

Dear Linda

We would like to thank you for the time, care, insights and patience you have shown to Cait and myself over the last 6 weeks. I have learned so much not to mention the benefits you have given Cait.

I appreciate that with children it is so dependent on how they are able to apply themselves! There have been times when I was ready to give it all up but with your obvious experience with children in this situation and your ability to relate to them I am delighted that Cait has benefitted so much from your training.

Before we started Cait was using the blue inhaler most days and now she is sleeping better (and right through the night), she only uses her inhaler occasionally and a couple of times has managed a potential attack totally without any medication but her breathing exercises.

I do think that Buteyko training should be so much more part of mainstream medicine Best Wishes

Ginny

November 2012