

I have had a cough on and off for the past 15 yrs or so. Along with it came the sinus problem with dust/pollution allergy. The medications helped but I would get the cough back every 2-3 months and I was always put on antibiotics. I finally consulted a pulmonologist who diagnosed that the chronic cough is due to asthma and put me on asthma medication.

I took it for 5 months, but started feeling that this was not the solution as I could feel that I might end up taking these medications for life, which I definitely did not want to. Once I stopped the medication, the symptoms of itch/cough were back within 15 days. I realized that these medications also affected me in other ways – mood swings, blood sugar fluctuations.

That's when I started searching the internet for alternative treatments. I read a little about Buteyko and decided to try it. How I reached Linda's website I still don't remember. I was very impressed that I got a response right away. Since I stay in Bahrain (a middle-eastern country) I opted for the Skype program.

Linda led me through the process very well. The best part is that she is very encouraging and shows a genuine interest in you getting well. I could notice the changes within the first month itself. I have been doing the exercises for the past 3 months and am very pleased with the results. No cough, no itch or burning sensation in the throat at all. Even the slight symptoms which do come up now and then disappear soon after the exercises.

I have started to consider doing these exercises as a good break from my work schedule, which sometimes leads to loads of stress – at work or at home. And yes, I am not taking any medicines at all for cough now!

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