

Respiratory re-conditioning and the

Benefits of the drug-free Breath Power - Buteyko Technique Program

Typical results of the correct practice of Buteyko's Techniques include:

Elimination of asthma and allergy symptoms, usually beginning on the first day or so and the requirement for symptomatic medication, diminishing proportionately.

Cessation of snoring, a much easier and more effective option than surgery or divorce.

Reduction of the symptoms of breathlessness, even for those diagnosed with emphysema. We have lost count of how many people have come into a program dependent on administered oxygen. Within a few days they are able to breathe easily without it, walking further than ever, without becoming breathless.

Angina and anxiety symptoms strongly curbed until they invariably completely cease.

Racing pulse begins to lower, concentration improves, and blood pressure begins to normalize.

High blood pressure lowers, and conditions such as tinnitus diminishes proportionately. Paradoxically, low blood pressure normalizes.

Hormonal problems, in particular thyroid complaints improve.

Diabetics begin to notice substantial shifts in their condition.

Digestive complaints such as ulcerative colitis, burping flatulence and the symptoms of crohns reduce or disappear.

High cholesterol levels normalize.

Sufferers of chronic fatigue, find renewed energy, they need less sleep and begin to thrive.

Metabolic rate improves and appetite diminishes, a most natural way to lose or normalise weight.

For those who are underweight and suffer eating disorders appetite improves and weight normalises.

Insomniacs report their first sound sleep, often in years within a few days. And people who suffer from sleep apnoea find almost instant improvement, even with their daytime insomnolence. They can safely sleep without those noisy machines that increase partial airway pressure.

Stress related symptoms, which make all health problems worse, are dramatically reduced, often to a fraction of former levels within days.

Other benefits

Apart from the elimination of the symptoms of the "diseases of civilization", the practice of Buteyko's Method provides other benefits:

Mental clarity, improved concentration and increased physical capabilities. Improved energy and alertness and a sense of inner calm are strongly cultivated.

Often diverse conditions, which were not the focus of attention improve, or are eradicated. These include infertility, erectile dysfunction, constipation, menopausal conditions, cramps and even simple headaches are eradicated.

Why do all these benefits happen?

When you consider that we breathe approximately 30000 times a day and that the metabolising of oxygen from the blood stream to the cells, muscles and tissues is dependent on the volume of air breathed to maintain sufficient production of carbon dioxide it all starts to make sense.

For more details phone or email now.



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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!"