

**Buteyko Asthma Education Co. USA**  
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USA

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We're on the web!  
<http://www.buteyko-usa.com>

**BUTEYKO CONTROLS ASTHMA NATURALLY  
AND REDUCES DRUG DEPENDENCY BY AT LEAST 90%**

Please mail me a free information pack

Name: .....

Address: .....

Email.....

Daytime Phone Number: .....

**Buteyko Asthma  
Education  
Company USA**

**Drug-free  
Asthma  
Management**

**\* Learn Buteyko \***



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The true stories in this booklet are about people who have overcome their asthma and other breathing-related problems by using the Buteyko technique. They were taught in New Zealand or in the US by Jennifer or Russell Stark, tutors for Buteyko New Zealand Ltd. or by Susan Neves, tutor and owner of Buteyko Asthma Education Co. USA,.

### Too amazing?

“I was a skeptic of the method but can honestly say it has virtually made my life asthma-free. I went to the Doctor last October just for a check-up and thought that I had better get another puffer for relief (Ventolin). A year later I still haven’t picked it up from the chemist!!!” Jill Payne. Hastings

“I went along to the Buteyko course (my husband insisted) thinking it would be just another ‘quack scheme’ to cure asthma. I couldn’t believe it when after 2 nights, I did not have to use my Ventolin at all. I just got better and better. Now I can do a lot of things without using my puffer. It’s a miracle.” Marilyn Bates. Invercargill

## Initial Registration Form

**Name of Attendee:** Mr. / Mrs. / Ms. / Miss

.....

**If attendee is a minor, name of parent or guardian.**

.....

Children under 16 must be accompanied by a parent or guardian

**Address**

.....

.....

.....

**Email**

.....

**Telephone**

.....

**Please check one:**

Adult     Child     Couple     Family\*\*

\*\*A family consists of one or both parents and their dependent child(ren) living under the same roof

**Payment method desired:**

**Single Payment:**



**Payments (no interest):**

\$...../ month



To secure a place in the course, I enclose a deposit of \$.....

I understand that providing I try the Buteyko Method for the first 4 days of the course, I am entitled to receive a refund of any money I have paid within 30 days of the first day of the course.

**Signature:** .....

**Date:** .....

## Buteyko Courses Coming Up In the USA

### What Does It Cost?

The course fee is :

**Payment for the course can be paid off from as little as \$25.00 per month interest free.**

Apart from a deposit to hold a place in the course, no further payments are made until you have tried the method for 4 days.

In addition, the course fee entitles you to attend any Buteyko Course at any time should you decide you want a refresher. You also have access to a 24 hour asthma help line.

**The Buteyko method comes with a money back guarantee if the method does not help you. If you are not satisfied, contact me within 30 days of starting the course and providing you have attended 4 days of the 4 day course, all the money you have paid will be refunded.**

### How Do I Enroll?

Complete the **Initial Registration Form** on the following page and send it to:  
Buteyko Asthma Education Co. USA  
2507 Brewster Road  
Indianapolis IN 46268-1356

### Who does Buteyko help?

The Buteyko Method is currently used successfully in Russia, New Zealand, Australia, Great Britain and other countries for the treatment of asthma, allergies, emphysema, chronic bronchitis, hyperventilation syndrome, panic or anxiety attacks, bronchiectasis and for the relief of chronic sinus and hayfever.

### Why Does Buteyko Work?

Primarily we breathe to meet the needs of metabolism—to provide the body with sufficient oxygen and to remove excess carbon dioxide. When you exercise you need more oxygen and your body produces more carbon dioxide than when you rest. If you breathe heavily, deeply or quickly when you are resting, this is called hyperventilation because your metabolic needs are less at this time. Buteyko calls it “hidden hyperventilation” because no one around you is aware that you are doing it—not even you! Studies show repeatedly that all asthmatics breathe considerably more than is regarded as normal. This chronic over-breathing or hyperventilation results in irritation, inflammation and constriction of the airways. Maybe you have noticed that the more you breathe, the more breathless you feel? Conventional asthma treatments attempt to control the symptoms. The Buteyko Method addresses the root of the problem by restoring normal breathing patterns. When you use the Buteyko Method, you have less symptoms and so require less medication.

### I Don't Think That I Hyperventilate

The following symptoms are commonly connected to hyperventilation: How many are familiar?

