

## Will Buteyko help the asthma, eczema or allergies of my child?

- Does your child get asthma or have trouble breathing through the nose? Yes / No
- Does your child have a persistent cough? Yes / No
- Does your child take medication yet still have symptoms? Yes / No
- Does your child take reliever more than 3 times a week? Yes / No
- Does your child miss school or sport because of asthma? Yes / No
- Does your child lack stamina? Yes / No
- Does your child have poor concentration? Yes / No
- Does asthma dictate the family lifestyle? (E.g. Do you avoid activities, foods, pets or going places in order to prevent symptoms?) Yes / No
- Are you concerned about possible side effects from medication, or does your child already have them? (E.g. worsening symptoms, tremor, repeated infections, oral thrush, easy bruising, shortened stature or weight gain.) Yes / No

If you answered 'Yes' to three or more questions then enrolling your child in a Buteyko course will make an enormous positive change to you and your family.

If you answered 'Yes' to two questions then enrolling your child in a Buteyko course will greatly improve your child's health.

"We have found the Buteyko technique has improved Aurora's health and consequently the health and stress levels of the whole family have improved."

"I am delighted to discover such a simple and straightforward method to reap such benefits for our 4 year old - The relief I have felt as we have learned to control asthma

- I wish other mothers the same peace of mind."

## More than 50 years of Success

For the person enrolling in a Buteyko course perhaps even more important than trial results is the fact that Buteyko has been used continuously for more than 50 years and the people who have learned the techniques confirm its success.

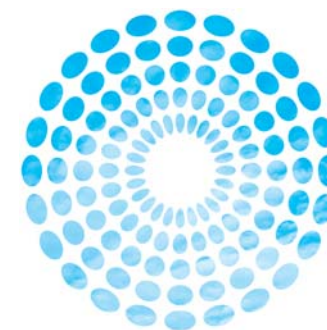
"When my son started using Buteyko, he stopped using his puffer. He stopped coughing at night and now we all have better sleep. We don't have to avoid all sorts of foods and I no longer worry about him sleeping over at his friend's house."

"Since learning the Buteyko breathing method Hannah has seemed fitter and more healthy. She has not visited our G.P. for over a year now and any asthma problems we have coped with by using the breathing technique."

"We have gone from constant worrying and uncertainty as to our daughter's asthma to a much better understanding of asthma and an ability to monitor her condition. It has greatly enhanced her life and decreased her medication."



CHILDHOOD  
ASTHMA  
ALLERGIES  
ECZEMA



Learn the  
**Buteyko**  
Method

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"I can now do lots of sports activities without my puffer."

## What is Buteyko ?

Reading this brochure is the first step towards improving your child's asthma, eczema and allergies. It is also the first step for your own peace of mind about the condition because Buteyko is a natural, drug-free way of improving health and reducing symptoms of asthma, allergies, hay fever, panic, snoring and eczema.

The Buteyko programme includes special breathing exercises and principles about exercise, food and sleeping that Dr. Konstantin Buteyko considered vital to good health.

## What will Buteyko do for You?

### Enable your children to:

- Control the asthma or allergies instead of them controlling you and your family.
- Dramatically reduce medication.
- Considerably lessen allergic reactions in the airways, skin and digestive system.
- Improve your child's enjoyment and performance in sport and exercise.

### Improve your family's quality of life by:

- Taking the fear out of asthma.
- Providing a greater understanding of asthma.
- Giving you sound strategies that work in overcoming the symptoms.
- Allowing you all to have a good night's sleep.

Buteyko is successful in eliminating symptoms of asthma and allergies because it addresses the cause, and it involves a total approach to health. Breathing is your most basic requirement for balance and good health, yet it is the least likely to be considered just because it is so simple. Breathing affects every cell in your body and, like blood pressure, it is easy for breathing to become abnormal without you being aware of it. This upsets the basic rhythm of life and the body works less effectively.

Studies show that people with asthma breathe 2- 3 times more air than normal even when they do not have symptoms. This is called hyperventilation and Buteyko corrects this.

## Personalised Attention That Ensures the Safety of Your Child

Sally Gething has a supportive approach to teaching children from four years old to learn the Buteyko Method. She personalises the courses and tailors the Buteyko programme to suit each person, because she understands that your child's health problems and life style are unique. She expects you to telephone with questions and to return to class if you have problems in the future.

Buteyko is not about throwing away medication. Reductions are done safely as symptoms reduce and with consultation with your doctor when necessary. The techniques do not involve physiotherapy breathing exercises, hypnotherapy, re-birthing, vitamins, special diets, power of positive thinking or the use of special equipment.

'My 10-year old son has practised Buteyko for 2 years. The positive effect of his general well-being continues to impress me greatly. I am pleased we took this step.'

## Common Symptoms of Hyperventilation

### RESPIRATORY SYSTEM

Shortness of breath, chest tightness  
extra sensitive airways, excessive mucus  
& sneezing, long term blocked or running sinus  
coughing, excessive yawning  
& sighing

### PSYCHOLOGICAL

Degrees of anxiety, depression, tension  
& apprehension

### NERVOUS SYSTEM

Light-headedness, dizziness, unsteadiness,  
poor concentration, numbness, tingling & coldness  
especially in the hands, feet & face. In severe  
cases, loss of memory or consciousness

### HEART

Racing, pounding or skipped heart beats

### GENERAL

Chest pain (not heart-related), poor sleep  
patterns, snoring, chronic exhaustion, general  
weakness, mouth dryness, abdominal bloating,  
belching and flatulence, easily tired, sweaty palms  
or feet, repeated throat clearing,  
itchy skin, headaches

"Buteyko is such A SIMPLE METHOD,  
a child can use it, SO EASY to fit into  
your lifestyle and routines, and yet has  
such a GREAT BENEFICIAL INFLUENCE  
on your OVERALL HEALTH."

## Buteyko is proven to be safe, drugs are not

It is well known that steroid inhalers can stunt growth and suppress the immune system, but it may come as a surprise that reliever drugs like Ventolin have been shown to make asthma get worse when they are used more than 2 - 3 times a week or over the long term. They can also damage teeth, and make a child hyperactive and lack concentration. Buteyko on the other hand has no such side effects.

"My 8 year old son has had mild and severe asthma all his life. He always breathed through his mouth and was recommended to have his adenoids removed. Since commencing Buteyko, his general health has improved, adenoids reduced in size and it has given him a sense of being in control of his asthma. It is the best money I have spent in a long time."

In December 1994 the Australian Association of Asthma foundations sponsored a clinical trial of Buteyko at Mater Hospital in Brisbane. The results were an average 71% reduction in symptoms, 96% reduction in Ventolin-type drugs and a 49% reduction in inhaled steroids. The effect of asthma has on quality of life also improved. People were happier; less concerned about the future and had more social interaction.

