

“REAL HOPE FOR ASTHMATICS”

There are 5.3 million asthma sufferers in the UK and rising, almost two million of them are young children who face a lifetime of increasing drug therapy with all its attendant side effects.

Modern medical treatment simply helps them manage this debilitating, frightening and life-threatening condition but offers no long term cure or freedom from its clutches.

A radical yet simple new approach that has been tested with rigorous clinical trials offers asthmatics the opportunity to break away from this future restricting life, by managing their condition without drugs and begin to lead a “wheeze-free” life.

It involves three major medical breakthroughs:

1. The role of breathing is no longer regarded as simply a means of taking in oxygen but primarily for the maintenance of the optimal balance of carbon dioxide (without which no life is possible) and oxygen. As there is almost no carbon dioxide in the atmosphere we rely on producing our own and conserving it by breathing correctly.
2. Asthma is no longer seen as a disease but the body’s way of attempting to deal with the person’s dysfunctional breathing that is failing to maintain this balance
3. The patient thus learns to improve their breathing with daily exercises that enable them to take control of their asthma and systematically & safely reduce their medication with their doctor’s support. Trials have demonstrated average reductions of reliever medication by 90% and steroid preventers by 50% using this approach.

The approach is well established throughout the world and is gaining medical support in this country. It is called The Buteyko Method, developed by a Russian doctor, Professor Konstantin Buteyko. See New York Times Nov 2nd 2009

Training is available in Kent & Sussex with Michael Lingard BSc DO BIBH of ButeykoKent Visit www.buteykokent.co.uk or

Tel: 01580 752 852 Mob: 07590 549423 for free information pack.

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