

# Testimonials

## Carl & Alison St Jac

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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 vege 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



### 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!"*

# 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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