

18 years ago I suffered from chronic sinusitis since I was a child. Physiotherapy, antibiotics, etc. did not give any positive dynamics. Only after a full course of the Buteyko method, I was completely cured of the disease. It was in Russia.

Now I live in England and decided to help my English friend to get rid of Asthma. In 2011 Peter took a Buteyko course in London with Linda Meads. A month after the breathing exercises he stopped using his inhalers at all! He was so happy and surprised that it worked!!! I attended some of the classes with my friend. There were adults and children.

I was happy to see Linda was teaching the same way that I learned in Russia many years ago. Big thanks to Linda and all staff in the Stratford Buteyko office!

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