

Aaron Lumsdaine's Breath Power - Buteyko Technique



Aaron Lumsdaine
Senior Buteyko Practitioner

Just over nine 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 advise 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

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