- **Respiratory system:** Shortness of breath, tightness in chest, over sensitivity of airways, excessive sneezing, production of mucus, long term blocked or running sinus, excessive yawning and sighing.
- **Nervous system:** Light-headedness, dizziness, unsteadiness, poor concentration, numbness, tingling and coldness especially in the hands and fingers and often in the face. In severe cases, loss of memory or loss of consciousness.
- **Heart:** Irregular, pounding or racing heart beat
- **Psychological:** Degrees of anxiety, tension and apprehension.
- **General:** Mouth dryness, abdominal bloating, belching, flatulence, easily tired, poor sleep patterns, general weakness and chronic exhaustion

### Our First Priority is Your Safety!

Buteyko is not about throwing away your drugs. It does not involve physiotherapy or diaphragm breathing exercises, meditation, religion, hypnotherapy, rebirthing, vitamins, special diets, power of positive thinking or equipment. There is no physical contact with the instructor or anyone else in the class.

## Doctors Look At Buteyko

With any new treatment, the medical profession makes slow and cautious changes and in general most doctors have taken this approach to Buteyko. However, the Brisbane trial results and the recovery of their own patients are bringing more doctors along to see Buteyko courses for themselves. We have **special information packs** for health professionals and your doctor is welcome to attend any Buteyko class.

In November 1994 a **medical trial** sponsored by the **Australian Association of Asthma Foundations** was started at the Mater Hospital, Brisbane Australia. The results of this trial were published in the December 1998 issue of the **Medical Journal of Australia** and the **British Lancet**. They showed that after 3 months of following the Buteyko program the asthmatic participants had reduced their reliever medication by an average of **96%** and also reduced their steroid preventers by an average of **49%**.

Buteyko is not a cure for asthma, but it does address the cause. At the beginning of the Brisbane trial it was shown that those breathing the most air each minute were also using the most medication. At the end, the people who had reduced their breathing the most were the same people who had reduced the most medication.

The control group who were practicing physiotherapy breathing exercises which did not reduce breathing volume, saw virtually no change to their medication usage.

"Over the last 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. I attended the tutorials and found the approach, tuition and the method to be responsible and safe. As a Medical Doctor and Naturopath, I am impressed and surprised at the effectiveness and safety of this natural approach."

Doctor Paul Ameison  
M.B.B.S., MD, 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."

Doctor Kevin Treacy, M.B.B.S.

"Professor Buteyko's principles are entirely consistent with the physiological facts established by medical research 120 years ago. 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."

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

**Medical trial results show that use of bronchodilator medication over the long term or in heavy doses does not help the asthmatic condition and may make it worse!**

## Books on Buteyko

There are two books available about Buteyko. Neither of them teach you how to practice the method but they give you good background on the method.

"**Every Breath You Take**" is written by **Dr. Paul Ameisen**. Paul was the first Australian doctor to notice and support Buteyko.

"I have been a medical practitioner for twenty-one years and in that time I have treated thousands of asthma patients. Like every conscientious medical doctor I have kept up-to date with the latest research, and with advances in techniques and medication, in order to help my patient to the best of my ability."

"**Freedom From Asthma**" is written by Buteyko Practitioner **Alexander (Sasha) Stalmatski**. Sasha worked with Professor Buteyko in Russia for fourteen years and brought the Buteyko method to Australia.

Anyone weighing up the pro's and con's of learning Buteyko for their own health will find either book a valuable tool. You can buy either or both books through our office for \$15.00 each plus shipping and handling by sending your check and the order form below.

Name: .....

Phone Number: .....

Address: .....

Send me:

copies of 'Every Breath You Take' at \$15.00 each \$ \_\_\_\_\_

copies of "Freedom From Asthma" at \$15.00 each \$ \_\_\_\_\_

Shipping and handling

1 book	\$3.00	6 or 7	\$7.00	\$ _____
2 or 3 books	\$5.00	8 or 9	\$8.00	
4 or 5 books	\$6.00	10 or 11	\$9.00	

Total \$ \_\_\_\_\_



CHECK

CARD NUMBER \_\_\_\_\_ Exp date \_\_\_\_\_

Checks payable to "Buteyko Asthma Education"

Mail to: 2507 Brewster Road Indianapolis IN 46268

## Jenny; 30 year old panic attack sufferer, with mild asthma

Jenny is the busy mother of young children, and life is full enough for her without having the worry of panic attacks and claustrophobia. For more than 15 years her life was sporadically troubled with bouts of feeling very uncomfortable and fearful in places such as supermarkets, banks or waiting in queues.

