

At age 69 and a life long asthma sufferer, I have this year suffered my worst two asthma attacks in over 60 years. However, I am now part way through a course in Buteyko Breathing and wishing that I had discovered Buteyko long before now. I initially purchased the Buteyko manual entitled, 'Close Your Mouth,' and through using this manual, I was starting to feel the benefits of Buteyko Breathing. However I quickly came to realise, as the manual suggests, that the guidance of a qualified & experienced Buteyko Practitioner is essential to reach the desired goals.

Enrolling with Linda Meads at The Buteyko Breathing Centre has been a hugely positive step forward, not just in my breathing progress but also in bringing me to realise how easy it is to use Skype on the computer, which has enabled me to learn Buteyko Breathing, from the comfort of my own home. Linda has an impressive pedigree & has helped me enormously. My asthma is improving and in addition, I have been able to reduce the asthma medication that I have been taking for the past 30 years by 50%. Also, I have a vastly reduced my need for reliever medication since commencing the course with her.

I am confident that I am going to reach an ongoing level of breathing comfort that I have never known before and I highly recommend Linda & the Buteyko Breathing Centre to Asthma sufferers.

Malcolm Thompson
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