive out of town or even down the main street to the main shopping centre. We also had to have our groceries delivered because she couldn't cope with the fluorescent lights in the shops and had to wear sunglasses all the time. Alison also had a great fear of being alone at home with our two youngest kids in case she blacked out and the kids were left unsupervised. Sometimes she would curl up in a corner and just sob uncontrollably. There were many other associated problems which are too numerous to list. The difficult thing about this problem is that people can't see anything wrong with you and do not understand how a person who appears to be physically healthy is unable to perform the most basic tasks. you can imagine what people are saying when one of our kids can't go to a birthday party at the "Fun Station" because mum can't drive them there. because of the embarrassment you tend to put on a brave face and battle through without telling people, which is the worst thing you can do, because when you open up and discuss it, you are amazed to find out how many others are suffering in silence for the same reason.

When you eventually discover that this is a physical problem and that you are not a "nut case" it will be a great relief. I remember about eight years ago, a person that we knew was suffering the same problem and not understanding it, myself, Alison and our friends thought this woman was a lazy sympathy seeking hypochondriac. I now cringe with shame when I think what was said about that poor lady and how she was suffering. We spent thousands of dollars trying to solve this problem. Alison was constantly at the doctor and had numerous tests and monitors. She tried all sorts of alternative therapists and remedies but only ever had minor improvement. Just prior to Alison undertaking the Breath Power - Buteyko Program, as a last resort she started taking anti-depressant pills, but even they were having no effect. She even had an appointment to see a psychiatrist which she was fortunately able to cancel. we were initially very sceptical about the "technique" having tried so many other things without success. The cost was also prohibitive at the time as we had sold our business six months previously thinking that the pressures of the business were the root of Alison's problems. I had to take the kids to school and keep an eye on Alison at home which meant I was unable to do much work. Our savings had dried up very quickly due to me being too stubborn to apply for welfare assistance. Fortunately, my parents helped us pay for the program and Alison's recovery started almost immediately. She still had the odd bad day but they became fewer and further between. She found that she was able to get through her household chores a lot easier and slowly her driving ability returned. Bit by bit I could see the old happy, cheerful capable Alison Returning. It has now been around six months since Alison completed the program and she now seems virtually "back to normal". She has been driving to Perth and all over the place. She not only whips through the daily housework but has planted a veg garden and has rearranged the whole yard. I have never seen her so active, even before she became ill. A friend of ours who was suffering the same problems as Alison did the program last week and rang to say she also had already received a dramatic improvement. if you are reading this letter and considering doing the program, but are a bit "put off" by the cost, I would suggest that you beg, borrow or steal the money or even ring and discuss the situation with Aaron as he is very flexible and easy to deal with. The technique is truly amazing in it's simplicity and effectiveness. The fact that it is drug free is a huge bonus. We will always be indebted to the Breath Power - Buteyko Technique and Aaron in particular for returning our family to a normal happy functioning unit. We hope that this may help others to get over this terrible problem.

Carl & Alison St Jac. Safety Bay Western Australia



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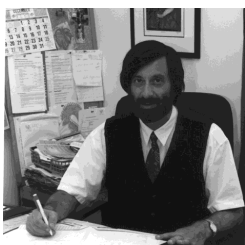
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Medical Observations

What doctors have said

Dr Paul Ameisen



I attended the clinics and found the approach, tuition and the method to be responsible and safe."

"Over the past two years I have examined many patients before and after the course and found the improvement to be repeatable to the degree that patients in over 90% of cases can stop chemical treatment, or reduce it to less than half of that previously required.

Dr Paul Ameisen M.B.B.S., M.D., D.A.C., N.D.

"I have experienced the Buteyko breathing technique both personally and professionally and found it to be a very effective treatment for asthma. I experienced substantial relief and improvement for my lifelong asthma and rhinitis within 3 days of starting my treatment seminar and the results have proved to be long-lasting. I was so impressed that I have now trained as a Buteyko practitioner." I have read testimonials and telephoned severe chronic asthmatics and I am satisfied the technique is also extremely effective for these patients. Children also respond well to the technique. The philosophy of the technique is simple but faultless and when you apply the technique people respond quickly. The essence of the technique desensitises the respiratory centre to carbon dioxide so the person learns to breathe less and the retained carbon dioxide works to resolve the conditions that caused the asthma/rhinitis in the first place. The treatment is cause-orientated and is certainly not a band-aid cure. Give the treatment a trial and I am certain you will be impressed."

Doctor Kevin Treacy, M.B.B.S

"As promised, I have recently reviewed the questionnaire responses from the two groups undergoing the Buteyko programme in Adelaide and Melbourne.

Of the responses which have been forwarded to me it would appear that there were 35 participants in Adelaide and 34 in Melbourne. In both centres there were approximately equal numbers of participants reporting mild and at least severe asthma.

Approximately 75% of all participants reported that asthma discomfort or attacks occurred less frequently after going through the programme and 90% had been able to reduce their medication."

Charles Mitchell Associate Professor of Medicine The University of Queensland Princess Alexandra Hospital

"Professor Buteyko's principles are entirely consistent with the physiological facts established by medical research 120 years ago. From observations of the practice and feedback from patients it is clear that most people who consistently apply the method derive significant benefit. The Buteyko system makes use of the person's own resources and trains them in taking responsibility for their own health. They become less dependent on outside agencies such as hospitals, doctors and physiotherapists, thereby reducing the costs to the health service. Although the intention is to free people from the necessity of taking drugs, which are known to have unwanted side effects, the Buteyko practitioners insist that the person's own doctor be consulted about this aspect of treatment. They do not interfere in the doctor patient relationship."

Dr Godfrey Nelson, M.B., B.A., F.R.A.C.G.P.



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Allergies, Eczema, Hayfever & Urticaria

The word allergy is defined in medical dictionaries as "a hypersensitive state".

Allergy is derived from the Greek allos, meaning other, and ergon which means work. If a person has an allergic reaction to something, what they are really experiencing is an altered, or exaggerated reaction. Thus, the allergy patient lives in an altered state of hypersensitivity.

The word allergy is not prejudiced with regard to its causes. So, allergy type reactions can be induced by either immune mechanisms (too much allergy antibody IgE) or by a direct hypersensitivity to an irritating fume, vapour or medication (as occurs with codeine and strong perfumes).