"On bad occasions I would feel tingling in my arms and my hands would turn cold. My heart raced and my breathing would go out of control," she comments. "I would feel I was going to faint, although this only happened to me once. I believed it was something I had to learn to handle myself, but I was struggling to overcome it."

She didn't allow this to stop her from doing many of the things she wanted to, although on a couple of occasions she decided not to go out to dinner at a restaurant because she didn't feel able to cope with the 'closed in' feeling. There were periods when the attacks were particularly bad, which Jenny associates with stress at work, when lots of demands were placed on her.

"I was taking a preventive drug regularly for asthma, and would use Ventolin when necessary. But I didn't discuss the panic attacks with my doctor as I was afraid that I may be given something like Valium. I have read of people in the past who were suffering from panic attacks being told they had psychiatric disorders - that really scared me. I had no idea it was so common, or that it would be helped so easily by breath retraining."

In 1996 Jenny had a dentist's appointment, and had her worst panic attack while in his waiting room. She passed out, and after that decided that she needed help to overcome the problem. A friend told her about the Buteyko technique, which was being taught in her city that week. Jenny enrolled in the course.

"After the second day's session, I no longer needed to take my reliever medication regularly for asthma", she remembers. "I practiced the exercises and had an eight-month period without needing any reliever or preventer for it, and then I had a brief 4-day allergy attack when I needed some medication. After that, I needed nothing." But it was the breathing education that has really made the difference to Jenny's panic attacks, which were the reason she had decided to go to the course. "It is so much easier when you understand the physiology of over-breathing," she says. "When you can see what is happening in a panic attack, half the battle is won." Practicing the exercises has meant that Jenny is able to go to all the places that previously would have made her feel claustrophobic, without any problems. Her feelings of panic no longer occur nearly as frequently.

"Any attack I now have is on a much reduced scale. I can control them - I am very aware of what causes them and I have this wonderful feeling of empowerment. I control the feeling - and know that I can overcome it."

## What will Buteyko do for me?

Buteyko is about self-care. It enables you to take an active role in managing your condition. Buteyko has no negative side-effects and it does not require ever-increasing doses of medication to stay in control. It removes almost entirely the symptoms of asthma and you to take charge of your life.

The control you feel MEANS:

- **You are able to participate in activities of your choice**  
"I can now enjoy more situations—a night out, for example, than I would have in the past." *Paul Willoughby*
- **You miss much less work or school because of asthma symptoms**  
"We are grateful for Buteyko for seeing the quality of life improve so much for Claire. To see her enjoying schoolwork and free of the tiredness and stress generated by asthma is wonderful." *Catherine Sandbrook*
- **You are free of symptoms day and night—you sleep through the night**  
"The improvement to my sleep through the knowledge that I gained at my Buteyko course was incredible. I now sleep as I haven't done in years. It was worth every penny!" *Paula Sargent*
- **You need emergency visits or hospitalization for asthma a lot less**  
"It has been wonderful for me. I have only had one cold in the last year and it didn't even go to my chest. Before Buteyko I seemed to be ill most of the time. I had been to the hospital twice in the weeks before starting the course and not since." *Yvonne Benson*
- **You reduce the need for asthma medications**  
"Since completing the course in September, 1996 I have never needed to use my ventolin—not even once." *William Henderson (11/4/98)*
- **You can enjoy sports and working out more**  
"When Benjamin completed the Buteyko course many people commented on the tremendous improvement in his rugby. We had thought that he was a bit frightened of the action and hung back but after Buteyko there was no holding him. We realize now that he had no breath and energy to keep up." *Alison Gibb*
- **You are empowered to control your life**  
"The Buteyko method has been excellent for me because I have lost the fear of having an asthma attack as I am able to control my breathing
- **You save money**  
"My husband remarked the other day that I had not bought any medication for asthma this year." *Jennifer Keenan (10/31/98)*

### **Tim; 9 year old mild asthmatic**

Tim was first diagnosed as asthmatic when he was a 4 year-old with a persistent cough that kept him awake at night whenever he caught a cold. His mother Claire gave him the prescribed Ventolin syrup but was concerned when it seemed to make him hyperactive. Over the next few years Tim's asthma was a problem more frequently, and although he led a normal life he seemed to his mother to lack energy at times.

