

## LINDA MEADS STORY

May 2013

*As an asthmatic/atopic daughter of a medical doctor, I was given all the latest asthma medications the minute they were available. I tried them all! My symptoms were under control for years - by avoiding horses, fur, feathers and pollen as much as possible and just using anti-histamines and a little reliever medication when necessary. Then in my 40's it all started again - I had three winters with bronchitis and a couple of summers with awful hay-fever - back to childhood illness levels and increased use of reliever medication and antihistamines. For two years my skin blew up in recurrent episodes of weeping, incredibly itchy and painful urticaria, reaching from my thighs to my forehead.*

*In January 1999 I suffered my third chest infection of the winter leading to an uncontrollable asthma attack. After a trip to the A & E in Stratford-upon-Avon where I was put on nebulisers and hydrocortisone, I was admitted to Warwick Hospital and kept in for 10 days. What wonderful treatment from the Consultants and ward staff - and what a great rest I was able to have - I just hadn't realised how chronically exhausted I had become. I've now observed this over and over again with asthma sufferers - you just get used to having horrible symptoms- you learn to live with your asthma. Until you learn Buteyko - then you have to learn to live without your asthma!*

*I left hospital on a large daily dose of inhaled steroids which I hadn't used since childhood, then steroid and reliever inhalers, plus various skin creams. This calmed everything down but wasn't solving the underlying problem. Having heard good things about Buteyko from some contacts in the US, then from friends in Birmingham, whose children had had wonderful results from a Buteyko course, I did some research.*

*The whole Buteyko theory made such sense. It explained why the allopathic medicine couldn't help an asthmatic in the long-term - I simply had to help myself. So in April 1999 I took a Buteyko breathing course in London with Alexander Stalmatski . I watched 30 people improve over a weekend and my own symptoms dramatically reduced over the next few weeks, meaning less Reliever Inhaler and a sense of freedom unknown for years! Since that time I have had absolutely no problems with my skin. The improvements in my energy levels and general health were so amazing that in 2000 I decided to train as a Practitioner. Over the past 13 years it has been so satisfying to be able to use my own experience of normalising the breathing to help people overcome the same awful symptoms as I had - something good has come out of all that illness!*

*I have now successfully taught more than 1200 people of all ages and with all degrees of health disorders and I look forward to being of assistance to you too. Please look at our testimonials page to see some of the results people have achieved with us.*