

I was born 73 years ago with very severe asthma. My asthma improved in my teens and whilst I went on to lead a relatively normal life and became a lifetime exercise fanatic, my asthma was a constantly recurring problem. When I was in my 30s the medics put me on a Clenil Modulite inhaler and a Serevent inhaler, both preventer medication and also gave me Salbutamol (then called Ventolin) as a reliever inhaler.

When I used the Salbutamol inhaler, I always found the result beneficial and chose to ignore any possible side effects that may arise on the basis of over use. However, in my late sixties, everything went wrong with my Asthma and I was in real trouble, constantly gasping for air and needing to take well above the recommended daily dose of Salbutamol. I was poorly all the time. After tests, the hospital told me that the reason I had become so ill was that my oxygen levels had dropped.

Apparently, everyone's oxygen drops in their sixties and if you are asthmatic, you could truly know about it, which sadly I very much did. I then went through months of different inhalers and took a tablet called Montelukast. Sadly, I was still very ill and frankly felt that I was dying.

After much research looking for breathing help, I came across on YouTube a BBC programme going back to 1998 in a series called QED and an episode entitled, 'Breathless.' 30 minutes later after watching the programme and seeing the remarkable results for severe asthmatics who had taken up Buteyko Breathing, I pursued Buteyko further and my pathway led to Linda Meads at the Buteyko Breathing Centre.

Wow! Within 3 days of my first 90-minute Skype session with Linda, I was improving and could feel myself starting to breath in a relaxed natural way. I did a total of 5 Skype sessions with Linda and then a couple of much shorter follow ups but frankly, I did not need the follow ups. With Linda's guidance, I found Buteyko very easy to learn and the benefits of Buteyko magnificent. Within weeks of starting Buteyko Breathing, I was successfully taken off my Serevent inhaler and my Montelukast tablets.

For nearly five years now, I have used only Clenil Modulite inhaler as a preventer and my Salbutamol as a reliever. I now use Salbutamol on average less than twice a month. Salbutamol and additional medication were, 5 years ago, just a daily way of life for me. What a transformation! The quality of my life has improved beyond all recognition since taking up Buteyko Breathing and allowing also my breathing problems to be put into the hands of Linda Meads. I am eternally grateful to Linda and Buteyko.

I do have one question for our medical world. As someone who has spent a life visiting doctors and hospitals, why did I have to go through a process of such research and investigation to find something that has improved my breathing beyond recognition? Please note that whilst I have never met Linda Meads, I do because of our Buteyko connection and the manner in which she helped me, now class her as a friend, I am happy to be contacted by anyone who wishes to know about my experience with the Buteyko Method or Linda at the Buteyko Breathing Centre.

If you have asthma problems, don't look for more medication. Consult the Buteyko Breathing Centre instead. You will thank me for telling you.

Malcolm Thompson
2017