When Tim was 8 his doctor suggested he take the non-steroid preventive Intal, but after using this for several weeks there seemed to be no improvement to his occasional wheezing and breathlessness.

Claire became increasingly protective of her son's condition, not allowing him to go to school camps in case he had an asthma attack while away from home, and making sure he came inside before the evening became too cold. "I was trying to prevent him from having asthma and I'm sure he was heartily sick of my concern," she says.

Claire had heard of the side-effects of steroid medication so when her doctor wanted to prescribe an inhaled steroid preventive for Tim, she wasn't happy. Claire believed she would have no alternative until she saw an advertisement for Buteyko.

"When I was told the cost of the course it nearly put me off enrolling Tim, it seemed so expensive," Claire remembers. "But then I had already spent in excess of that cost on other things that hadn't given him any lasting benefits. Also Buteyko had a 100% money-back guarantee which impressed me - no one would offer that if they didn't really believe their treatment worked, and no doctor or other health professional I had come across gave a similar guarantee."

Tim's improvement was obvious in the first couple of days of the course. "Tim's health that winter was so good I almost forgot that asthma had been a problem to him," She remembers. "He could get up early on frosty mornings and play hockey and even though we would take his inhaler in case of emergencies, I no longer even thought about it. Whereas before when we went out I would be concerned it we had forgotten to bring his Ventolin, now I felt confident that if he did run into problems, we could handle them with this drug-free method.

Tim's asthma can still be a problem if he comes down with a virus. But the amount of medication he needs is minimal—he doesn't need preventives and he might use 2-3 doses of Ventolin in total at these times. There have been two occasions when I took him to the doctor for a chest infection, but he had no sign of asthma, to our doctor's amazement. He now supports our use of Buteyko. I would have paid much more than the cost of the course to get where we are today with his asthma—I really recommend

any parents enroll their asthmatic children. They won't regret it!"

### **Don; 66 year-old with bronchomalacia**

Don had always been an active, healthy person. In his 40's he began to experience breathlessness when he physically exerted himself. He first thought he had heart problems and went to a cardiologist. After running tests, the cardiologists decided his heart was healthy and sent him to the respiratory specialist. After another battery of tests, they determined he didn't have cancer or emphysema and diagnosed a condition called bronchomalacia—a condition where the airways collapse on exhalation. His doctor prescribed ventolin—3 puffs, 4 times a day. He felt they were not doing anything, so he stopped taking them. On his return visit, 6 months later, his doctor raised the roof. So back on ventolin he went. It got to the point where he couldn't do without them, and the doses were increased. Don's condition began to worsen. Now Don found he couldn't get rid of mucus and his ability to be active decreased further. His doctor prescribed nebulisers, 4 times a day. In addition, he was taking serevent, 2 puffs, twice a day and azmacort, 2 puffs, twice a day.

His condition had now worsened to the point it took him 3 hours to get dressed and get to his (home) desk in the morning. He had chronic bronchitis. Then one January morning in 1998, about 4 am, he awoke, unable to breathe. His wife called 911 and he was rushed to the hospital where he was given 6 nebulisers and steroids. The doctors took xrays and ran tests. In the 4 days he was in the hospital, they determined, with a broncoscopy, that his mucus had rubberized and plugged up his airways. They removed the mucus and after that, he began feeling a little better.

At this point, though, he could hardly walk across a room without feeling breathless. He continued to take his nebulizers, serevent, azmacort and prednisone. He had now become prednisone dependent. Late in 1998, he heard about Buteyko, attended a seminar at Georgetown market and decided to go for it. After the first class, he stopped taking nebulizers and hasn't taken any again. Today Don is active and, as he says, 'does pretty much what I want'. At his doctor's insistence, he has continued to take serevent, but has recently begun focusing on eliminating that too in the hope he will be able to get completely off prednisone. As of this writing, Don

*(Continued from page 11)*

while it contradicted almost everything she thought she knew about 'good' breathing, it made sense to her. She decided to attend the workshop.

Buteyko has made a significant difference since then. Her very frightening, very frequent nocturnal asthma attacks haven't been a part of her life since she took the course. On the rare occasions she feels her tightness starting, she fends it off - mostly with Buteyko. On the increasingly rare occasions she uses her reliever, it is with 1 puff instead of 2, and relief is almost immediate. She contrasts this with her pre-Buteyko days when she would use her inhaler at least 4x daily, 2 puffs each time and still not getting relief at times. She especially appreciates the difference as her cost-savings climb and her ability to live a life without medication improves. Even the flu she contracted in December did not complicate her asthma.

