

Buteyko4Asthma breathing re-training Course

KEY TAKEAWAYS

Reduction or elimination of asthma/hay-fever symptoms and need for Reliever medication

Improved digestion and ability to enjoy food

Balancing of metabolism, and normalisation of body weight

Improved relaxation response

Reduction in severity of anxiety

Reduced frequency and elimination of panic attacks

Improved mood, concentration and cognitive ability

Reduced reactivity to triggers (stressful events, fur/feathers/pollen or food intolerances)

Improved ability to physically exercise

Normalisation of sleep patterns - quieter more restful sleep