



*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

## Verity Klemm & Ramon Andersson

### Verity Klemm



"HOORAY FOR  
BUTEYKO  
HOORAY FOR AARON"

**Occupation:** Environmental Manager

**Diagnosed:** Chronic Fatigue Syndrome

**Symptoms prior to course:**

Sleeping 10 - 14 hours per night, disturbed /wakeful sleep, excessive sighing and yawning, physical tiredness, CFS for 2.75 years, not much socialising

**Commenced Buteyko:** 5 August 1996

Since starting the Buteyko Course I have noticed the following improvements with my overall health: sleeping 6-7 hours per night, undisturbed sleep, much more energy, waking feeling healthy, well and energized, feeling emotionally more balanced, able to cope with stress really well, no yawning or sighing, lost 12kg in 15 weeks and still going!!!

**Recommendation:**

"The beauty of the Buteyko technique is its simplicity. There are no pills or potions to take. All that is required was time and this time came easily because I needed less sleep. The exercises became like a meditation to me and I looked forward to each session. It became like an oasis in the desert, a time where there was nothing else required than to concentrate on breathing. Through using this technique I have become aware that the underlying cause of my illness has been suppressed emotions. This technique is helping me move through and shift these emotional patterns that have contributed to my illness. Now when I wake in the morning I feel healthy and well. I look forward to the day. Until I did Buteyko I had forgotten how good it was to feel well and how sick I have been for most of my life. All I had to do was decide that I wanted to be well and use the Buteyko technique as the tool to achieving wellness. No other technique I've tried in the past three years has created such a dramatic and positive shift in my health in such a short space of time."

### Ramon Anderson



"I tried just about everything, I read everything there was to read about CFS but there seemed to be no concrete cure."

**Occupation:** Olympic Kayaker

**Diagnosed:** Chronic Fatigue Syndrome

**Medication Prior:** Nil

**Commenced Buteyko:** 18 Nov 1995

Since day two of the the Buteyko Course

I have noticed the following improvements with my overall health:

Improved sleep. Quicker recovery after exercise. Reduced appetite & better stamina. All of the symptoms I suffered before attending the Buteyko course, which included fatigue, aching muscles, headaches, difficulty sleeping, joint pain, dry eyes and mouth, and stomach aches have gone.

**Recommendation:** I tried just about everything, I read everything there was to read about CFS but there seemed to be no concrete cure. I was ecstatic at making the Atlanta team and quite emotional, as going through CFS had been a nightmare. Go for it!



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# Chronic Fatigue Syndrome (CFS)

Chronic Fatigue Syndrome (CFS) is the current name for a disorder characterised by debilitating fatigue and a variety of associated physical, constitutional, and neuropsychological complaints including:

- \* extreme fatigue
- \* chest pain
- \* difficulty concentrating
- \* sore throat
- \* tender lymph nodes
- \* muscle aches
- \* joint aches
- \* feverishness
- \* sleeping difficulties
- \* rapid pulse
- \* emotional distress
- \* night sweats
- \* psychiatric problems
- \* allergies
- \* abdominal cramps
- \* rash
- \* weight loss or gain
- \* headache

Even though newly defined, it is not a new disease at all. References to similar conditions in the medical literature go back as far as the 1860's, and have been known by a variety of names including:

- \* Chronic mononucleosis-like syndrome
- \* Chronic Epstein Barr Virus syndrome
- \* Fibromyalgia
- \* Yuppie flu
- \* Post viral fatigue syndrome
- \* Postinfectious neuromyasthenia
- \* Chronic fatigue and immune dysfunction syndrome ( CFIDS )
- \* Iceland disease
- \* Royal Free Hospital Disease
- \* Ross River Virus
- \* Lymes disease

## Treating CFS with the Breath Power - Buteyko Technique

A recent study conducted on the effects of the Breath Power - Buteyko Technique on the symptoms of Chronic Fatigue Syndrome has shown the following improvements with:

* Fatigue	87%
* Night sweats	75%
* Depression	70%
* Allergies	66%
* Anxiety	66%
* Visual blurring	66%
* Joint pain	66%
* Muscle aches	60%
* Difficulty sleeping	54%
* Headaches	50%
* Swollen lymph glands	50%
* Swelling of fingers	50%
* Recurrent fevers	50%

Those who continued their breathing exercise regimes for the recommended 10 - 12 weeks reported a 100% reduction in fatigue.

Reported improvements commenced as early as the first day of attending the workshop and most by at least the fifth day.

The overwhelming conclusion that emerged was that the Breath Power - Buteyko Technique was effective in reducing the symptoms of CFS even when other therapies and modalities had failed to make a significant impact on the overall symptom picture.

Some of the respondents have been well for many months with no return of any old symptom. In fact, their levels of wellbeing continued to improve as their symptom picture improved.

This study was conducted by Shellie Gaskin as a partial fulfilment for a Diploma of Naturopathy at the Perth Academy of Natural Therapies.

For more details phone or email now.



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