

I have had asthma since I was one, and it has been gradually getting worse over the years. In the past year, I have been having regular attacks, and during my exam times I was on nebulisers every 4 hours. Doing Buteyko with Linda Meads using Skype lessons for over a month now, has significantly changed my life.

With the co-operation of my GP and consultant I have managed to come off almost all my preventer medication, only using one of my original 6 medications, which has given me hope that my asthma will never get to the point where I will need a nebuliser again. I have used my preventer (Ventolin) twice in the past two weeks, which is a massive change.

My sleep patterns have just about regulated, my stress levels have reduced and my overall wellbeing has improved. This is fantastic! I have just had a cold – normally this would lead to asthma. For the first time in years I have managed to shake this off by resting and have not had to increase my steroid medication at all or use any Reliever medication.

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