

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.



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!"

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.

For more details phone or email now.



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