

Buteyko International Conference Nov. 2007 : Special report on an outstanding event

Brisbane November 2007 was the venue for a great Buteyko Conference & a meeting of many practitioners and doctors sharing their common interest in the Buteyko Method. Below is a brief review of some of the talks:

Mouth Breathing :

The Cause of Crooked Teeth

A stimulating address by John Flutter, a dentist with a difference who explained his approach to children's orthodontic problems, no extractions, no braces just teaching nasal breathing. "All children who grow up as habitual mouth breathers will have crooked teeth"

Visit John's website for more information:
<http://www.jfdental.com/>



COPD & Asthma

John Wilson presented his own case study of Asthma/COPD, from a prognosis of unremitting deterioration to 37% higher than predicted outcome of lung function with only remedial breathing exercises. An inspiration & hope for all COPD sufferers.

Australasian College for Respiratory Therapy

Roger Price explained how he has started the process of getting Buteyko Therapy recognised as part of an Advanced diploma course to gain full recognition for private & state therapy funding. A model for other countries.

Professor Konstantin Buteyko, 21st Century Physician

Michael Lingard put forward the case that Professor Buteyko has laid the foundations for a better medical paradigm and demonstrated the characteristics of the new 21st century physician. He was ahead of his time and based his methods on health promotion, individual responsibility, the systems approach to medical thinking, and last but not least the reintroduction of the concept of human spirit as a key element in health.

Buteyko in Cuba

Cuba is renowned for its first class health care system, so when a team of Buteyko practitioners were invited to introduce the Buteyko Method this once again showed the world how they were developing a truly health based medical system. Jill McGowan Paul O'Connell & Wing Ah spent five weeks in Havana supported during the second phase by Glenn White, Julia Lally & Dennis Champion.



New Zealand Buteyko Study

Dr Patrick McHugh presented his findings of a Buteyko study of children with asthma. New Zealand has one of the highest incidents of asthma, so any complementary approach to its treatment should be welcomed there.

Reduction of Reliever Medication:

	Buteyko	Control
At 6 wks	94%	50%
3 months on	86%	51%
6 months on	85%	37%

Reduction of Steroids:

	Buteyko	Control
At 6 wks	34%	-10%
3 months on	36%	-2%
6 months on	50%	-1%

If this result could be expanded throughout NZ it would be a substantial saving on the £30-40 million currently spent on reliever medication alone.

Te Whare Tapa Wha

Patrick finally introduced us to the Maori view of health, based on a four-sided house;

Taka tinana	biological
Taka winengano	psychological
Taka whanau	sociological
Taka wairua	spiritual

They see each aspect affecting all others in cybernetic loops. A truly 21st century systems model of medicine that we could learn from, replacing our simplistic (A affects B) double blind trials which usually leaves three sides of the house out of the study!

Health, Fitness & Buteyko Training

Following last October's talk at The Risebridge Health & Sports Centre at Goudhurst. I was very interested in a talk given by Buteyko Practitioner Tess Lee & her experiences with coaching athletes in the Buteyko Method. The main problems she met were: poor diaphragmatic breathing related to rigid abdominal muscles, rigid attitudes of mind, intensive training programmes that left little time or energy for additional new training in Buteyko, disturbed breathing patterns, inappropriate use of ventolin to "boost breathing", sports drinks high in sugar which push breathing rates up and lack of motivation. However when individuals have taken the Buteyko Method seriously they have always improved performance & given themselves the edge on the competition.

Improvements usually 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



Buteyko graduate Karen Magdangal completes first marathon with her mouth closed after training by Jac Vidgen of Buteyko Asia.

www.buteykokent.co.uk

Check your own breathing here on this site, and more.

Buteyko & Behavioural Disorders of Children

Glenn White described his work within a multidisciplinary team in New Zealand. He noticed that most of the children were mouth breathers and many had sleep disorders. He discussed how these children may be the sensitive ones who like the old miners' canary in the cage are early indicators of environmental health hazards.



Predisposing factors for ADHD, include mercury in vaccines, amalgam fillings, seafood, lead in old paint, polyvinyls, food additives, nutritional problems, environmental toxins, pesticides, herbicides, petroleum and industrial pollutants.

