

FREE lecture:

BREATHING AND THE BUTEYKO METHOD

* Our own breathing * Buteyko Method overview * Questions & answers *

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Date: Thursday 8th February 2007
Time: 19:30
Venue: Voorburg – details will be given upon registration
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We breathe to preserve the internal balance in our body. When wrong breathing patterns set in, chronic starvation of tissues compromises the body systems - respiratory, circulatory, nervous, energetic and immune. This can trigger a range of defence mechanisms - diseases.

In 1952 **Professor K. P. Buteyko**, MD, graduated with honours the 1st Moscow Medical Institute. The same year, at the age of 29, he was given a prognosis of no more than two years to live due to malignant high blood pressure.

He combined his observations with analytical understanding of the body, and by changing his breathing pattern he normalized his blood pressure and rid himself from the accompanying symptoms. Professor Buteyko lived till the age of 80.

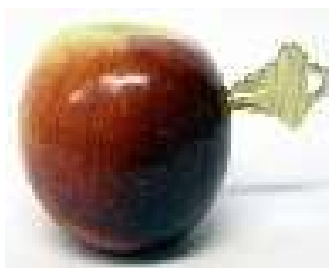
The method was recognized by the Russian health authorities in 1982, introduced out of Russia in the early 90s and got known in England following a BBC TV program - QED, August 1998.

Why learn the method?

Feeling 'not having enough air', frequent sighing, wheezing, gasping, panting, snoring, lack of energy, constant blocked nose, Asthma, hyperventilation, apnoea etc., – are some of the sure signs of the need to correct one's breathing.

Mastering the integration of breathing and talking will leave you 'in breath' and no longer out of breath.

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



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