Allergic reactions are caused by the interaction of a person's immune system with the outside world. Foreign proteins especially small proteins from pollens, moulds and dust mites can cause an immune reaction in an individual. If the immune reaction induced by these foreign proteins, otherwise referred to as allergens, involves IgE antibodies, then the possibility exists for an allergic reaction to occur. Any substance which is able to induce a person to make an allergy antibody type of immune reaction is referred to as an allergen.

The most common causes of allergy and asthma symptoms are allergens derived from pollens, moulds, house dust mites, animal dander's and insects. Many people also experience symptoms of allergy due to altered reactions to foods and medications. If an allergic reaction occurs in your nose, eyes and sinuses physicians will call it allergic rhinitis. If the allergic explosion is occurring in the lungs it is called it asthma. All of these allergic diseases are inflammatory in nature.

Mainstream Treatment Approach

Avoidance of the known irritant or allergen responsible for inducing the state of hypersensitivity. When avoidance of a specific allergen source such as house dust or certain pollens is impossible then drug therapy is used.

Finally, when avoidance and drug therapy fail to adequately control the inflammation involved in a person's allergic disease, specific allergen immunotherapy (otherwise known as allergy injections) are used to help prevent the progression of the allergic disease.

Mainstream treatment offers little real hope to serious allergy sufferers. Allergens can, change as they are avoided. Treatment does not address the underlying cause of allergic reactions which is "hypersensitivity".

Breath Power - Buteyko for allergy sufferers

Allergy sufferers firstly must undergo an investigation of their condition, breathing pattern, symptoms and medications.

The first objective is to reduce symptoms of allergic reactions, this will vary greatly dependant upon which allergens are causing the problems. With asthma, hay fever, pollution and perfumes prescribed breath retention exercises with practice these symptoms very quickly.

The second objective is to reduce the frequency of reactions until the sufferer is no longer effected by exposure to such allergens.

Through respiratory reconditioning a person can improve important metabolic processes and the pH, nervous and immune systems. An alkaline system is more susceptible to virus and allergic reaction.

Respiratory reconditioning reverses the lowering of carbon dioxide in the nerve cells which increases the threshold of their excitability, affecting all branches of the nervous system and making them less over sensitive to outside stimuli. This leads to a reduction in irritability, sleeplessness, stress problems, unfounded anxiety fears and allergic reactions.

Depending upon the type and severity of allergies respiratory reconditioning can entirely reverse allergic reactions leading to asthma, hay fever, and rhinitis. Eczema, food allergies, urticaria (hives) and contact dermatitis may take longer.

Often sufferers of allergic reactions are surprised at how quickly allergic reactions diminish and in the course of time find that the old triggers of cats, pollution, fumes, dust mite, moulds and various food intolerance's have a progressively diminishing effect. They also report a reduction in the frequency and severity of colds and flu's.

For more details phone or email now.



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Respiratory re-conditioning for

Angina

Often described as stable or unstable angina is a type of coronary artery disease. The coronary arteries bring oxygen-rich blood to your heart. Because your heart is a muscle, it needs oxygen to work well.

Angina Is caused by a lack of oxygen in the heart muscle. The symptoms of angina include pain or discomfort in the chest, arms, back, neck, or jaw. Sometimes, angina pain may feel like a tightness or crushing sensation, or it may be a stabbing pain or seem like numbness.

Some people might mistake anginal pain as indigestion or gas pain. Unstable angina is more serious than stable angina because the risk of having a heart attack is greater.

Mainstream Treatment

Mainstream treatment is largely drug based and only addresses the symptoms. Drugs do not remove any of the blockages from arteries. They do relieve anginal discomfort by bringing more blood to your heart to work.

Some of the most common medicines given to patients with unstable angina include aspirin, nitrates, and beta blockers. The side effect of these drugs can include allergic reactions, acerbating of ulcers and other bleeding problems, dizziness, tiredness, depression, diarrhoea, mental confusion, headaches, heartburn, and shortness of breath.

An angioplasty is done like an angiogram. A thin tube called a catheter is inserted into an artery in the groin and threaded up to the blocked artery. This catheter has a very small balloon attached on the end. When the catheter gets to the blockage, the doctor inflates the balloon. When the balloon is deflated, the blockage may be opened : enough for the blood to get through, stopping the anginal discomfort.

None of the above treatments actually address the real cause of angina, which is a lack of oxygen to the heart, so the condition can become worse requiring larger doses of medication to relive symptoms or the development of other related conditions.

Paradoxically breathing in more oxygen will not properly address an oxygen starved heart. The release of oxygen to the heart is dependant upon the level of carbon dioxide which is lowered during over breathing.

Breath Power - Buteyko for angina sufferers

Angina sufferers firstly must undergo a thorough investigation of their condition, breathing pattern, symptoms and medications.

Varying according to their suitability and severity a prescribed course of respiratory reconditioning techniques are administered.

The first objective is to reduce angina symptoms, this is done with breath retention exercises that promote oxygenation to the heart, enabling patients various degrees of acute relief.

You will not need to alter your medication until you sustain less or reduced symptoms.

The second objective is to reduce the frequency of angina attacks. Through prescribed breathing exercises and life style changes, angina sufferers are able to reduce both the severity and frequency of their angina attacks.

In view of the fact all suffers of angina over breathe, through respiratory reconditioning they can increase the amount of oxygen to the heart and simultaneously increase the diameter of all vessels including arteries.

Even the level of cholesterol is known to drop, believed to be caused by an improvement in the pH. Depending upon the severity of their condition, angina sufferers often notice improvement in the reduction of angina severity after four sessions.

Patients are advised not to alter their prescribed medication until there is a sustained improvement in symptoms and then only in consultation with their doctor.

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Respiratory re-conditioning for

Anxiety, Agoraphobia, Panic & Situational Fears

Since the time of Ancient Greeks there have been consistent reports of a disorder causing the most irrational fears in otherwise sane persons. It was not until the latter part of the nineteenth century that this came to be known as **agoraphobia** which literally translated means "fear of the market place". It is the fear or panic or anxiety attacks, regardless of where they occur, that is the primary symptom of agoraphobia.

Symptoms that may be experienced;

Shortness of breath, pounding heart, dizziness or light headedness, tingling fingers or toes, tightness or pain in the chest, a choking or smothering feeling, feeling faint, sweating, trembling or shaking, hot or cold flushes, a feeling of unreality, an urge to flee, dry mouth, nausea or butterflies, jelly legs, muscle tension, visual disturbances, a feeling that you cannot get your thoughts together, a fear that you might die, collapse, lose control, go mad, or act in a crazy way.

These symptoms are a direct result of hyperventilation or over-breathing.