Ladi takes only 2/3 of the Theophylline dose she was taking when she started the course in early November 1999. As her symptoms and health improve, "My doctor and I plan to cut it again by 1/2 in March, then completely by June". At that time she expects to be drug-free.

### **Felicity; 6 year old chronic, very severe asthmatic**

After some problems with wheezing at 12 months old, Felicity spent two days in hospital with a serious asthma attack, and this was repeated a month later. Her worried parents Mark and Mandee were shown how to give her medication four times a day by nebuliser as she was too young to take it any other way.

When not quite two Felicity had another attack, and again ended up in the hospital. It was at that time that Duovent was withdrawn from the market because it was thought to increase asthma deaths. Ventolin was prescribed for her to use frequently to relieve her constant wheezing.

By Felicity's sixth birthday, her condition had been brought under control with a steady regime of drugs. She was taking the preventive steroid Pulmicort daily, and to counteract the frequent attacks she was often given courses of Prednisone and Betnosol. The reliever Ventolin no longer seemed to be effective and was replaced with a Bricanyl turbohaler. Felicity now had the typical moon face of a steroid user.

Mandee's mother had her local church pray for Felicity just before she saw an advertisement in the local paper for the first Buteyko course to be held in New Zealand. Believing it was an answer to her prayers she persuaded Mandee to ring Buteyko. Although Mandee was skeptical, she was also desperate for help and enrolled Felicity in the course. Her doubts began to evaporate as she watched her daughter's condition improve, slowly at first, and then in leaps and bounds over the next seven days.

"It really was like a miracle," she says. "The exercises were simple and Felicity was really excited by it because she could feel the difference it made to her.

Mandee's family doctor was supportive of their trying the new technique. "He knew that I took a responsible attitude with Felicity's medication and felt we had nothing to lose," Mandee recalls. "He suggested we give it a go, and if it worked, well and good."

But the enormous improvement in Felicity's health far exceeded everybody's expectations. "The constant night coughing stopped and for the first time in her life, Felicity was able to sleep right through. What a relief that was - for everyone! She was so much happier in herself, and gradually we saw her energy levels rise." Within a few months she was off all her medication completely. "I just cannot emphasize enough how much she improved," Mandee says with obvious emotion. "It was like having a different person in the house - a new child. I wanted to go and scream it out from the roof-tops."

That was 6 years ago. Felicity is now a normal, healthy, bright child. "I agreed to this interview hoping that someone reading it might be encouraged to take their sick child to one of these courses. If one other child could be helped by it, it would be worth it. I want all those other parents out there to try it - you have nothing to lose."

### **Karen; 41 year-old moderate asthmatic**

As a physiotherapist Karen knew all about exercises for asthma relief; she had taught them for years. Yet there seemed little she could do to help herself overcome the asthma that had plagued her since the age of three.

In her late teens and early twenties Karen seemed exceptionally sensitive to everyday substances that would trigger her asthma; cigarette smoke, alcohol, animal fur, dust. She would never allow her condition to get in her way but was relying on increasing amounts of Ventolin to give relief from it; she would have to take several puffs morning and night to be able to live a normal life. As she got older the asthma became worse.

Karen emigrated to New Zealand from her home in England. She saw an advertisement in the paper for a Buteyko course and decided to try it. She really pleased with the results. Karen's husband has also noticed her improvement and believes it is the Buteyko method that has helped her.

"If I do ten minutes of the Buteyko exercises each day, I don't need any Ventolin," she says. "If I do take it, I feel a noticeable difference straight away; my heart-rate increases, and I feel slightly dizzy, and unsteady. I seem to have become extremely sensitive to its effects. The Buteyko was very worthwhile - you cannot put a price on your health. All the other breathing exercises that I had learned and taught for years previously - diaphragmatic and deep breathing - now seem a complete waste of time."

"I wish more people were able to learn it, because as a professional I know how much help it provides in controlling asthma with the minimum use of medication."

#### **INDIANAPOLIS**

"This technique has turned my life around. I have been set free of symptoms and fear. It is with me wherever I am."

