



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!"

The mismanagement of disease

The asthma example

How diseases are mismanaged, the asthma example. The commercial medical approach ignores the role of carbon dioxide and the breathing pattern. It focuses on the pathology of symptoms, not their causes. The treatment of asthma is a classical example. The following is general outline of how asthma in particular, is generally mismanaged.

A similar progression generally occurs with other "diseases of civilization", so this outline will hopefully be useful in understanding how certain diseases are elevated through incorrect treatment.

1. The asthma sufferer has the genetic predisposition to involuntarily instigate broncho spasms and other mechanisms, which have the effect of reducing ventilation thereby increasing levels of carbon dioxide. We might call this the "asthma defense mechanism", whereby asthma symptoms are used productively by the organism.
2. When the asthma sufferer hyperventilates to a point that the organism decides to limit and or reverse the lowering of carbon dioxide. It sets in motion the "asthma defense mechanism".
3. The "asthma defense mechanism" is an unpleasant experience. The sufferer cannot breathe easily, the chest is tight, and they are often debilitated. The body however, has forcibly and perhaps success fully asserted its requirement to increase its level of carbon dioxide.
4. Treatment is sought. Conventional treatment is usually the intervention of drugs, which reverse the "asthma defense mechanism". The aperture of the constricted Bronchus is forcibly increased. The breathing becomes easier and instant relief is felt. But the deficiency of carbon dioxide is not addressed. In fact, the deficiency is increased. This seems a paradox to clinicians that measure the level of carbon dioxide in the blood of asthmatics and find higher than normal levels. This is because they are measuring carbon dioxide in isolation to its other forms, their interpretation is generally without consideration to other forms of carbon dioxide and relevant the "shunt" mechanisms.
5. The asthma defense mechanism retaliates with stronger and more frequent attacks.
6. Increasing and stronger amounts of dilating medication are required to fight the now increasing strength of "the asthma defense mechanism". Chemicals work, but the body fights back relentlessly. This is why asthmatics require increasingly stronger medications.
7. The disease proceeds to elevate to a higher and more serious level. The bronchus becomes further damaged and sensitive. And the ever increasing loss of carbon dioxide causes other problems.
8. The resultant further lowering of carbon dioxide now effects the adrenal system and the body produces insufficient natural cortico-steroid, a hormone that regulates the breathing. That is why some asthma sufferers require cortisone, and that's why it is so often required in hospitals to save the lives of asthmatics.
9. The continued lowering of carbon dioxide excites the nervous system and lowers its threshold to outside stimuli. Trigger factors such as dust, pollen, mold and pollution can independently trigger episodes of deep breathing. Again the "asthma defense mechanism" goes into action, again the vicious cycle repeats further elevating the severity and subsequent damage to the organism.
10. Often the asthmatic is trapped. The disease has elevated to such an extent that they are now dependent upon relief medication, which is contributing to the degeneration of their condition. Attempts at reducing medication are often useless, the "asthma defense mechanism" has calculated its strength of attack against the strength of the medication. This is why symptomatic asthma medications have dramatically grown in strength and the length of time they are active. *cont....*



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The asthma example

11. Another and quiet separate issue is the administration of steroid based preventative asthma medications such as cortisone, both natural and synthetic. To address the deficiency of natural steroid caused by hyperventilation, massive doses are often required. These have other effects on the organism. Side effects of steroid are well known and very unpleasant indeed. If the asthma sufferer takes enough steroid to control their condition, they will often sustain side effects. If they avoid steroid medication, they will sustain more attacks requiring more symptomatic medication, which in turn will create a further steroid deficiency. A proficient and experienced doctor can often get the balance just right, but only temporarily. All too often the patients condition flings from one extreme to the other. Every severe asthmatic that regularly requires hospitalization is familiar with this pattern.
 12. Yet another facet of the body's natural mechanism can intervene. If the sufferer has another or several other defense or compensation mechanisms at its disposal, they can be employed partially, or as a replacement and at any time. It can be diabetes, schizophrenia, high blood pressure or emphysema to name just a few. Observant doctors and Buteyko practitioners are all too familiar with the concurrent patterns of illnesses described in patient histories. The cases of child hood asthma going into remission only to be replaced by other conditions in adult life are typical.
 13. This account has not taken into consideration toxic side effects of these medications, this another area altogether. Authorities claim that medications are proven safe, statistics would suggest otherwise.
 14. The suggestion by authorities that if a person is correctly medicated, they can live a normal and active life and that death from asthma only occurs through improper conventional management has been proven false. Take the recent case of a famous American athlete; who was publicly held up as an example of how a person can lead a healthy life with state of the art asthma treatment. Her athletic performance was brilliant, her asthma mechanism was powerfully controlled and she tragically died in her sleep of respiratory complications.
- Buteyko's words haunt the incident:
- “So far Western Medicine believes nature is stupid and one can interfere and recast it with impunity. Now you have learnt why nature is doing certain things and how we should sensibly act toward it”
15. Understanding Buteyko's Method comports to the explanation as to why asthma deaths and severity are on the increase. A prerequisite to severe asthma and related deaths invariably show a history of drug interventions. Prior to 1860 when the first dilating medication where introduced asthma deaths where virtually unheard of. And the explanation of increasing pollution and other factors are essentially “red herrings”. Pollution and dust mites etc. don't cause asthma, they only trigger it. The asthma epidemic is virtually just as prevalent in the cleanest places in the world as it is in the most polluted cities. There is however, a congruous relationship between asthma severity and mortality in communities that use more symptomatic medication.
 16. At this point I would like to once again remind the reader that the above mentioned points are not a phenomena exclusive to asthma. The aggressive commercial drug treatment of allergies, angina, diabetes mellitus, heart conditions high blood pressure etc. have demonstrated similar statistical disasters. With a view to history even the casual observer can pinpoint various dramatic increase of severity and death from “the diseases of civilization” at the very point modern commercial medicine took an active interest in them.
- For more details phone or email now.



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