If over-breathing continues a second stage of hyperventilation is reached.

Symptoms that may be experienced include;

Severe vertigo, an inability to breath freely, a crushing sensation or sharp pains in the chest, temporary paralysis of muscles in different parts of the body, actual momentary loss of consciousness ("blackouts"), rising terror.

Although people vary greatly in their response to over-breathing, the symptoms listed are the most commonly reported. It is these symptoms of hyperventilation that produce what is known as panic attacks. Mild hyperventilation can also cause a person to remain in a state of perpetual apprehension.

One important point to be made about hyperventilation is that it is not often obvious to the observer, or even to patients themselves. In many cases hyperventilation can be very subtle. This is especially true if the individual has been slightly over-breathing over a long period of time. In this case there can be a marked drop in carbon dioxide but because the body is able to compensate for this drop, symptoms may not immediately appear. However, because carbon dioxide levels are kept low, the body is less able to cope with further decreases and even a slight change of breathing (eg a sigh or yawn) can be enough to trigger symptoms, therefore accounting for the sudden onset of many panic attacks, and why many sufferers report "I don't feel as if I am hyperventilating".

There are three types of over-breathing;

Episodic panting or rapid breathing

This tends to occur during periods of acute anxiety or fear. This type of breathing will reduce carbon dioxide levels very quickly and produce a rapid increase in anxiety.

Episodic sighing, yawning and gasping

Sighing and yawning tend to occur during periods of disappointment or depression and both involve excessively deep breathing. Gasping occurs when people think of frightening things such as doing something they have avoided for a long time.

Chronic habitual over-breathing

This type of breathing involves slight increases in depth or speed of breathing sustained over a long period. Generally, this is not enough to bring on a panic attack, but leaves the person always feeling apprehensive, slightly dizzy and unable to think clearly. If such people are placed in a stressful situation and increase their breathing even a little, this may trigger a full blown panic attack.

The fight or flight response

The fight or flight mechanism designed to protect us from danger in years gone by is being utilised unintentionally more often in the modern world and activated for longer periods of time.

This automatic response triggers a series of changes in the body as the brain becomes aware of danger as a result of messages received from the senses. Hormones are released and the involuntary nervous system sends signals to various parts of the body to produce the following changes; The liver releases sugar to provide quick energy, breathing & heart rates speed up, blood pressure rises, blood clotting ability rises preparing for possible injury, digestion slows down, sphincter muscles contract to close openings of bowel and bladder, muscles tense and immune responses decrease. This response is only useful for short term immediate threat and is harmful if continued over a long period.

Breath Power - Buteyko for panic & anxiety sufferers

The symptoms of panic & anxiety can be reversed and avoided by learning to breathe correctly. Respiratory reconditioning can immediately be implemented at the onset of symptoms and hence averting attacks as well as techniques to break the long & short term chronic over-breathing habits.

For more details phone or email now.



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Respiratory re-conditioning for Asthma & other respiratory conditions

The Buteyko Technique was first taught in Australia in 1990 to asthmatics and those with other respiratory conditions.

The first clinical trial, outside of the Soviet Union was conducted in Brisbane, Queensland Australia to determine the effectiveness of the Buteyko Technique for the treatment of asthma.

Conducted for the Australian Association of Asthma Foundations and Buteyko Australia, the study showed:

Asthmatics breathe three to four times more than World Health Organisation norms.

The Buteyko group

- Experienced a 96% reduction in bronchodilator medication
- The ability to reduce steroid medication
- Had a reduction in symptoms and attacks
- Experienced an improvement in quality of life score

The Control group

- Experienced no such improvement, even after being subjected to the best medical advice available.
- After eight months the Control group undertook the Buteyko Technique with the same results as the initial Buteyko group.

What is covered in the workshop program?

- Participants are taught Professor Buteyko's physiological explanations of asthma and other respiratory conditions.
- Instruction and confirmation of National Asthma Campaign guidelines with respect to the use of reliever and preventative medications.
- Instruction, supervision and guidance in how to use Buteyko symptomatic relief to overcome attacks from the first day.
- Instruction, supervision and guidance in how to use Buteyko breathing techniques for monitoring their condition.
- Instruction, supervision and guidance with the philosophies to change the underlying incorrect breathing patterns.
- Individual instruction with relation to their respective conditions, medications and health history.

What does this mean for the attendee?

- The ability to significantly reduce or eliminate the requirement for reliever medication
- The longer term ability to reduce steroid medication
IN CONSULTATION WITH THEIR DOCTOR.
- Knowledge and portable skills for total control of their asthma.
- The ability to become totally drug-free and experience levels of health possibly never previously experienced.

Buteyko Practitioners do not advise you to reduce preventative or steroid medications and do not interfere with the doctor patient relationship.

For more details phone or email now.



drug-free solutions & lifestyle strategies

Aaron Lumsdaine's Breath Power - Buteyko Training Services

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"A method whose time has come - A self generating way of optimising oxygenation to every cell and taking the body from a state of defence & merely existing to truly living by perfecting what you do most - Breathing!"

Chronic Fatigue Syndrome (CFS)

Chronic Fatigue Syndrome (CFS) is the current name for a disorder characterised by debilitating fatigue and a variety of associated physical, constitutional, and neuropsychological complaints including:

- * extreme fatigue
- * chest pain
- * difficulty concentrating
- * sore throat
- * tender lymph nodes
- * muscle aches
- * joint aches
- * feverishness
- * sleeping difficulties
- * rapid pulse
- * emotional distress
- * night sweats
- * psychiatric problems
- * allergies
- * abdominal cramps
- * rash
- * weight loss or gain
- * headache

Even though newly defined, it is not a new disease at all. References to similar conditions in the medical literature go back as far as the 1860's, and have been known by a variety of names including:

- * Chronic mononucleosis-like syndrome
- * Chronic Epstein Barr Virus syndrome
- * Fibromyalgia
- * Yuppie flu
- * Post viral fatigue syndrome
- * Postinfectious neuromyasthenia
- * Chronic fatigue and immune dysfunction syndrome (CFIDS)
- * Iceland disease
- * Royal Free Hospital Disease
- * Ross River Virus
- * Lymes disease

Treating CFS with the Breath Power - Buteyko Technique

A recent study conducted on the effects of the Breath Power - Buteyko Technique on the symptoms of Chronic Fatigue Syndrome has shown the following improvements with:

* Fatigue	87%
* Night sweats	75%
* Depression	70%
* Allergies	66%
* Anxiety	66%
* Visual blurring	66%
* Joint pain	66%
* Muscle aches	60%
* Difficulty sleeping	54%
* Headaches	50%
* Swollen lymph glands	50%
* Swelling of fingers	50%
* Recurrent fevers	50%

Those who continued their breathing exercise regimes for the recommended 10 - 12 weeks reported a 100% reduction in fatigue.