Kay Jolly. Indianapolis. 11/11/98

"People often tell me that they think Buteyko is expensive. I visited my doctor every three weeks and my specialist every three months for years. My medication bill was huge. I haven't been to a doctor or a pharmacist for my asthma for four years." Russell Storey. Auckland. 7/14/98

#### **INDIANAPOLIS**

"This is the first time in 23 years I've seen and experienced results so quickly. It's refreshing to walk away with hope and not another inhaler!" Mary Kerman. Indianapolis. 11/11/98

### **Con; professional rugby player and chronic asthmatic**

Con Barrell is well-known as a rugby player for the Canterbury Crusaders, but what many rugby fans may not realize is that Con is also a chronic asthmatic.

"I would train hard and be rearing to go to the next big game for the Canterbury Crusaders, only to be knocked back by asthma after catching a slight cold", he says. "It was heart-breaking. My family and friends would ask, 'why are you doing this to yourself'? because I had to take so much medication to get through a game. It worried me as well, and I seriously thought of giving the whole thing away."

His rugby success is a tribute to his outstanding dedication and drive. He's overcome a condition that would prevent many from even considering a sporting career. Suffering from it as long as he can remember, he was determined that it shouldn't stop him from doing what he loved.

"In my late teens the rugby became serious, and I had to take preventers to be able to continue. Asthma made a huge impact on my overall performance; it could set me back without any warning, and I would miss games for which I had been training successfully. I was an inconsistent player because of it."

Con's big break from asthma came a matter of days before he was due to play in Orange Free State with the Crusaders in May 1997. His mother-in-law had heard about Buteyko and persuaded Con's wife to ask for further information.

"I contacted tutor Russell Stark and told him I was due to leave the country in four days; could he do anything to help? He was in Christchurch at the time and he gave me the best asthma education course I have ever had. I learned more about the condition and how medication works in the first half-hour than I had found out in the rest of my life. When I first read about the technique it seemed strange, a bit unbelievable. But during Russell's course it all made real sense."

Con was able to master the technique well enough to make an enormous difference to his game in South Africa. It was usual for him to take 20-30 puffs of Ventolin during play; he carried a puffer tucked inside his sock. He had been known to empty one in a game. This time however, he used Ventolin once, and felt incredibly well even though he was playing at high altitude opposite the formidable South African Os du Randt. He was delighted to be able to play a whole game rather than come off the field at half-time, and to avoid inconvenient stops while he took his medication.

"I still take a preventer regularly but simply do not need so much reliever. I have not had Prednisone since learning Buteyko. I sleep better, my pulse-rate has dropped 10-12 beats on a regular basis, and I feel well. This has been a big help to me, as a professional and personally. I recommend asthmatics try it - things can only get better."

### **Joan; 61 year old chronic, severe asthmatic**

After 20 years of asthma, Joan wants to tell everyone how Buteyko helped her.

"Most summers were spent in misery. I would long for the change of season, so I could feel better. In the summer I would need nebulisers 3-4 times a week and felt I couldn't do anything, which was no good with us living on a farm. "I had read about the Buteyko method and saw it on 'The Holmes Show' some years ago. I wished then I could learn it and later I was finally able to enroll in a course near me.

"It was the best money I have ever spent. I had instant good results. I was able to cut out the nebulisers and no longer needed all the reliever I had been taking. I still take preventive medication, but have reduced that by half. I usually do the exercises once a day, and asthma is no longer a problem. I can walk over the hills on my property which was out of the question before.

"When I talk to people about it, one of the first questions they usually ask is, 'How much does it cost?' Then they say, 'Oh, that's a lot.' "I say, hold on. How much do you pay in doctor's fees and prescription charges for your asthma over a year? Or how much does a year's subscription to the golf club cost? Then they have to agree that a life-time Buteyko fee is not really expensive. I paid for my course over a six month period, as I don't have a large income. Paying that way was no trouble, and it was well worth it."

### **Eric; 78 year-old with emphysema**

When Eric was told by his doctor that he had only 30% of his lung capacity left, he was determined to help himself live his life to the fullest. The drugs he was taking stabilized his condition but would never improve it; Eric decided he would try some alternative treatments.

He found acupuncture to give some temporary relief to his feelings of breathlessness and tiredness, but they were not long lasting effects. The acupuncturist told him about the Buteyko method, and Eric decided to try it.

