

The Buteyko Institute Method of Breathing Retraining provides

- Reduction and relief from symptoms
- Improvements in sleep and energy levels
- Reductions in the need for medication
- Improvement in Quality of Life

The significant features of the Buteyko Institute Method are that it is

EFFECTIVE

Over 90% of course participants come off all asthma reliever medications within one week

SAFE

The BIBH follows International best practice asthma medication guidelines **SCIENTIFIC & RESEARCHED** based on standard medical principles of respiration, the normalisation of breathing and the Bohr Effect

Free introductory seminars and Full Courses available in Rockhampton and Central Queensland areas

The Presenter is a Trained Buteyko Practitioner and Member of the Buteyko Institute of Breathing & Health

Call 49289831
For next session and course information. BOOK IN to IMPROVE YOUR HEALTH
Course is suitable for children and adults.

Breathe Right Get Healthy
BUTEYKO
BREATHING for HEALTH
Central Queensland

For Information
www.buteyko.info



BUTEYKO
BREATHING for HEALTH
Central Queensland

MEMBER OF THE BUTEYKO INSTITUTE OF
BREATHING AND HEALTH BIBH

Breathing Difficulties?
Sleep Disorders?

Asthma?

Hay Fever?

Sinus problems?

Snoring?

Sleep Apnoea?

Chronic Bronchitis?

Bronchiectasis?

Emphysema?

Chronic Fatigue?

Anxiety?

The Buteyko Method
can help you improve
your health and
wellbeing

PRUE WATSON

A trained
Buteyko Practitioner

For Information
www.buteyko.info

RESEARCH

The first western clinical Buteyko trial was organised in late 1994, by the Aust Assoc of Asthma Foundations and Buteyko Australia.

The results showed that 12 weeks after learning Buteyko, people who were taught the Buteyko Institute Method **were able to reduce**

- **Reliever medication by 96%,**
- **Preventer medication by 49%.**
- **Asthma symptoms by 71%**

The trial control people who remained on their conventional asthma management alone showed no significant improvement.

The call for further research has seen trials of the Buteyko Institute Method in New Zealand 2000-1 and in Glasgow in 2001-2003. A Sleep Apnoea trial will soon be conducted in NZ in 2005.

The 2001–2003 trial in Glasgow involved **600 people over a two year period**. Two Australian BIBH members, Paul O'Connell and Russell Stark taught the Buteyko Institute Method to the active group on the trial.

Results at 6 month and 12 month follow-up showed **reduction in**

- **Reliever medication by 98%,**
- **Preventer medication by 92%.**
- **Asthma symptoms by 98%**
- **Instance of cold & flu virus by 20%**

All participants who were taught the Buteyko Institute Method in this studies experienced a **significant improvement in their quality of life.**

The trial control groups who remained on their conventional asthma management, medication and asthma education alone showed no significant improvement in any of the areas.

The Buteyko Institute Method Background, Development and Introduction to Australia

The Buteyko Institute Method is a breathing retraining program which was brought to Australia in 1990 from Russia.

It was developed by the Russian medical scientist, Professor Konstantin Buteyko in the 1950's. After years of suppression under the communism, it was finally endorsed by the Soviet Health Ministry in the early 1980's.

The method quickly achieved significant anecdotal success in Australia during the early 1990's for its ability to provide asthma sufferers with quick and sustained relief from symptoms, and significant decreases in the need for medication. Hundreds of media stories have been featured, including over 30 television news and current affairs items.

How does the Buteyko Method work?

The Buteyko Institute Method is an education programme and is taught in five sessions of ninety minutes plus follow-up sessions as required. Clients are taught to retrain their breathing to enable them to breathe correctly when sleeping, exercising, speaking, eating, and performing all daily activities.

This allows the body to adjust to improved breathing patterns which reduces breathing and sleeping difficulty symptoms.

It is this correction in breathing that gives long term benefit and quality of life improvements. Improvements occur in the first 24 hours.

Buteyko is effective for all adults and children over four years of age. It is effective all types and degrees of asthma and people with other breathing and sleep disorders, chronic fatigue, allergy, hayfever, sinus.

We are finding that people are also attending the Buteyko courses to enhance their sports performance, to give improved breathing stamina and energy.

Improvements include

* Significant reduction in or elimination of asthma reliever and preventer medications [reduction in preventer medication is done in consultation with the clients medical doctor following the course]

* Significant reduction in, or elimination of asthma symptoms and attacks and relief from other respiratory disorders

* Increased stamina and energy levels, better work performance, improved sleep, and better management of the symptoms of stress.

BREATHE RIGHT GET HEALTHY

The Buteyko Institute of Breathing and Health (BIBH)

In 1996, advocates and practitioners of Buteyko in Australia formed the BIBH. It is a not for profit incorporated association, an Australian Registered Body, and endorsed by the Australian Taxation Office as a Registered Charity.

The BIBH is the professional body representing the method and the practitioners, by way of setting codes and standards for teaching the method and training practitioners.

The BIBH continues to promote and support the use of the Buteyko Method in Australia and worldwide.

