

I was diagnosed with asthma age 2 and suffered allergic rhinitis from my teenage years onwards. From age 17 onwards until June 2009 I have been dependant on daily doses of inhaled steroids and nasal sprays for the rhinitis, along with anywhere between 2 - 20 puffs of Ventolin a day to control my asthma symptoms. I had many hospitalisations for asthma in my teens and twenties, sometimes in an oxygen tent.

Working in a High School with children for the last 5 years led me to have repeated cold/chest infections. At the beginning of 2009 at the age of 44, I suffered a huge lung infection which led to pneumonia and my asthma went out of control. I was given oral steroids and antibiotics to clear the infection and stabilise the asthma. Afterwards I was still breathless performing simple tasks. A colleague at school found out about Buteyko on the internet. I contacted Linda Meads and took the Buteyko Breathing Centre course in Stratford-upon-Avon in May 2009. I felt the benefits immediately and was able to reduce need for Ventolin during the course. I continued to work hard at the exercises and soon felt a lot better in myself. By the end of May I had ceased to need more than the odd puff of Ventolin and with the agreement of my GP had weaned off my nasal and inhaled steroids by the end of June. The Warwick Hospital respiratory clinic signed me off shortly afterwards – they couldn't believe the improvement in my health and increase in my lung function.

Carrying out the breathing exercises can become tedious – it does involve some willpower and self-discipline to continue working at it, however it pays off and the results are life-changing. My practitioner, Linda Meads was extremely supportive and helpful in the follow-up period. My appetite has improved, although I feel I want to eat healthily, smaller portions and only when I'm hungry. My hair has thickened and my skin has lost its pallor and looks much clearer.

The dark rings around my eyes had gone within three months of taking the course. I am able to exercise at the gym without my Ventolin. In July 2010 I will have used no steroid puffers or tablets for 12 months and have had no asthma attacks. I have much more energy and zest for life.

I have now been practising Buteyko for a year and feel fitter than ever before in my life. Friends now comment on how healthy I look! Naturally, I have recommended the Buteyko4Asthma course in Stratford on Avon to several friends and colleagues, who have now taken the course. They have all received tremendous health benefits. This course has changed my life – I can't recommend the Buteyko breathing method and Linda Meads highly enough!

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