Reported improvements commenced as early as the first day of attending the workshop and most by at least the fifth day.

The overwhelming conclusion that emerged was that the Breath Power - Buteyko Technique was effective in reducing the symptoms of CFS even when other therapies and modalities had failed to make a significant impact on the overall symptom picture.

Some of the respondents have been well for many months with no return of any old symptom. In fact, their levels of wellbeing continued to improve as their symptom picture improved.

This study was conducted by Shellie Gaskin as a partial fulfilment for a Diploma of Naturopathy at the Perth Academy of Natural Therapies.

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Diabetes Mellitus & Other Hormonal Disorders

According to Buteyko's research all patients with upset hormonal functions, especially those with diabetes, show clearly noticeable hyperventilation or over breathing.

Data shows that the "control pause" produced by diabetes sufferers is usually 5 -10, and a maximum 15 seconds. And it is known, that the majority of diabetes patients develop arteriosclerosis resulting in heart attack, stroke, thrombophlebitis complicated with gangrene, etc. Buteyko claims the correlation between these diseases and deep breathing is proven by scientific research.

The disturbance of the organism from a low level of carbon dioxide can obstruct all hormonal activity. Amongst the most common are Thyroid complaints. Both over production and under production. When the breathing is normalised these problems diminish.

Buteyko claims that because modern medicine is generally not in tune with the real cause of diabetes, and this is commonly reflected in technical mistakes in its treatment.

Buteyko says:

"Now you understand that apart from insulin deficiency, a number of other processes also increase blood sugar content.

Hence, the conclusion: one can't estimate insulin concentration in blood by looking at the sugar level although coincidentally they can agree. We are convinced that the increase of sugar level is not a pathologically damaging factor.

Sometimes we observe a tenfold rise of blood sugar, and so what? Nobody died from such a hyperglycaemia. Sugar is not poisonous. That is clear for everybody.

In common practice the main criteria for choosing the insulin dosage is the sugar level. In leading Moscow clinics, insulin doses are regulated by blood sugar in spite of the fact that it is absurd and a great mistake. To define an insulin dose we need to find some true evaluating criteria for insulin deficiency."

Breath Power - Buteyko Technique for sufferers of diabetes mellitus & other hormonal problems

Diabetic and other symptoms related to hormonal problems generally improve quite rapidly. This includes acute symptoms and related conditions.

Due to the varying nature of these condition, type and degree of improvement will vary from case to case. However, there will always be a noticeable improvement in symptoms and the requirement for medication, congruous to an improvement in the breathing pattern.

Buteyko's Method for the treatment of diabetes mellitus and other hormonal problems is not to just stop taking medication, but to improve the function of the organism by improving the level of carbon dioxide through improving the breathing. Patients know when they are better, they know when their symptoms are diminishing. And in consultation with their doctor they can safely and intelligently reduce their requirement for medication - as their condition improves.

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Respiratory re-conditioning for

Emphysema, COAD, COPD & Chronic Bronchitis

Emphysema is a condition in which there is over-inflation of structures in the lungs known as alveoli or air sacs. This over-inflation results from a breakdown of the walls of the alveoli, which causes a decrease in respiratory function (the way the lungs work) and often, breathlessness. Early symptoms of emphysema include shortness of breath and cough.

The lung has a system of elastic fibres. The fibre's allow the lungs to expand and contract. It is known from scientific research that the normal lung has a remarkable balance between two classes of chemicals with opposing action. When the chemical balance is altered, the lungs lose the ability to protect themselves against the destruction of these fibres.

There are a number of reasons this chemical balance occurs. Mainstream thinking is of the view that smoking is responsible for 82% of chronic lung disease, including emphysema and the exposure to polluted air. Irritating fumes and dusts on the job also are thought to be a factor. Smoking and pollution are certainly not good for the lungs however this does not explain how non-smokers and those who live in clean environments contract emphysema.

Mainstream treatment for emphysema

Bronchodilating drugs just like the ones asthmatics take are used to treat emphysema if there is a tendency toward airway constriction or tightening. These drugs may be inhaled as aerosol sprays or taken orally, also antibiotics for bacterial infection, such as pneumococcal pneumonia.

Despite intense research, increasing and earlier treatment and a greater usage of medication, Chronic Obstructive Pulmonary Disease (COPD), a term that generally applies to chronic bronchitis and/or emphysema, has increased by a dramatic 57% between 1982 and 1993. The longer term medical choices are oxygen dependence, lung reduction surgery or transplant surgery.

Breath Power - Buteyko for emphysema sufferers

Emphysema sufferers must first undergo a thorough investigation of their condition, breathing pattern, symptoms and medications.

Breath Power - Buteyko proponents claim that the emphysema is the result of long term chronic overbreathing and that like asthma the body reduces the ventilation to maintain a chemical balance. All people who suffer emphysema overbreathe, often three or many times more than the recommended tidal volume.

A strong devotion is required to reconditioning the breath including a strong adherence to prescribed breathing exercises and possible lifestyle changes.

Depending upon the severity of the condition results vary, the optimum being a complete elimination of all symptoms and requirement for medication. This may occur when treatment is instigated shortly after diagnosis. Symptomatic medication should not be reduced until there is sustained improvement in symptoms.

In most cases a reduction in breathlessness and an extraordinary improvement in quality of life can be achieved. Reduced breathlessness, increased mobility, improved sleep and energy levels as well as reduced requirement for medication are typical.

The first objective is to reduce acute attacks of breathlessness, this is achieved with a combination of lifestyle changes and prescribed breathing reconditioning techniques.

The second objective is to extend the ability of the sufferer to walk, climb stairs and exert themselves without lapsing into acute breathlessness.

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Respiratory re-conditioning for High Blood Pressure & Obesity

High Blood Pressure

According to Buteyko's rationale, high blood pressure is a direct result of the lack of carbon dioxide due to over breathing. He claims that all sufferers of high blood pressure over breathe. He cites known physiology for its occurrence with particular reference to the "Bohr Law". And that high blood pressure is a mechanism to compensate for the hypoxia caused by over breathing. And says:

"The lack of oxygen in the brain (hypoxia), caused by the deep breathing, is aggravated by broncho and angiospasm.

