

Breathing Questionnaire

Do you:

- Y/N** get a blocked or runny nose?
- Y/N** frequent colds, flu?
- Y/N** get asthma or breathlessness?
- Y/N** allergic rhinitis (hay fever)?
- Y/N** get breathless during sport or exertion?
- Y/N** snore?
- Y/N** suffer from sleep apnoea or insomnia?
- Y/N** make nightly trips to the bathroom?
- Y/N** get stressed easily or suffer from panic attacks?
- Y/N** frequently feel tired and fatigued?
- Y/N** suffer from frequent headaches/migraine headaches?
- Y/N** miss days at school/ work because of your condition?

If you answered yes to any of these symptoms a Buteyko course will benefit you.

A Buteyko Course

A Buteyko course is a programme of breathing exercises and lifestyle guidelines taught in five 90-minute sessions. Symptoms improve within the first week. The exercises are practised daily over six weeks for permanent results.

The course includes two refresher sessions. We offer ongoing support and follow-up assistance for six months, at no extra charge.

A Buteyko course is results-based and comes with a 30-day money-back guarantee.

Introductory Seminars

We run regular introductory seminars for members of the public and health professionals covering:

- Buteyko theory
- Individual breathing assessments
- Guidelines to start getting immediate benefits from correct breathing

The seminars last 90 minutes and provide essential information for anyone with a breathing disorder. We will show you some simple tips to get immediate relief from symptoms. You will reconsider everything you thought you knew about breathing and health.

Practitioner

Glenn White BSc MSc

Glenn is a Buteyko breathing therapist accredited to the Buteyko Institute of Breathing & Health and founder of the Buteyko Breath Correction clinic in Freemans Bay, Auckland.

In five years he has helped over 1,000 people overcome breathing related disorders including asthma, allergies, hay fever, chronic bronchitis, stress related conditions, panic attacks, snoring, sleep apnoea and chronic fatigue.

Glenn is working with a growing number of medical practitioners to have Buteyko incorporated into mainstream medicine.

Buteyko breath correction practitioners are accredited to the Buteyko Institute of Breathing & Health Inc (BIBH). The BIBH is the professional body representing the Buteyko Institute Method (BIM) and its practitioners throughout the world. It is a not-for-profit organisation committed to improving health by correcting breathing-related disorders through research, development, promotion and application of the BIM.



'Glenn has helped many of my patients and empowered them to move beyond their asthma. With his Buteyko techniques they have been able to reduce inhaler use significantly. He has been particularly successful with children- they love Glenn's enthusiastic style. I have no hesitation in recommending Glenn and his techniques to patients.'

Graeme Kidd MBChB, FRNZCGP



Contact

Buteyko Breath Correction Clinic
20 Arthur Street, Freemans Bay
Auckland 1011,
New Zealand

Tel 64 9 360 6291
info@buteykokourses.com
www.buteykokourses.com

"Helping New Zealanders achieve outstanding health through correct breathing"



Permanent relief from...

Asthma
Allergies

Stress

Sleep Apnoea

Snoring

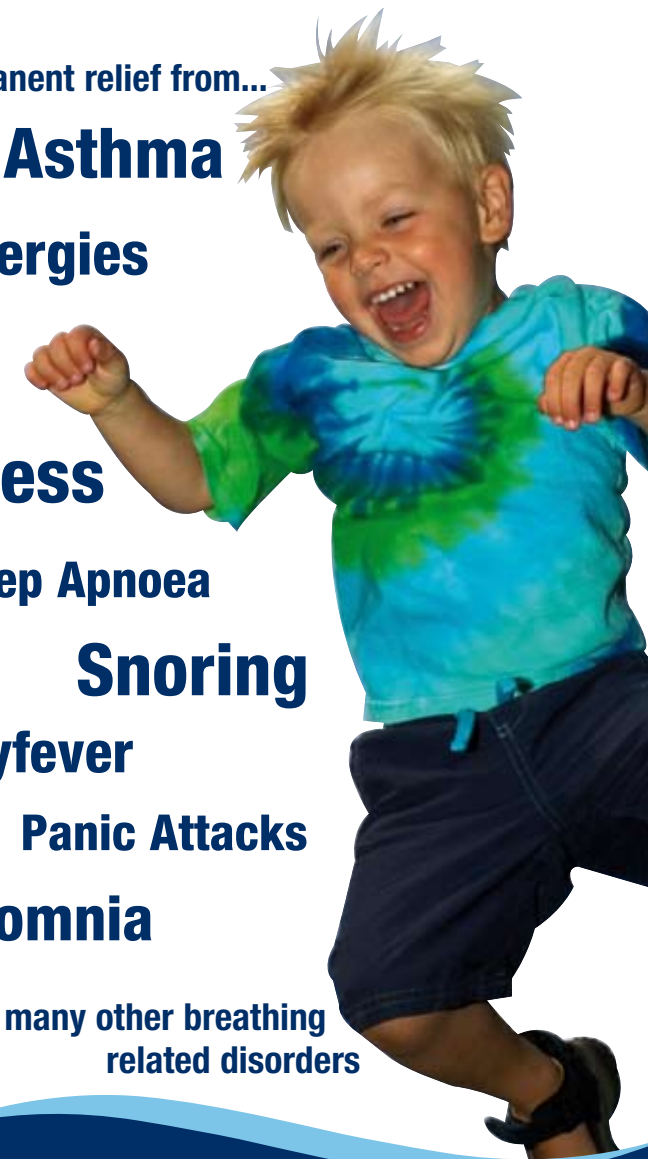
Hayfever

Panic Attacks

Insomnia

...and many other breathing related disorders

- decrease reliance on medication
- restful snore-free sleep
- improve sports performance



What is Buteyko?

