

In November - 12 I had been suffering with extreme Hyperventilation syndrome for five exhausting weeks and it was steadily getting worse. After a dreadful night when it took three frightening hours to establish any sort of breathing pattern, I knew that, despite the hospital and my doctor saying, "You are on your own", I badly needed professional help.

On the Internet I was given a lead by a physiotherapist to contact the Buteyko Breathing Centre. This I did, and most fortunately Linda Meads answered the telephone. Her manner was warm, kindly and confident as she immediately assured me that within six weeks she could restore me to health. Furthermore she confidently said she would enable me to sleep that night - unbelievably she did!

I arranged to do a Skype course, which proved an excellent decision as Linda could professionally monitor my breathing exercises. These she had excellently planned with easily understood daily timetables and work sheets that were sent promptly. Linda made it perfectly clear from the outset that we were in a partnership. My role was to honestly heed all Linda's instructions, keep to the set timetable, do my exercises regularly and report back all figures and symptoms. The lessons were wisely set, never too difficult to do, with learning relaxation and to rest as key ingredients of the course. Although the exercises obviously could, for short moments prove exhausting – that was as nothing compared with full blown Hyperventilation Syndrome!!

I am a teacher of great experience so can confidently say that Linda is an exceptionally good communicator. She immediately empathises with you but never lets her kindly manner inhibit a firm control guiding you through the learning and healing process. I have the greatest respect and extreme gratitude for all that she has done for me. I would unhesitatingly advise anyone with even the slightest breathing problem to consult Linda. Not only will you be cured but you may well not need your inhaler again.

From a hopeless, highly exhausting and often painful condition, one the Consultants and Doctors acknowledged but said they had no way of curing, I have been restored to full health, thanks to Buteyko and the professional and kindly help of Linda Meads - and still months later she rings to make sure my health remains good. You could not wish for more!

Robin Child
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