

BUTEYKO BREATHING SUCCESS

I was diagnosed with 'sleep apnoea' in 2002 and prescribed a CPAP machine, which I have used more or less continuously since then, with replacement machines which have travelled the world with me. After suffering from the effects of sleep deprivation for many years the machines seemed a blessing. But it now seems almost unbelievable that I submitted to the ordeal of wearing a face mask and being attached to an electrical pump every night without questioning the negative effects and the medical 'diagnosis' which appeared to show that there was no other way out.

As a musician and singer, breathing has been central to my development from childhood. I heard of Buteyko some years ago from my singing teacher who suffered dangerous levels of hyperventilation, and I was interested but did not make the connection. However, later a friend told me about the work of Linda Meads and on her website (Buteyko Breathing Centre) I read directly about a method of relief for so-called 'sleep apnoea', and began to understand the connection with hyperventilation, and entered a new world of 'breathing disorders' which offered me a completely fresh understanding of the situation and my condition.

Work with Linda went quickly so that in ten days I was able to sleep without the machine on which I had become completely dependent for so many years. This moment was not easy, and Linda strongly supported me through the psycho-emotional dramas which accompanied 'separation' from the machine, and the emotional 'security' which it had come to represent for me. The process in my case cannot be underestimated, as it has opened the way to a new world of sleep and deeper relaxation which has been hugely beneficial in many ways.

Changing my sleeping habits to early bed and early rising, following the directions on eating and doing the breathing exercises has produced quick and tangible results and general benefits, including increased energy (after sleeping off the initial deep tiredness from years of poor quality of sleep with the machine), and a way towards emotional stability and mental clarity coming from a connection with the breath and the profound act of breathing which takes one towards a new contact with life itself.

In my case, after two months working with the Buteyko exercises I have more than just complete relief from the symptoms of 'sleep apnoea'. I also feel well on the way towards a new relationship with, and questioning of, the fundamental act of breathing, and the role of breath in the overall health of the organism, mind, body, and feelings. It is clear also that much can be discovered on the subject in practices from antiquity with which Dr Buteyko's ideas are fundamentally related.

Linda's teaching is authoritative and easy going, helped by her professional credentials and extensive training under various Buteyko practitioners. I will continue my contact with Linda after the initial course as help is always needed to ensure the practice is correct and serving its purpose. And I have, of course, recommended Linda and the Buteyko Method to others, who are in the process of taking up the suggestion.

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