

## **Allergic/stress-related asthma**

For years now my asthma has been triggered by certain stressful times in my life, like exams, housing buying, job concerns and similar circumstances where my anxiety levels have been high. My asthma was less controlled and my inhaler use had increased in the past year so I decided to do something about my breathing. Since I was abroad working on and off throughout the year, I decided to go for the Skype webcam Buteyko course with Linda Meads over three months at the end of 2010. Being able to arrange the sessions to suit my own timetable worked very well. I was diligent and consistent with the Buteyko breathing exercises and followed the dietary and exercise advice given to me by Linda. My chest has been really good and I've had no problems at all, only a little tight after eating late. I have been to a few social nights out and had beer with no ill effects. I started missing out my Becotide every other night, rather stopping altogether. I have just started this since Saturday and have had no problems. I still haven't touched the 'V' for a few months now.

I have recently bought an old house that needed to be substantially renovated. Normally I would have expected changes in my breathing patterns with the high anxiety levels normally associated with taking on such a project, and I would be going through Ventolin inhalers like packets of Polos.

Over this period, I have experienced heavy breathing only once, and that was when we first received the house keys and there were high levels of dust and cat hairs around the house from the previous owners. Since then I have had no problems at all, and this is a result of Buteyko. No Ventolin and I am now, after three months, safely off my steroid inhaler. I've had a few games of 5-a-side, and again I have been fine. I'm feeling fitter than ever at the moment.

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