

BREATHING

THE BUTEYKO METHOD



THE KEY TO YOUR HEALTH

Email for a **FREE** consultation:
Orna@ButeykoPractice.com

Be healthy

Symptom-free

Have more energy

Improve your sleep

What is The Buteyko breathing method ?

A breathing training method for regaining health.

What is the name *Buteyko* ?

Professor K. P. Buteyko, M.D. (1923 - 2003) was the Russian physician who researched the human breathing and developed the Buteyko method.

Why learn the Buteyko method ?

The feeling of 'not having enough air', frequent sighing, wheezing, gasping, panting, snoring, lack of energy, a constant blocked nose, asthma, hyperventilation, CHVS, apnea etc., are some certain signs of the need to correct one's breathing.

If you stopped smoking; if you were seriously engaged in sports and now not any more - learning to breathe is extremely important for your future health.

Most students wish to reduce their symptoms; some use the Buteyko method to improve their quality of life.

How can I learn the Buteyko method ?

In a workshop of five sessions of an hour and a half each. In a group or privately.

What will I do ?

- Learn and implement new breathing habits
- Diligently repeat the breathing exercises several times a day

Will I have to use medication ?

Only if prescribed by your physician.

As your symptoms will ease you will want to discuss it with your physician and adjust the medication accordingly.

When can I expect improvement ?

Depending on your medical history and your diligence you can ease some of your symptoms and learn to control them in as little as days. More persistent and severe symptoms will take longer to improve.

What about sport ?

Sport is highly recommended once correct breathing is learned.

Your practitioner - Orna Adriaansen

- Certified Buteyko method practitioner
- Certified physical education teacher with over twenty years' experience
- Affiliated with the Well Naturally Group, England

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