

# BUTEYKOKENT NEWSLETTER

Autumn 2007

TotalhealthMatters! St Bridgets Rye Road Hawkhurst Kent TN18 5DA



## 500 Million Breaths

Barring our birth, breathing is probably the most important activity in our lives. With our first breath or inspiration, at birth we arrive here on earth, with our last we expire and leave, and between these two major events we take around 500 million breaths.

Why is it presumed we all do this breathing well and correctly?



From birth to 100 years old our breathing is our link with the world, it is the most social thing we do, we share the air. We don't all eat correctly, either over eating, eating an unbalanced diet or just not the right foods for our health, we don't all use our

bodies considerably, we have bad postural habits, overstress ourselves physically or don't exercise enough, we don't keep calm and mentally sane but get stressed, over worried, angry, depressed or whatever, so why should we presume we all breathe correctly for our health?

Well the truth seems to be that most of us don't! Good breathing simply means inhaling and exhaling through the nose just enough air to meet our oxygen requirements and clear surplus carbon dioxide so as to maintain the optimum levels of oxygen and carbon dioxide in the body. If we breathe too much we lose too much carbon dioxide and the body suffers, if we breathe too little there is inadequate oxygen and we suffer. The main controller for our breathing is the level of carbon dioxide in the blood.

In a normal healthy person the breathing is perfectly controlled by the receptors in our body that ensure an optimum level of oxygen and carbon dioxide.

So how do so many of us finish up breathing too much air?

Well we are all encouraged to breathe deeply from childhood, we are taught to increase our breathing in gymnasiums or at keep fit classes, if you are stressed you are advised to "take a deep breath"- just the wrong way to de-stress as more carbon dioxide is swept out of the body, possibly reducing it to dangerously low levels, triggering a panic attack even!

May we send you an e-mail copy of the Newsletter in future? This would cut down costs & mean fewer trees cut down! Send us an e-mail with subject:

<Buteykonewsletterplease> to  
<newsletter@buteykokent.co.uk

if we are stressed we are advised to "take a few deep breaths" and there seems to be a mind set that the deeper you breathe the better you will feel and the healthier you will be. This is not the case in the East where health is seen to be based on quiet, light breathing like a baby. Growing evidence would suggest a myriad of our modern diseases would be less of a problem for us if we all learnt to ease off on our breathing!

It took the genius, tenacity, and strength of will combined with a lifetime of dedicated research and effort of a Russian, Professor Konstantin Buteyko to bring this simple fact to the attention of the West.

## Well Being Wednesday



On Wed. 12<sup>th</sup> Sept. the Well Being Magazine hosted the second great evening for public & practitioners at the Spa Hotel Tunbridge Wells to discover some of the secrets of healthy living and to hear about another range of natural therapies. For those who booked before hand the evening was free and as before there was a large turnout. One of the short introductory talks was by Michael Lingard on the Buteyko Method. He began the presentation by briefly having all the audience check their own breathing! There was one member who exceeded this challenge!

Tunbridge Wells will have its first Buteyko Course starting on October 23<sup>rd</sup> at the Camden Centre.

### Buteyko Method on the NHS?

Two GP Centres have independently shown how Buteyko can help asthmatics and cut drug usage & costs. If this were promoted throughout the NHS, with 5.2 million asthmatics, the saving could be over £ billion pa. We are in discussion with the local PCT to try to get pump prime funding for local GP surgeries to trial Buteyko with a few asthma patients. The ensuing savings would fund this in future. See the website for more information. Common sense may prevail!

## Health, Fitness and Buteyko Training

In October there will be an introductory talk at one of Kent's most popular venues for those who want to get fit and healthy and stay that way, The Risebridge Health & Sports Centre at Goudhurst. The talk will explain the physiology of breathing and how sports performance and general health can be improved by better breathing. Examples will be given of Australian and New Zealand sports people, including Olympic athletes, who used the Buteyko Method to give themselves the edge on the competition.

Improvements may include:  
increased stamina & endurance  
increased muscle development  
reduced dehydration  
increased performance in exercises  
reduction in heart rate  
increased energy levels  
improved sleep quality  
reduced cramp due to lactic acid build up & improved recovery after heavy exercise  
improved general health & immune system  
Some of the Sports people involved:  
Ramon Andersson (Olympic Kayaker)  
Emmily Snook (Olympic Rower)  
Mathew Dunn (Olympic Swimmer)  
Yes, Buteyko has something for us all!



[www.buteykokent.co.uk](http://www.buteykokent.co.uk)

Check your own breathing here on this site and more.

### NHS 'wastes millions on asthma'

Three-quarters of emergency admissions for asthma in England could have been avoided, a report argues. The charity Asthma UK said better guidance to help patients manage their conditions could save the NHS in England £43.7 million a year. BBC [NEWS:05/2007](http://www.bbc.com/news/05/2007)

**Buteyko could save far more!**

# Buteyko for Babies?

How can you help your baby with asthma?

Although Buteyko practitioners normally only teach the Method to children over four years of age, children much younger are now being diagnosed with asthma and their parents would like to help reduce reliance on medication. This was a question posed to me over a year ago. I had only been teaching Buteyko for a year and because I felt there had to be a way I put the question out on our Buteyko Practitioner Intranet. Within 24 hours I had four A4 sheets of valuable advice



for parents. It recommended they should take the Buteyko Course themselves so as to understand the science and practice underpinning Buteyko. That would seem a logical idea.

It encouraged close observation of the baby to be aware of its breathing, to breast feed if possible, to encourage nose breathing at all times, to stay calm and reassure the child during illness and attacks so not to alarm the child, to gently cuddle the baby chest to chest, slowing your own breathing whilst rocking rhythmically and humming or singing a lullaby to soothe the child. Discourage over eating, try to avoid extremes of temperature, make sure the baby has water to avoid dehydration. Avoid sugar in the diet. There are too many other useful aids to cover here, but it was good to know there is Buteyko help even for the youngest ones.