The organism's attempts to compensate for hypoxia of vital organs and results in high blood pressure (arterial hypertension). Consequently, the blood flow increases and blood supply to the organs improves."

Buteyko's superior logic is that high blood pressure serves a purpose. It is a mechanism that is useful, despite the fact that has long term consequences.

Results for sufferers of high blood pressure who practice Buteyko's Method

As the breathing pattern improves so does oxygenation and the bodies attempts to compensate via increasing the blood pressure are reversed.

Medications which lower the blood pressure, do not address its cause and in fact will increase the loss of carbon dioxide. This explains why blood pressure medications often have to be increased in strength, and why they often have other side effects.

In the course of time and as oxygenation is improved and blood pressure lowers, patients can

slowly reduce their medication proportionally. Treating high blood pressure with Buteyko's Method is not a casual affair. The mechanisms which regulate blood pressure vary in their compensation and the process can require considerable expert management - often over an extended period of time.

see also: The theoretical Understanding behind the Buteyko Method

Obesity

Sufferers of obesity invariably over breathe. Most are always short of breath. And the mechanisms which produce obesity vary enormously. Usually however they are a combination of hormonal disturbances resulting in drops in sugar level causing over eating, over sleeping, and a slow metabolic rate. There is also the view that obesity is a mechanism which facilitates the storage toxic residue.

Conventional treatments for obesity have proved virtually fruitless except for isolated cases, despite an ever increasing plethora of treatments.

It is common for Buteyko students to find that their appetite reduces, their energy increases and as a consequence they lose weight. Often quite dramatically.

It should be noted that obese people often have other conditions which are "masked" by their obesity, and quite often these conditions will be rectified before profound weight loss occurs. Even so positive results are evident within a week or so.

Buteyko's Method for the obese should not be considered a weight loss program in isolation to the rest of the health.

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Commonly diagnosed conditions

Professor Buteyko says that the body has various ways of defending against what he calls a "hidden hyperventilation". This hidden hyperventilation has the effect of blowing off carbon dioxide which is a catalyst in the oxygenation process. There are approximately 150 self manifested diseases that relate directly to incorrect breathing.

By normalising their breathing pattern and creating the correct internal balance, physiological changes can occur through increased oxygenation which effect the whole of the organism.

Aaron Lummsdaine has helped over 4000 clients over the last seven years.

Most people that attended in the early stages were those who were fast running out of options with traditional treatments. Interestingly enough, most of them had one or two other diagnosed conditions.

As the list of asthmatics treated with the the Breath Power - Buteyko Technique grew Aaron found that more and more people were reporting not only reduction in their asthma symptoms but also reductions in symptoms and ailments with their other diagnosed conditions including:

- * Anxiety
- * Arthritis
- * Attention deficit disorder
- * Chronic Fatigue Syndrome
- * Endometriosis
- * High blood pressure
- * Diabetes
- * Fibrosing Alveolitis
- * Irritable Bowel Syndrome
- * Haemorrhoids
- * Hypoglycaemia
- * Thyroid Conditions
- * Multiple sclerosis
- * Sleep Apnoea

- * Eczema
- * Rhinitis
- * Sinusitis
- * Bronchiectasis
- * Tinnitus
- * Scoliosis
- * Emphysema
- * Gout
- * Heart conditions
- * Epilepsy

Analysis of attendee records has shown that the majority had two to three major health conditions prior to starting the courses. Aaron has developed programs for people with these conditions.

The aim of the Breath Power - Buteyko Technique is to recondition your Breathing pattern toward normal. In doing so this provides more oxygen to tissues and organs which in turn increases the functioning ability of the Brain and the Digestive, Hormonal, Vascular, Nervous and Immune Systems.

As your overall health improves and in consultation with your GP you can arrange to reduce your medication accordingly.

The Breath Power - Buteyko Technique gives you control of your condition.

People consistently report

- * improved quality of life
- * greater energy levels
- * improved sleep and more importantly
- * the ability to significantly reduce or totally eliminate their reliance on chemical intervention

Our reputation is based on the results achieved from the natural, purely physiological changes that occur from increased oxygen absorption.

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Improving Personal Health

Today's society places a lot of emphasis on healthy living by exercising three times a week and eating three good meals a day. However we probably don't realise that to achieve this, correct breathing habits must be involved as the foundation for a healthy lifestyle.

We are conditioned to believe breathing is an involuntary action.

As well as commencing and ending our lives, breathing is the single largest component of our daily processes. We breathe on average 30,000 times a day, and how we breathe determines how healthy we are or will be.

Incorrect instruction on how to breathe, increased preservatives, chemicals, toxins, and the combined stresses of our fast paced lifestyles all exacerbate our breathing. Whenever your heart rate increases your breathing also increases.

With increased breathing the organism 'blows off' vital gases required for correct and balanced oxygen absorption. To stop the imbalance, dependent on your physiological make-up, Buteyko claims the body implements various defence mechanisms to stop or reduce the overbreathing.

**Purely and simply;
perfect what you do most each
day and your body functions better.**

Many of us tend to put up with these symptoms because they are not intense enough to debilitate us. We can take some quick fix remedy or sleep it off. However the older we get and the more used to the individual aches and pains the more they are incorporated in our intrinsic make up or homeostasis and accepted as "normal".

Overbreathing Symptoms

The following list of symptoms are some significant indications of incorrect breathing or overbreathing

- * Headaches
- * Migraine headaches
- * Painful periods
- * Excessive mucus production
- * Deteriorating eyesight
- * Weight gains
- * Weight loss
- * Constipation
- * Palpitations
- * General aches and pains
- * Nasal polyps
- * Bronchitis
- * Insomnia
- * Cough
- * Allergies
- * Fatigue
- * Snoring
- * Haemorrhoids
- * Mouth Breathing

Imagine experiencing days, weeks or years of symptom free health.

It is not until these symptoms have gone that you can be open again to the possibilities of what it is like to be healthy, experiencing levels of health you may have never experienced before.

Many people report that the longer they use the Breath Power - Buteyko Techniques the less they experience these symptoms.

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Respiratory re-conditioning for Sleep Apnoea & associated symptoms

What is Sleep Apnoea?

Breathing disorders during sleep can lead to disturbances as commonplace as snoring. In more extreme cases, they may cause daytime hypersomnolence - the inability to stay awake during the day. The term apnoea is used to describe a pause in breathing of 10 or more seconds. Sleep apnoea is defined as having 30 or more apneic episodes per 8 hours of sleep. Sleep Apnoea Syndrome (SAS) is characterised by numerous apneic episodes along with loud snoring and daytime sleeping.