Buteyko Breath Correction is a programme of breathing exercises and lifestyle guidelines which alleviates breathing-related conditions including asthma, allergies, sinusitis, allergic rhinitis (hay fever), persistent cough, bronchitis, chronic obstructive pulmonary disease (COPD), bronchiectasis, hyperventilation syndrome (HVS), stress related conditions, panic attacks, chronic fatigue (CFS), migraine headaches, sleep apnoea, insomnia and snoring.

Additional benefits include better sleep, greater energy levels, improved sport performance, the ability to exercise without getting breathless and less susceptibility to colds and flu.

Buteyko can be taught to children as young as three years of age and adults of any age.

No matter how severe your condition Buteyko will produce results.

A Buteyko Breath Correction Course is results-based and comes with a 30-day money-back guarantee.

'I was diagnosed with sleep apnoea in 2004. A CPAP machine was recommended. The prospect of being hooked up to a machine that breathed for me at night was freaky but I was running out of options. A friend suggested Buteyko. I was sceptical but decided to give it a go. I'm so glad I did. In one week I was sleeping better than I had for years. A year later I can get right through the night without a trip to the bathroom. I awake refreshed and maintain my energy levels right through the day. I recommend this course for anyone who snores or has sleep apnoea.'

Joan 56, Hamilton.

'The good news is that Buteyko helps asthmatics significantly cut down on medication and it helps relieve those debilitating symptoms.'

Prof Christine Jenkins

Institute of Respiratory Medicine University of Sydney

'Hyperventilation has been quite a serious problem in my life. I couldn't play a full game of net ball because my breathing would get out of control. Often I would start hyperventilating and get dizzy and have to abandon the game. I haven't had a problem since I started the Buteyko course.'

Sarah 23, Birkdale, Auckland.

Buteyko Theory

Russian physician and medical researcher Professor Konstantin Buteyko realised that many illnesses are due to over-breathing (hyperventilation).

Hyperventilation, over-breathing and mouth-breathing upsets the natural balance between oxygen (O2) and carbon dioxide (CO2) in the blood which interferes with the transfer of oxygen into the body's cells. Loss of CO2 through hyperventilation can result in constriction of blood vessels and airways. This causes the sensation of breathlessness so familiar to asthmatics, and in the long term causes other respiratory related diseases. The physiological basis of Buteyko's theory is explained in the introductory seminars, and is available on our website.

'I have incorporated the Buteyko principles into my training. I credit Buteyko with totally overcoming my asthma and I am truly grateful for all it has taught me.'

Darnelle Timbs - NZ rowing four since 2004 (NZ Herald 31st Oct 2005)



**DARNELLE
TIMBS**

Photo courtesy of Wanganui Chronicle

Medical Trials

'All published studies on the Buteyko breathing technique, including one which we performed in Gisborne, have shown positive results.'

**Patrick McHugh BMedSc, MB, ChB, DipGUMed, Dip MSM
Bruce Duncan MBChb, MSc, MRCP, MFPHM, FAFPHM, DCH**

Published results of Buteyko Method trials

BRISBANE HOSPITAL TRIAL

	Reliever medication	Preventer medication
Buteyko Group	96% reduction	49% reduction
Control Group	no reduction	5% reduction

Bowler et al Buteyko breathing techniques in asthma: a blinded randomised trial, *Medical Journal of Australia* 1998; 169:575-578

GISBORNE HOSPITAL TRIAL 2003

	Reliever medication	Preventer medication
Buteyko group	85% reduction	50% reduction
Control group	37% reduction	no reduction

McHugh et al; Buteyko Breathing Technique for asthma: an effective intervention *NZMJ* 12 December 2003 V 116 No 1187

Medical trials of the Buteyko Method conducted in the UK and Canada have achieved similar results. Links to these and other studies can be accessed from our web site www.buteykocourses.co.nz.

'The Buteyko breathing course has dramatically changed my life, my family and friends are astonished at the results. Before I did the course a year ago, I was being treated for C.O.P.D disease and chronic bronchitis, which was becoming worse despite increasing doses of antibiotics, prednisone and bronchodilators. Since the Buteyko course I have had no bronchitis, no medication at all and my general health has improved so much that I am still amazed with the results. I am so grateful to Buteyko.'

Val 80, St Heliers, Auckland.

More testimonials including telephone contacts of those who have completed a Buteyko Breath Correction course and are willing to talk about their experience are available on request.

Notice on medications: The Buteyko Breath Correction breathing course is health education and is designed to complement medical treatment. Clients are instructed not to discontinue prescription medication before first consulting their doctor.