



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!"

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 Beclaforte and Ventolin per day she is down to only one puff of Beclaforte 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

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

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 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 twice 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 womens 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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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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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 under took 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.



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