I was later told that North American Indians traditionally take great care that their baby's mouth is kept closed, whenever it is seen open the mother gently closes it with her finger. There's nothing new in this world is there? Michael Lingard

## Testimonials:

"After 41 years of asthma, 25 years on medication and impaired sports performance, I am so grateful to have been given the gift of Buteyko. The results after one week are amazing." John

"More and more publicity should be given to asthma sufferers about this treatment. Not only will this save lives, but save a lot of money to the NHS." Roshan

## Contact:

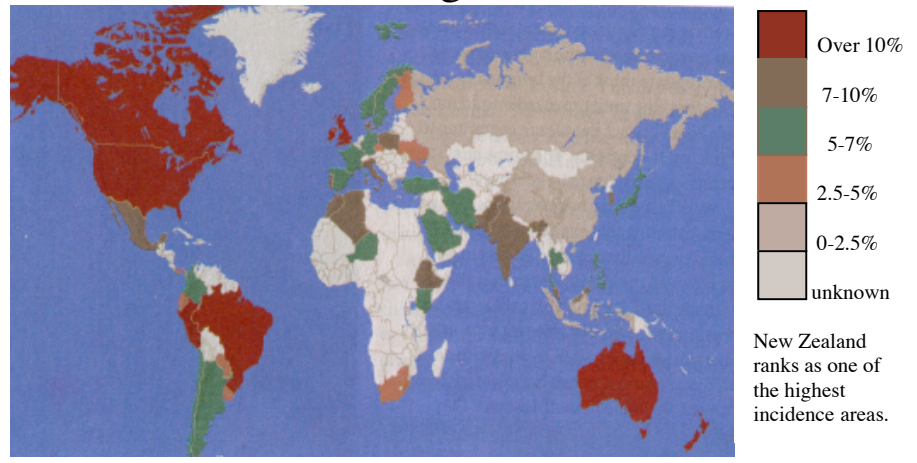
Michael Lingard BSc. DO BIBH  
01580 752 852

e-mail: [enquiry@buteykokent.co.uk](mailto:enquiry@buteykokent.co.uk)

Website: [www.buteykokent.co.uk](http://www.buteykokent.co.uk)

"Eat less, sleep less, breathe less an exercise more" Prof. K Buteyko

## Asthma Throughout the World



## Interview with Professor Konstantin Buteyko (In 1982)

**Question;** What scientific laws support your discovery and the method based on it?

**Answer;** Our theory is a developed hyperventilation syndrome theory. Hyperventilation syndrome is the initial stage of the deep breathing disease. The theory is based on up-to-date concepts of the grandiose biological role of CO<sub>2</sub> in providing health of humanity and fauna, as well as on physiological mechanisms of CO<sub>2</sub> effects on the organism, all its systems, flora and fauna. Carbon dioxide is the staple for all the living matter on the Earth (plants take it from the air)...Huge percentages of CO<sub>2</sub> in the air of ancient times have come down to our minuscule 0.03%. Absorption of this residue by plants may inevitably lead to end of life on Earth... In the course of evolution the human organism and the highest animals have developed a self-governing aerial system in the form of pulmonary alveolar air which contains about 6.5% of CO<sub>2</sub> ....The above physiological laws explain the malignant (venomous) effects of deep breathing and give grounds for the only scientific principle of eliminating disorders (called diseases), i.e. by increasing the level of CO<sub>2</sub> in the body. This is the principle we have based our method of the voluntary hyperventilation elimination (VHE).

**Question:** You said it in the lecture that your innovation is rather not curing illnesses, but mostly finding out their causes. Could you provide more details on that?

**Answer:** This is a very important question. Western medicine has slipped to blind empiricism. This may have happened because they were unable to detect causes of asthma,



Professor Konstantin Buteyko (1923-2003)

angina, high blood pressure, and cancer. Therefore, they neglect the main principle on which, by the way, the Judd-shee medicine is based, the doctor may not treat until he knows the reason. Only when you know it you can guarantee treatment. Western doctors have now either stopped looking for the sources of asthma, angina and high blood pressure or have faulty ideas of them.

**Question:** We've touched upon the specifically medical problems. However, I have another question: if the reason for the above illnesses (allergic, sclerotic, cancerous, nervous and psychiatric) is hyperventilation, then where does it come from? What's the cause of the cause? What produces hyperventilation?

**Answer:** You mean, what are the reasons for hyperventilation? The primary breath intensifying factors have already been found. I think the main of them is propaganda of deep breathing. Modern people are trained to breathe deeply even before they are born, when our mothers attend deep breathing exercise courses.

There are also other factors. Overeating especially on the animal proteins (fish, chicken, eggs, milk, and, naturally, meat), intensifies breathing drastically. It's worth noticing that animal products intensify breathing more, vegetable food less; cooked food more, raw less. Another breath deepening element is the lack of motion, absence of physical work, idleness. Physical loads stimulate production of carbon dioxide and raise its level in the organism. That is why the people who work physically live longer and are healthier. Breathing deepens through hypodynamia, rest cure, horizontality (lying, especially on your back), and longer sleep.

**Question:** Apparently, your ideas also include the social and moral footings of the society.

**Answer:** The conventional principles of deeper breathing, more breathing, more lying, sleeping, much eating are the principles of greed. Who may have those principles? Welchers, spongers, bandits, sadists, terrorists and other socially dangerous and degrading outcasts. If humanity becomes ascetic, it will wipe out any chance for these to appear and spread.... If people breathe less, they'll become calmer, fairer and more generous to eradicate any chances of war.