"When I first attended the course, I found I scored really low in the exercises," he remembers. "But I am a very stubborn chap, and soon I was able to reach very high scores indeed. The tutor Russell told me I was working myself too hard!" Eric's determination paid off, because after three months of using the Buteyko method his lung capacity had actually improved, which is uncommon for sufferers of emphysema.

"There is no question that it helped," Eric comments. "After three or four weeks I clearly noticed an improvement - quite a big difference. I felt I had extra lung-power; I started walking again and soon I was able to walk up to five kilometers in under an hour. That may not seem very fast, but compared to how I felt previous to learning Buteyko, I think its wonderful. The method did me a world of good."



## **Who is Buteyko Asthma Education USA?**

Buteyko Asthma Education Company USA was formed in 1998 under the guidance of Buteyko New Zealand. Susan Neves, who was trained by Russell Stark of Buteyko New Zealand is dedicated to bringing Buteyko to the USA and to providing the same level of results and support Russell and Jennifer have provided in New Zealand since 1993.

## **Who are Buteyko New Zealand?**

Russell Stark and his wife Jennifer have been teaching the Buteyko Method throughout New Zealand for 6 years. In that time over 5000 people have attended their courses to help their asthma, chronic sinusitis, hayfever, emphysema, bronchiectasis, chronic bronchitis, sleep apnea, panic attacks and hyperventilation syndrome.

Russell and their son Robert, both chronic asthmatics, have strong memories of hours spent at the Royal Brisbane Children's Hospital. As an adult Russell's asthma continued to deteriorate. Constantly using asthma medication, yet still not leading a normal life was not appealing to the Starks. After hearing about Buteyko on a Current Affairs program, Russell and Robert enrolled in the first Buteyko course held in Brisbane. They went from being heavily dependent on asthma medication and suffering severe allergies to being fit, healthy, and drug-free.

Shortly after that course, Russell and Jennifer began their training as tutors of Buteyko. They first taught in Brisbane before bringing the method to New Zealand where there is the highest incidence of asthma in the world.

From their extensive experience in teaching Buteyko, the Starks developed a user-friendly way of learning the Buteyko method without the need for lengthy practice sessions, restricted diets or added mineral supplements. The combine the method with the most up-to-date asthma education available.

Because doctor-patient relationships are not threatened and people are encouraged to use as much medication as they need, their program has received little resistance by medical practitioners.

The Buteyko Institute of Breathing and Health (BIBH), which is the largest group of Buteyko teachers in the world, has adopted the Stark's program has recently adopted the Stark's program and teaching method has the standard for their member practitioners.

Robert has become involved in building and upgrading their Internet website as well as monitoring a percentage of the large email correspondence from throughout the world.

**BUTEYKO gives YOU the CHOICE -**

**CONTROL ASTHMA NATURALLY**

**or**

**HAVE a LIFE-TIME of DRUG DEPENDENCY**

## **Peter; 45 year old hay-fever and sinusitis sufferer**

Hayfever had been a problem for Peter since he had been a teenager, and he mouth-breathed because of his blocked nose. During spring and early summer, Peter suffered from streaming, swollen eyes, sneezing fits that could last for minutes at a time and a constantly blocked nose. Some years were worse than others; when it was bad he had to have time off from work. He tried many brands of antihistamine medication, but those that did work made him drowsy and he would have to take time off because of it.

He enrolled in a course out of desperation and started to learn the method in the height of the hayfever season. Because the inflammation process was already under way at that stage, Peter struggled to get the condition under control. With perseverance he found that the condition improved, and he didn't have to resort to using medication

The sinusitis virtually disappeared; there were lots fewer handkerchiefs to wash! Peter's voice became less nasal, and his sense of smell improved. One of the best results from the Buteyko course Peter feels was that it enabled him to sleep better.

"This method was not easy for me at first, but the long-term results have proved really useful," I sometimes still have some trouble with the hayfever season, but I now feel better equipped to help myself through it, and more confident about applying the Buteyko techniques before it becomes too bad. Knowing what to do before the hayfever starts will be a great help. For the rest of the year Buteyko has made a very significant difference to my health—having a good night's sleep is wonderful."

## **Madeline 21 year-old with chronic asthma and hayfever.**

"I used Ventolin at least 5 times a day before I attended a Buteyko course 2 years ago. My hayfever and allergies made life hell. I haven't used Ventolin on a regular basis since about one month after the course. My energy, motivation and self-esteem have improved. Buteyko enabled me to exercise and so I lost weight and got fitter and healthier. I have 98% less hayfever and my skin is healthier—I have less eczema.

