

BUTEYKOKENT NEWSLETTER

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TotalhealthMatters! St Bridgets Rye Road Hawkhurst Kent TN18 5DA



Mainstream Medicine Endorses The Buteyko Method

In May of this year the British Thoracic Society, in their Guidelines for Asthma Management, gave the Buteyko Method their endorsement as a supportive therapy for asthma patients because of the high quality of the clinical research that sets it apart from all other non-drug approaches. They have advised doctors and asthma nurses that they may refer their patients to Buteyko practitioners.

The value of the Buteyko Method was also recognized in the USA Guidelines for Asthma for reducing short acting bronchodilator use, improved quality of life and reduced exacerbations. The results of the independently funded million dollar Canadian trial of Buteyko was best summarised by comments from Dr Bob Cowie, resident respirologist at the Foothills Hospital in Calgary:

"I've been astonished and also very pleased with the excellent result. There is no disruption of their life at all by their disease: normal activities; not waking at night; not needing to use any reliever medications. It's just great...75% control is about as good as anyone has got in any study of asthma. The neat thing about it is that it has no side effects. It's very safe. The Buteyko technique certainly has been shown to be an important adjunct to treatment."



Buteyko Trial at Foothills Hospital in Calgary

What is Asthma? Surely we all know by now?

The answer unfortunately is a resounding, **no!** If we did then there would not have been the call to question the very definition of asthma as a single disease entity in the The Lancet, Volume 368, Number 9537, 26 August 2006.

The concluding remarks in the article are: "So why wait? Rather than confusing scientists, doctors, and patients even further, is it not time to step out of the straightjacket of a seem-

ingly unifying name that has outlived its usefulness? The conclusion should surely be that it is best to abolish the term asthma altogether." See the www.buteykokent.co.uk website for the comment, published with this article, that Professor Buteyko claimed this enigmatic condition was due primarily to hyperventilation.

Then, last year new research in New Zealand suggested that 40% of those diagnosed with asthma do not have asthma and should not be on reliever medication.

Middlemore and Greenlane hospitals are trialling three new tests, one measuring nitric oxide levels in the breath. The early results on the first 50 patients have been startling.

"Half of the patients who've been labelled as asthmatic who've come along to the clinic and have been enrolled in the study to date, have had other conditions which have mimicked asthma," Dr Jeff Garrett says.

These conditions included damage to the small airways or chronic infections, which can be fixed by antibiotics, and the implications for the wider population are huge.

"Based on these findings it may well be that as many as half the people who've been labelled as having asthma may well have another sort of inflammatory airways disorder," Garrett says.

Wellbeing Network UK



The Tunbridge Wells based Wellbeing Magazine (www.wellbeingmagazine.com/) has joined forces with the Wellbeing Network UK www.wellbeingnetwork.co.uk/ in a move to raise awareness of health promotion and health care for both individuals and organizations. There are regular free open public meetings held at the Spa Hotel in Tunbridge Wells when practitioners give talks on their individual approaches to health care. Information is always available on the Buteyko Method at these meetings. Check the websites for details of future meetings, they are a great opportunity to learn more about helping yourself to better health & wellbeing.

Launch of New Buteyko Method Guide

The Buteyko Guide To Better Asthma Management



Take control of your asthma, stop asthma controlling you!

There are 5.3 million asthma sufferers in the UK and rising, asthma deaths occur with young and old and a large proportion of them are preventable. In 2005, in the UK alone, 1318 deaths were caused by asthma. With only a handful of qualified Buteyko Practitioners in the UK it would take many years to be able to offer the Buteyko Method on the NHS even if were accepted enthusiastically by the medical profession and a crash training programme for new practitioners were instituted immediately. At present there is only one trained Buteyko practitioner for every 53,000 asthma sufferers, a totally inadequate number to offer Buteyko Training to all those who could benefit. This short publication attempts to provide a stop-gap solution by giving people with respiratory problems some of the safe practical guidelines that form a small part of the full Buteyko training course. In this way many more may find ways of better managing their condition with less medication. At present this booklet may be obtained only from the publishers: TotalhealthMatters! St Bridgets, Rye Road Hawkhurst Kent Tel: 01580 752852, at £4.95 inc p&p (£1 of which goes to BIBH for research funding) A small price to pay for safer asthma management.