New research is already making a connection with dysfunctional breathing: ADHD could be just a breathing problem see: JAMA June 2007, He related the very good results he had with Tom who was a transformed child with Buteyko training, off all medication good attention reports from school and great sporting improvements.

Asthma Research & Buteyko Clinical Trials

Dr Robert Cowie gave a very thorough insight into the design and execution of the trials of Buteyko in Canada and dealt with the many questions the audience had in this difficult area of research. His contribution to the Conference was much appreciated and left us all tempering our enthusiasm with a little more wisdom in this field. After a long discussion he said the Buteyko Method showed excellent results as an adjunct to conventional treatment. No other method has been shown to match such a result. See details of the results on my website below.

Buteyko on the NHS

Efforts are still being made to try to introduce the Buteyko Method into the NHS through local doctors. Ask your own doctor to add his/her voice to this request.

Contact:

Michael Lingard BSc. DO BIBH

01580 752 852

e-mail: enquiry@buteykokent.co.uk

Website: www.buteykokent.co.uk

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

Anthroposophical Medicine & The Buteyko Method

When I introduced some ideas about Professor Konstantin Buteyko at the Conference that included concepts from Rudolf Steiner, the founder of Anthroposophical Medicine (AM), it caused one participant John Wilson to be delighted. As an Anthroposophist of long standing he had not heard others make these connections. In case you don't know what AM is, here is my simple definition: AM it is practiced by fully qualified registered doctors, it takes, as its model of man in health & sickness, a comprehensive view of man as a physical, living, feeling and spiritual being, it recognizes the influence of the whole cosmos, our earth, our environment and others on our daily lives. When I heard of the Maori model of health (see first page) from Dr Patrick McHugh I was impressed that an unsophisticated society had a more comprehensive model of man than we in the West. In AM the lungs are seen as the link between our feeling/spiritual being and our living/physical body, The process of incarnation occurs with the lungs, it is not birth that starts our life but our first breath. The lungs are not just there for taking in oxygen & expelling carbon dioxide, if they were they would be much less efficient than fish gills. Lungs in AM are seen as part of our feeling/rhythmic system noticed in the "psyche" of the asthma patient's response to fear or anxiety. The connection of the other major organ in the rhythmic/feeling system is the heart. The relationship of respiration rate to pulse rate indicates the degree of balance in this sphere. AM thus tries to address respiratory dysfunction through various means of working on the rhythmic/feeling system, through homoeopathic medicine, movement therapy, music and art therapy. Buteyko has made the great contribution to medicine by helping patients help themselves through their volitional control of breathing, the "side-effect" of their success is more than control of asthma or whatever their problem was, but many of us have observed a change in their whole being, increased calmness, more confidence, better emotional balance. Here I believe lay his genius.

A good book on AM is:

An Introduction To Anthroposophical Medicine: Extending The Art Of Healing by Dr Victor Bott & Dr G Douch ISBN 185584 1770 or visit some of the AM websites, try the Weleda site at <http://anthroposophy.org.uk/>

Shut Your Mouth & Save Your Life

This was the title of a book written by George Catlin in 1870, he was renowned as a great traveller and artist. His travels took him throughout north & south America studying & painting the indigenous Indian populations. During this period he came to the conclusion that the health and good facial features of the native Indians was in large part due to their nose breathing and not allowing their children to mouth breathe. Two hundred years later the same concept is being revived (see first article on crooked teeth)



North American Indian Painting by George Catlin

FREE BUTEYKO SEMINARS

Every month we offer a free ninety minute seminar on the Buteyko Method. These seminars are based on the first part of the full Buteyko Course that comprises five ninety minute sessions over three weeks. They give an in depth understanding of the history, science and practical application of the Buteyko Method. Participants will have some useful tips to improve their breathing and health even with this first session.

Those wishing to continue on the full course may enrol at the end of the seminar. The full course costs £306 for an adult (£100 for each additional family member), and £206 for a child. A £50 deposit secures a place and the balance paid before the end of the course. The course content includes: Five 90 minute sessions of training, workbook, text book, full telephone support both during and after the course ends, This is a once in a lifetime investment in your health as once you understand the effects of poor breathing and have learnt how to change your breathing habits you will always be able to help yourself to better health. Book a place now:

Tel: 01580 752 852