

I am/was a lifelong asthmatic... the fact this is now ambiguous is fantastic. I had tried everything & "knew it all" - being a scientist, I respected the clinically verified/ product monetised routes to tackle asthma... until they stopped being effective for me (though I wished I had looked deeper earlier). Mid-30's my inhalers, abruptly, stopped working - this was scary & depressing - the route laid out by the "traditional MDs" was simply to increase the dose, power & range of drugs - all of course with side effects.

This felt like a slippery slope and so I became more proactive and broad-minded in my search for a solution. I discovered Buteyko and could not believe the simple nature of the technique resulting in such reports of alleviation of symptoms or even "cure" (something which I had never even open my mind to).

But the scientific mechanism identified by Prof. Buteyko and the solution, did make sense and there were clear reasons whereby I had never come into contact with this solution before in my life (you have to realise, the medical "industry" in the "West" overwhelmingly promotes "products" which can be monetised and marginalises anything which cannot and/or disrupts that status quo - this is just the way it works, not a conspiracy).

I researched online to find a Buteyko practitioner and found the "Buteyko Breathing Centre" and in particular Linda Meads, with good reviews. I spoke to past clients and all had positive reports for Buteyko & Linda. I underwent a number of online sessions with Linda, (very convenient for those whom have busy work/life schedules) who is an excellent teacher. Very personable, flexible & a great sense of humour.

Linda uses her expertise in Buteyko and other disciplines, together with her experience in dealing with clients, to develop an effective blend of exercises & approach. You should also be prepared to do your part and be dedicated to the schedule and breathing exercises to get the maximum out of the therapy. Put the work in but also make sure you understand the mechanism so you can fully understand what you're trying to achieve - this will help with motivation as well as the end goal - better health & quality of life.

Please investigate for yourself, but I cannot recommend Linda Meads highly enough - I went from taking Ventolin a few times a month - onto much stronger medication (Symbicort, etc) - to completely coming off the strong meds, and I cannot remember the last time I needed to take any Ventolin (must be around 2 years ago and only required a couple of puffs in the last 4 years), which for me is a miracle, I would have been happy to go back to only taking Ventolin every couple of weeks but I have ended up in a much better position.

You MUST be MOTIVATED, my sudden decline in health provided the shock & motivation but I wish I had known about this years ago and had not taken so much medication, this is a sentiment I hear from lots of others reformed through Buteyko. I am happy to act as a reference to anyone doing their own research, I know how important this is when investigating something which seems "too good to be true".

Good luck and consider Linda Meads for helping with you asthmatic issues.

Chris Clayburn
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