Buteyko in Ireland



Asthma has often been associated with pollution and stress and news from a fellow Buteyko practitioner Patrick McKeown that Ireland, such a green and gentle land, has the fourth highest asthma incidence in the world came as a shock. "In 1983 only 3% of Irish children had asthma. That's now 20%. In the 13-14 year old bracket there has been a 40% increase over the past 10 years. All these children are losing on average 10 days schooling per year" says Patrick.

The situation is not much different here in England, and the fact that most of these children could be helped to manage their asthma with far less medication by being taught the Buteyko Method is at least, a tragedy and at worst negligence on the part of our medical providers and advisers. In Ireland Buteyko has been accepted far more readily and some of the costs are met by insurance schemes. Despite the growing clinical evidence of the effectiveness of the Buteyko Method in reducing the need for medication and improved quality of life, it is still regarded as "unproven" by many doctors. Curiously respiratory specialists seem more aware and positive about the value of Buteyko.

A Health Check List

If you score more than ten you will certainly benefit considerably from Buteyko Training. If over twenty do at least get to a free seminar to discover how seriously damaging over-breathing is.

All the following symptoms may arise through hyperventilation.

If you never experience the symptom score 0, if sometimes score 1, if often score 2, if very often score 3 and if always score 4.

Description of symptoms	0	1	2	3	4
Shallow breathing, using upper chest to breathe	0	1	2	3	4
Fast or deep breathing	0	1	2	3	4
Yawning or sighing	0	1	2	3	4
Breathing through the mouth	0	1	2	3	4
Difficulty taking a deep breath	0	1	2	3	4
Short of breath, breathless	0	1	2	3	4
Chest tightness or constricted	0	1	2	3	4
Excessive mucus production	0	1	2	3	4
Coughing	0	1	2	3	4
Allergies, rhinitis, hay fever	0	1	2	3	4
Sneezing	0	1	2	3	4
Blocked or running nose	0	1	2	3	4
Dry mouth	0	1	2	3	4
Dental or gum problems	0	1	2	3	4
Throat clearing repeatedly	0	1	2	3	4
Light-headed or feeling dizzy	0	1	2	3	4
Pounding, rapid or erratic heartbeat	0	1	2	3	4
Colds, flu or chest infections	0	1	2	3	4
Poor concentration, mental fatigue	0	1	2	3	4
Feeling tense, apprehensive, anxious, panicky etc.	0	1	2	3	4
Mild depression	0	1	2	3	4
Bloated abdomen, flatulence or belching	0	1	2	3	4
Stiffness in fingers, arms or around mouth	0	1	2	3	4
Trembling, tic or twitching	0	1	2	3	4
Muscle tightness or cramps	0	1	2	3	4
Confusion or forgetful	0	1	2	3	4
Total Scores					

You may wonder how all these different symptoms could be caused by just over-breathing, book into a free seminar to find out.

Shut Your Mouth & Live a Long Healthy Life!

This is the title of our latest brochure, it comes from the book title of an American artist who drew and painted both the immigrant and the indigenous American Indians. He observed the latter to have better facial features and be in greater health than the former. From his observations he deduced it was because the Indians always breathed through their noses whilst the immigrants were mouth breathers. Almost 200 years on, specialist orthodontists now recognize the fact that mouth breathing will often lead to crooked, crowded, dental development with attendant body structural problems and the latest research has shown our nose breathing produces up to 50% of the body's nitric acid and confers substantial protection from infections. The work of Professor Konstantin Buteyko further demonstrated that most of our modern diseases are associated with dysfunctional breathing, usually chronic hidden hyperventilation, and that simple correction of these poor breathing habits will ease the suffering of those with asthma, hypertension, sleep apnoea, hay fever, angina, panic attacks, and a host of other modern ailments.

Can you spare ninety minutes to discover why?

Book in for a Buteyko Seminar

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

Forthcoming Free Seminars

Tunbridge Wells

Saturday 4th Oct. at Helios Clinic Camden Road

Hawkhurst

Tuesday 7th Oct. at TotalHealthMatters! Hawkhurst

Hawkhurst

Thursday 30th Oct. at TotalHealthMatters! Hawkhurst

These seminars also form part one of the five part Buteyko Courses

To book your free introductory seminar place:

Telephone 01580 752 852 or e-mail lingard@buteykokent.co.uk