Daytime sleeping is a real problem on the job or while driving. Falling asleep at the wheel is a common problem for SAS patients and the cause of numerous accidents. Falling asleep at work frequently results in injury and/or job loss.

SAS can also lead to memory problems as well as difficulty concentrating and thinking. Anxiety and/or depression are frequent symptoms, as is irritable and aggressive behaviour.

Physically, a person with SAS may experience early morning headaches, sexual dysfunction, chronic tiredness, high blood pressure, and swelling of the extremities.

Current medical treatments

Nonsurgical treatments for SAS include supplemental oxygen and continuous positive airway pressure (CPAP). CPAP is effective but it is uncomfortable, and wearing a mask while sleeping is inconvenient. Bilevel positive airway pressure (BiPAP®) also provides noninvasive ventilatory support through a nasal mask offering alternated levels of gas flow.

Sometimes surgery will be suggested. There may be an obstruction that has to be removed or the situation may warrant a tracheostomy.

A tracheostomy requires the surgical insertion of a tube into the trachea. This procedure is intended for people with severe symptoms.

Patient history and a physical exam may indicate the need for a polysomnogram (a formal sleep study) to confirm a diagnosis of SAS. It will document the number and length of each apneic episode and help to determine the severity of the breathing disorder. A polysomnogram is only one of a series of tests that will probably include an electrocardiogram (ECG), a chest x-ray, a pulmonary function test, and arterial blood gas analysis.

Polysomnography requires the attachment of sensors to various parts of the body. These sensors provide signals that are amplified and recorded on a printout. The printout can be analysed to determine how severe the condition is as well as what therapy is most desirable.

Benefits of the Breath Power - Buteyko Technique for sleep apnoea.

- * Self administered without noisy and/or invasive associations.
- * Can last for a lifetime.
- * Recuperation rather than side effects.
- * Curative, not just symptomatic relief.
- * Accessible to all existing and potential sufferers of snoring, apnoea and fatigue and therefore preventative.
- * Less expensive, 10-15% of the costs for less effective treatments available.
- * Helpful for all apnoea cases, not just what is described as obstructive sleep apnoea (OSA)
- * Improves overall health by optimising oxygenation, 24 hours a day.

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Respiratory re-conditioning for

Stress & related disorders

Stress, the exposure of an enigma within a mystery.

Stress is ambiguously blamed for exacerbating or causing many health problems. I.P. Pavlov understood that undischarged emotions are bad for the organism, but failed to explain why. Buteyko explains precisely.

As Buteyko claims: "Any stress leads to the deepening of breath, it is an ancient body reaction. During positive or negative emotions, an intensive CO₂ exhalation from the body occurs. As a result, the central nervous system becomes over reactive and the breathing deepens. Because of deep breathing the oxygen content in lungs slightly increases. Finally a strong tension develops, which is necessary to mobilise physical strength to attend the stress - in the form of fighting, attacking, defending, fleeing, etc.

We have to view the increase in CO₂ exhaling, the boost of energy and the intensification of metabolism as compensatory factors. In order to eliminate stress, one has to lessen the depth of breathing, in other words, to use Buteyko's approach and by doing so calm the nervous system down. This is exactly the reverse of the common advice to "take a deep breath" when stressed. It seems to work temporarily, only because a temporary apnoea mechanism has been employed and the breathing seems to relax. But in fact, the stress will intensify and its consequences grow accordingly.

During a stress some psychotropic substances - such as adrenaline noradrenaline and others are produced. They stimulate our defence and attack reactions, enhance our muscle strength, and so on. At the same time the production of insulin goes down and its concentration in blood drops. Deep breathing causes some body reactions leading to the increase of sugar content in blood, which helps the body cope with the energy upsurge. The increase of blood sugar is useful when there is enough insulin in the body because it enhances the gaseous substances flow into muscles, brain and cells and consequently normalises their functions.

However, if deep breathing lasts longer, the compensatory mechanism turns into a pathological one and with time an insulin deficiency or other problems develops. Together with CO₂ deficiency it leads to all kinds of metabolic destruction. For example, due to stress and deep breathing, arthritis patients have increased cholesterol content. It has been confirmed in experiments. Decreasing the depth of breathing the cholesterol content in blood returns to normal.

Another factor which promotes stress is the intellectual and philosophical misconception between real and abstract threats to the organism. This problem is enhanced by deep breathing, which reduces the function of logic, due to poor oxygenation of the brain.

When emotional functionality overrides logic there is confusion. Perhaps if someone is coming at you with a meat axe, there should be a degree of emotion; this is a part of your defence mechanism against physical threats. If on the other hand someone insults you without any implied physical threat, strong emotions should not be involved; it is an abstract problem, one for the logical part of the brain to assess and reason with.

A man's investment crumble into nothing, he mistakenly perceives this a physical threat, when there is none, his breathing intensifies, emotions rise, the organism becomes stressed. This is how investors get a heart attack when the stock market crashes. This also explains partially why meditation works, during meditation the breathing decreases.

Breath Power - Buteyko for Stress Management

Of all the results which occur from the practice of Buteyko's Method former sufferers of acute stress provide some of the most fascinating insight to the depth of how profound Buteyko's Method is. Patients routinely report that they find a new inner calm. They become more accepting of events, instead of struggling against them. They frequently report of situations, which would have normally caused panic or outbursts of temper being dealt with in a calm and grounded manner. Instead of emotional responses, logical ones take their place. And obviously all the symptoms associated with stress will diminish in proportion. Racing pulse, fear without reason, breathlessness, insomnia and short temper are usually the first to be noticeably improved. 2,500 years ago Guatama the Buddah taught the concept of "breath awareness" as a fundamental step toward "enlightenment". Watching the breath was considered of primary importance in meditation and increasing awareness. It would seem that Buteyko and his method have isolated a physiologically congruous aspect of this teaching.

Breath Power - Buteyko Technique for Stroke

Buteyko claims that no person who suffers stroke breathes correctly. Certainly after a stroke it can be observed that the stroke sufferers breathing is very poor indeed.

Sufferers of stroke who learn Buteyko's Method find that their recovery is greatly enhanced and related conditions such as high blood pressure are greatly improved. It is routinely observed that as their breathing pattern improves stroke symptoms diminish and the speed of rehabilitation is greatly increased. The sooner the "method" is applied after the stroke the better.

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Respiratory re-conditioning for

Sports Performance Enhancement

Athletes seek the competitive edge.