"Buteyko gave me control over my asthma and greatly increased my awareness and information about the cause of asthma rather than emphasizing the symptoms. It has allowed me to control my condition in a way that symptom-focused prescription medication never has. My quality of life has doubled, even trebled compared to what it was 2 years ago, before I learned the techniques. I recommend the Buteyko method like I'd recommend eating, sleeping and drinking water. I was resigned to being a slave to asthma and hayfever for the rest of my life—now I know otherwise.

**Start living without asthma—enroll in a Buteyko course!**

## Will Buteyko Help Your Asthma?

Answer YES, NO or SOMETIMES to the following questions:

1. Do you get asthma when sleeping? Yes No Sometimes
2. Do you get asthma when exercising? Yes No Sometimes
3. Do you get very bad asthma when you have a chest infection? Yes No Sometimes
4. Do you use a reliever more than 3 times a week? Yes No Sometimes
5. Are you concerned about the possible side effects of your asthma medication? Yes No Sometimes
6. Do you already suffer from these side effects? (See # 6 below) Yes No Sometimes
7. Are you using more asthma medication than you were 5 years ago? Yes No Sometimes
8. Do you take asthma medication yet still have asthma? Yes No Sometimes
9. Is asthma dictating your lifestyle? (See #9 below) Yes No Sometimes
10. Does asthma cause you to miss school or work? Yes No Sometimes

- If you answered "YES" to **5 or more** questions then your condition needs addressing. Learning and using the Buteyko method will make an enormous positive change in your life.
- If you answered "YES" to **3 or 4** questions then learning and using the Buteyko method will greatly improve your health.
- If you answered "YES" to **2 or fewer** questions, your asthma or breathing disorder is well controlled or mild. Buteyko will enable you to virtually forget you have it.

6. **Side effects of asthma medication are** tremor or racing heart from your reliever. Husky voice, oral thrush, bruising easily, thin skin, and/or suppressed immune system from your steroid preventers
9. **Indicators asthma is dictating your life style are** avoiding doing activities, eating foods or going places in order to have less asthma.

### Sandra; 43 year old chronic, severe asthmatic with bronchiectasis

Three years ago Sandra was desperate to find a way of relieving her serious asthma, and bronchiectasis. She also wanted to cut down on the large amounts of steroid medication that had been necessary for years to keep her condition stable. She tried various alternative health remedies, but none helped her enough.

"I was looking for anything that would make some difference", she says of that time. "I had no energy - even hanging out the washing was exhausting and lifting up my arms to do my hair was an effort". She felt worn out walking up steps, and life itself seemed like hard work.

Sandra also had trouble sleeping at night, and was unable to relax with her heart racing. She was constantly thirsty, and her limbs were often numb - feelings that she believes were side-effects from the heavy doses of medication. She was unhappy and didn't feel 'herself'.

But these are now problems of the past. After seeing a newspaper advertisement, she attended a Buteyko course and learned the control techniques that changed her whole approach to the asthma that had previously dominated her life.

"Within a week of learning the Buteyko method, my energy levels increased and I just felt so much better", she says. She followed the program conscientiously and soon found her asthma symptoms were disappearing. She was able to tackle the daily chores with new vitality, and friends and family commented on the change in her health. Soon Sandra was able to cut down on her medication and now controls her asthma with a minimum amount, with her specialist's approval.

"Vacuuming, gardening, walking - I can do it all now as a normal part of daily living without having aching muscles," she comments. "My hayfever has greatly improved and I feel so much more positive. The changes came after the Buteyko course; it seems hard to believe that something so simple could make such a difference to me. Once the theory behind the exercises were explained to me, it really made sense. I continue to practice the exercises because they work."

### Ladi—44 Year old chronic moderate asthmatic

Asthma was a progressively worse problem for Ladi from the time of her first symptoms as a small child. As the number and amount of medications increased, Ladi began to try to control her asthma by controlling her environment. Symptoms, medication, doctors, costs and side effects came to be synonymous and a very large part of Ladi's life. "It's been like a dark cloud over me daily", she reported of her constant chest tightness, the sound and rattle of wheezing in her chest, her inability to feel she could breath properly.

In November 1999, Ladi saw an article in a local paper about a new drug-free treatment for asthma. She attended a seminar which talked about Buteyko and

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