

ENDORSEMENT

Douglas Bell

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My name is Douglas Bell. I attended one of your Buteyko courses a while back. Sorry I've been a long time getting in touch with you. I've been really busy with work at the moment.

I'd just like to thank you for what you've done for me. As before I attended the course my asthma was so out-of-control it was affecting my quality of life.

After the course and keeping up with exercises, my breathing has improved so much that I have a lot less time off work.

I also went to see a specialist at Sandwell Hospital, who told me my asthma has improved that much that he recommended that I stop using my Ventolin inhaler altogether. For as long as I can remember, every doctor I see always recommends more inhalers, so it was a shock to be told to take less.

I now feel a lot more confident in myself and feel I have it under control for the first time. So, thanks again for all the help you've given me.

Douglas Bell 2009