Many athletes nowadays, subjected to high performance expectations and high pressure training regimes, experience high injury rates, burnout and shortened athletic careers.

Athletes seek the competitive edge

Athletes are using the Breath Power - Buteyko techniques as part of their training program because it offers them;

- * increased stamina
- * increased endurance
- * increased performance
- * quicker recovery
- * better ability to absorb oxygen
- * quicker recovery from injury
- * increased muscle development
- * greater benefit from training, (often with reduced effort)

By using the Buteyko Technique to perfect their breathing patterns both on and off the field, athletes allow their bodies to fully enjoy the benefits of better oxygenation.

This in turn enhances the benefits of exercising and assists in developing the full potential of the athlete or health conscious person.

Sports people using the Buteyko Technique.

Ramon Andersson (Olympic Kayaker)
Emmily Snook (Olympic Rower)
Mathew Dunn (Olympic Swimmer)
Dion Russell (Walker)
Jaime Fernandez (Rower)
Paul Genovesi (Rower)
Craig Riddington (Ironman)
Kylie Webb (Professional Surfer),
Jason Norrish (Fremantle Docker - AFL),
Craig Burrows (Fremantle Docker - AFL),
Caron Clonda (Squash),
Micheal Klim (Swimmer),
Mindy Meehan (18' Yacht Sailing)
John Laurito
(Swan Districts Football Club - WAFL)

Individual and personal training is also conducted.

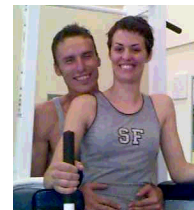
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Peter & Georgia Zoric

For someone who had never been able to do exercise due to the severity of her asthma, the exhilaration she now feels at being able to do a workout without feeling breathless and completely drug free is truly amazing!

In contrast, Peter on the other hand had spent the major part of his life playing sports and martial arts. He decided to undertake the Breath Power Program after seeing the changes in his wife's health. He also knew the importance of correct breathing during exercise.

After both completing the initial Breath Power Program they decided to enlist Aaron's experience in personally training them in correct breathing habits in a specially tailored exercise program. Peter was amazed at the difference in his own performance and the ability of less physical exertion for better result.



Rodney Lockyer

Since attending my Breath Power - Buteyko Sports Enhancement Program I have experienced incredible improvement in many of the physical problems I was suffering. All fatigue I used to suffer has long disappeared and my sleeping patterns have improved tremendously. I used to wake up four to five times during every night and had seemed to be suffering from this for many years. I would require at least eight to ten hours sleep a night. Since developing by breathing according to the Breath Power - Buteyko principles I now only require five to six hours sleep and it is sound and solid sleep and I no longer suffer from morning drowsiness and I am definitely functioning better. I undertook the Breath Power - Buteyko Sports Enhancement Program, as I am a State Taekwondo coach and am involved in daily exercise and activity at an elite level. The breathing techniques I have implemented have improved my cardiovascular system to a level it has never been before allowing me to perform at higher levels in both my technical and strength training. Some of the eating principles that are suggested in the program have also improved my physical condition to a new level. Having long since eradicated bad habits of sleeping, eating and over-breathing I have found a new outlook on life, one that is full of energy, vitality and an excitement. I thoroughly recommend this program to anyone wishing to improve their energy levels and physical condition.



drug-free solutions & lifestyle strategies

Aaron Lumsdaine's Breath Power - Buteyko Training Services

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Facsimile: 61 8 (08) 9316 0193 Mobile: 0404 217753 International: 61 404 217753
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"A method whose time has come - A self generating way of optimising oxygenation to every cell and taking the body from a state of defence & merely existing to truly living by perfecting what you do most - Breathing!"

Respiratory re-conditioning and the Benefits of the drug-free Breath Power - Buteyko Technique Program

Typical results of the correct practice of Buteyko's Techniques include:

Elimination of asthma and allergy symptoms, usually beginning on the first day or so and the requirement for symptomatic medication, diminishing proportionately.

Cessation of snoring, a much easier and more effective option than surgery or divorce.

Reduction of the symptoms of breathlessness, even for those diagnosed with emphysema. We have lost count of how many people have come into a program dependent on administered oxygen. Within a few days they are able to breathe easily without it, walking further than ever, without becoming breathless.

Angina and anxiety symptoms strongly curbed until they invariably completely cease.

Racing pulse begins to lower, concentration improves, and blood pressure begins to normalize.

High blood pressure lowers, and conditions such as tinnitus diminishes proportionately. Paradoxically, low blood pressure normalizes.

Hormonal problems, in particular thyroid complaints improve.

Diabetics begin to notice substantial shifts in their condition.

Digestive complaints such as ulcerative colitis, burping flatulence and the symptoms of crohns reduce or disappear.

High cholesterol levels normalize.

Sufferers of chronic fatigue, find renewed energy, they need less sleep and begin to thrive.

Metabolic rate improves and appetite diminishes, a most natural way to lose or normalise weight.

For those who are underweight and suffer eating disorders appetite improves and weight normalises.

Insomniacs report their first sound sleep, often in years within a few days. And people who suffer from sleep apnoea find almost instant improvement, even with their daytime insomnolence. They can safely sleep without those noisy machines that increase partial airway pressure.

Stress related symptoms, which make all health problems worse, are dramatically reduced, often to a fraction of former levels within days.

Other benefits

Apart from the elimination of the symptoms of the "diseases of civilization", the practice of Buteyko's Method provides other benefits:

Mental clarity, improved concentration and increased physical capabilities. Improved energy and alertness and a sense of inner calm are strongly cultivated.

Often diverse conditions, which were not the focus of attention improve, or are eradicated. These include infertility, erectile dysfunction, constipation, menopausal conditions, cramps and even simple headaches are eradicated.

Why do all these benefits happen?

When you consider that we breathe approximately 30000 times a day and that the metabolising of oxygen from the blood stream to the cells, muscles and tissues is dependent on the volume of air breathed to maintain sufficient production of carbon dioxide it all starts to make sense.

For more details phone or email now.



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What you will learn by attending a Breath Power - Buteyko Workshop

Hyperventilation, whether hidden or intentional, is defined as a rate and depth of breathing which is too much for the body's need at a particular time.

The effect of hyperventilation is a "blow-off" of carbon dioxide.

Efficient functioning of the body's metabolic processes depends on a specific balance between oxygen and carbon dioxide in the lungs and bloodstream.

The Buteyko technique re-creates this balance by reprogramming the breathing centre.

