

Will Buteyko help my stress, panic attacks or hyperventilation syndrome?

Do you have trouble sleeping soundly?
Eg. Snoring, insomnia, vivid dreams?

Yes / No

Do you suffer from bloating or flatulence?

Yes / No

Is your cholesterol high despite following a good diet and exercise regime?

Yes / No

Are you often tired and rely on extra food or drinks to raise energy levels?

Yes / No

Do you sweat excessively?

Yes / No

Are you lethargic, irritable, tense, anxious or depressed?

Yes / No

Do you get light-headed, dizzy, feel 'spaced out' or confused?

Yes / No

Do your muscles tremble, tense, tighten or ache?
Eg. tremor, cramp, chest pain, sore shoulders

Yes / No

Does your heart race or pound unnecessarily?

Yes / No

Do you have cold hands and feet or dry skin?

Yes / No

Do you have hypertension that is not secondary to another condition?

Yes / No

Do you get hay fever or have allergies?

Yes / No

Does your condition dictate your lifestyle? Eg. Do you avoid activities, foods, or going places to have fewer symptoms?

Yes / No

Do you feel breathless when you are not exercising hard, or have trouble taking a satisfying breath?

Yes / No

If you answered 'Yes' to four or more questions then enrolling in a Buteyko course will make an enormous positive change to your life.

If you answered 'Yes' to three - four questions then Buteyko will greatly improve your health.

More than 50 years of Success

Buteyko has been used continuously for more than 50 years and the teachers of the Method have taught thousands of people across the world. Buteyko is a safe and effective programme that addresses the cause of hyperventilation and its associated health risks. It eliminates symptoms and puts you back in control of your life.

"The Buteyko breathing technique is not a high revving sales gimmick but an almost miracle technique with good sound roots."

"An excellent course, I have never felt so good mentally and physically before. It has given me a new lease on life and I am able to spend more quality time with my family without feeling so worn out and run down."

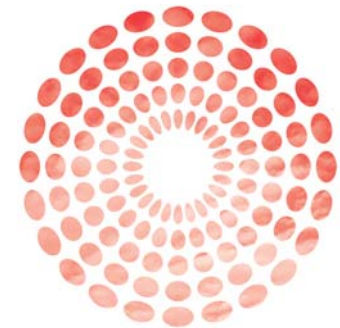
"Buteyko is one of the most self-empowering thing I have ever done for myself. The method works, and I feel relaxed from living in fear of not having or not being able to obtain my medication. For the first time in my life I feel in control of my physical being."



STRESS MANAGEMENT

PANIC ATTACKS

HYPERVENTILATION



Learn the
Buteyko
Method



"I feel more relaxed
and in control
of my condition"

Sally Gething

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"So simple and so effective.
It's great to feel well again"

What is Buteyko ?

Learning Buteyko enables you to control your breathing, which allows you to master your thoughts, emotions and the physical symptoms of hyperventilation in a natural way. Read on to find out more.

What will Buteyko do for You?

Enable you to take control of your condition by:

- **Greatly improving stress management and reducing stress-related symptoms.**
- **Radically reducing the state of panic.**
- **Enhancing self-confidence in all situations.**
- **Achieving calmness and allowing your mind to refocus by correcting your breathing.**

Reduce the symptoms of hyperventilation &:

- **Let your body regain balance and energy.**
- **Have a good night's sleep.**
- **Significantly lessen allergic reactions in the airways, skin and digestive system.**
- **Provide you with greater understanding of your condition.**

How Buteyko Will Help You

Breathing is your most basic requirement for balance and good health, yet it is the least likely to be considered simply because it is so basic. 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.

Buteyko is successful in eliminating the debilitating symptoms of stress because it addresses the cause of the problem. Some breathing patterns make you ill, but the Buteyko Method makes you well by restoring the balance. It also involves a total approach to health. The Buteyko programme includes not only special breathing exercises but also principles about exercise, food and sleeping that Dr. Konstantin Buteyko considered vital to good health.

Hyperventilation

Hyperventilation means breathing more air than your body needs. There are two types: acute and chronic. Most people are familiar with the acute kind that is the normal response to stress. It

- Floods the body with adrenaline
- Increases the heart and breathing rates
- Puts the nervous system on red alert
- Tenses muscles and increases sweating

All of which are useful to escape from danger.

However, acute hyperventilation also sometimes happens when you are worried about making a presentation, and instead of being useful it can cause a panic or hyperventilation attack.

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

"I FEEL much MORE POSITIVE and rested because I sleep better at night, plus I FEEL IN CONTROL and DON'T PANIC like I used to. It's great NOT TO NEED SO MUCH MEDICATION."

Understanding Your Hyperventilation

Chronic hyperventilation is less visible but it still has a major effect on general health over time because less oxygen is delivered to your tissues (Bohr effect). This can cause pain, inflammation, or other malfunctions.

For example, less oxygen reaching your brain can cause you to make mistakes, or to have headaches, confusion, panic, or difficulty remembering things. When the body is threatened by the lack of oxygen, stress levels rise and further increase the heart rate, sweating and other normal responses to stress. This creates a vicious circle.

Examples of this type of hyperventilation include breathing from your upper chest, sighing or yawning every few minutes, or breathing through your mouth while driving a car or watching television.

Buteyko cuts right through the stress – hyperventilation cycle, restoring a normal breathing pattern and reducing stress-related symptoms.