The Buteyko technique teaches you how to breathe properly - normally - for optimum health.

How is the technique taught?

The technique is taught by a trained and qualified Buteyko Practitioner, usually in a course conducted for two hours per day over five consecutive days or over a weekend..

Who can learn?

Children as young as three have been able to learn the technique and adults of advanced years have improved their health substantially.

How many people in a group workshop?

Dependent on location the Scheduled Workshops range from 3 to 10 people.

Should I do an Individual Program?

Individual programs can be conducted either at our Head Office or at your home. The main benefits being individual attention and the ability to be more flexible with timings to suit your lifestyle. People with more severe conditions or those with anxiety may prefer this program.

Participants receive:

- * Individual assessment of their present and past conditions and symptoms by a qualified Breath Power - Buteyko Breathing Practitioner.
- * Information on the history, theory & philosophy of the Buteyko Technique.
- * Guided instruction and practice in Breath Power - Buteyko Breathing exercises, including how to overcome & prevent attacks, symptoms, aches & pains.
- * Individual breathing exercise regimes.
- * Information on the effect of diet on breathing.
- * Information on how to incorporate buteyko breathing with exercise, talking and other tasks.

Participants regularly report:

- * Noticeable improvements as early as the first day of the course.
- * Reduction in pharmaceutical and medical costs.
- * Greater understanding of their condition.
- * The ability to monitor their condition accurately and naturally.
- * Better sleep and improved energy levels.
- * Improved quality of life.

Participants leave the course with

- * A rational theory of how the body functions and why it implements certain defence mechanisms.
- * Personal goals and targets.
- * Ways of monitoring and improving their condition.
- * Control of their health.
- * Access to phone and e-mail support.
- * An appointment for a post course assessment.

The results the Technique achieves are simply from the natural physiological changes that occur through the increased ability to absorb oxygen.

How much does it cost?

Please refer to the "Instructions for application" form which accompanies this letter. Group workshop prices are on the inside left hand page and the individual programs and home visits on the right hand page. Payment plans are also shown. Deposits are required when booking.

For more details phone or email now.



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Where and how are the programs held

Types of Programs Offered

How are the Programs structured?

The programs are structured to cover all aspects of breathing usually in a 10 hour program and include a follow up session either by appointment, telephone or email consultation.

The sports performance program includes an extra four hours of specific training in relation to the type of sport you are involved with or an exercise program you wish to develop.

Group Workshop Weekday (3 - 10 people)

Scheduled programs at the head office usually commence on a Tuesday.

The most popular times are:

Tuesday	10 - Noon or 6.30 - 8.30pm
Wednesday	10 - Noon or 6.30 - 8.30pm
Thursday	10 - Noon or 6.30 - 8.30pm

The following sessions will either be 2x2 hour over the next two weeks or 4 x1 hour sessions over the next four weeks.

Interstate and Overseas usually commence on a Monday and conclude on a Friday. Early bookings can dictate program timings.

Weekend Workshop (3 - 10 people)

Currently the most commonly attended program. Commencing on a Friday evening for two hours with two, two hour sessions on Saturday & Sunday. Time structures are usually as follows however early bookings can dictate timings

Friday	7 - 9pm
Saturday	10 - noon & 5 - 7 pm
Sunday	10 - noon & 4 - 6 pm

Individual Programs

Structured by mutual arrangement and on clients progression and implementation. Times can start as early as 6am and can conclude by 10pm.

Home Visits

Structured by mutual arrangement and on clients progression and implementation. Times can start as early as 6am and can conclude by 10pm.

Sports Performance

Structured by mutual arrangement and on clients progression and implementation. Times can start as early as 6am and can conclude by 10pm.

How much does it cost?

Please refer to the "Instructions for application" form which accompanies this letter. Group workshop prices are on the inside left hand page and the individual programs and home visits on the right hand page. Payment plans are also shown.

A 20% Deposit is required when booking within Australia and a 50% deposit is required for Overseas bookings.

Pricing is in Australian dollars within Australia and US dollars for overseas.

Refer to the current scheduled programs for specific details at:
<http://www.buteyko.com.au/product/scheduledworkshops.html>

I will go anywhere.

Start a program in your town by booking now.

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What are you doing this weekend?

I think I'll feel better!

"I found the program beneficial in the very short period thus far. The concepts are logical and I feel equipped with the skills that I can progress to achieve sporting goals I'd given up on. Certainly for the decrease in pain to my shoulders and neck alone, is well worth it. Many thanks."

DAVID BALDWIN, CITY BEACH, WA

"It's amazing that changes in symptoms can be seen after just one session I feel the weekend workshop was great to keep you "on-track", checking in and being motivated to think about your breathing, almost constantly, to improve by the next session, only a few hours away. Thank you for your patience and guidance."

DEB PETHER, MOSMAN PARK, WA

"The program filled in many gaps left from having read the book "every breath you take". An interesting and fulfilling seminar."

KEN PETHER, MOSMAN PARK, WA

"I was so impressed at how quickly my wife had been able to stop coughing. After having a persistent cough and wheeze for at least the last three years the difference was noticeable after returning from the first session."

DANIEL WARD, MANLY, NSW

"An enlightening exercise into having more control over one's own body and health, completely naturally."

WENDY HANSEN, SA

"I really enjoyed the simplicity of the course & the overall improvement I felt in my health. For the first time I could feel my nasal passage as it was so much clearer. I enjoyed the group dynamics & the non-threatening way Aaron facilitated the course."

INGRID LEWIS, WATERVALE, SA

"Has been a full programme of ways to learn to change our health and old learned habits from young. It will benefit so many things connected to health & breathing. Aaron is the epitome of what the course does for everyone."

MARY H, SA.

So, what are you doing this weekend?

Most people who attend Aaron Lumsdaine's weekend workshop program report they feel better, have greater energy and are sleeping better.

With over 49 years of research behind this fantastic program you can learn to self oxygenate your body.

In just one weekend you can transform your health and wellbeing by learning skills and techniques that can be integrated into your daily routine for the rest of your life.

Suffer no longer, join the thousands of people who have enriched their health and lifestyle.

Aaron Lumsdaine a highly motivated and enthusiastic presenter with over seven years experience travels extensively throughout the world imparting this winning formula for implementing the Breath Power - Buteyko Technique.

Your attendance is required for five two hour sessions scheduled over a weekend program commencing Friday evening and includes a thirty day check-in either by visit, email or telephone.

A deposit is required as program numbers are limited to between five and ten special people depending on location.

All major credit cards accepted.

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