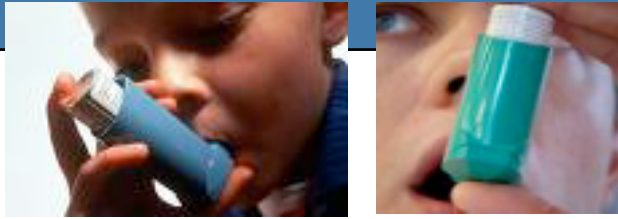


**SUFFERING WITH ASTHMA
PANIC ATTACKS
HYPERTENSION
HAY FEVER TIREDNESS
POOR SLEEP SNORING..... ?**

**Taking your medicine but not feeling much better?
Just want to enjoy better health?**



**Are you concerned about the effects of drugs on your health?
Are you tired of taking drugs and still feeling ill?
Do you wheeze even with your drugs?
Do you get breathless with little exertion?
Do you feel tired, have poor sleep or lack energy?**

Life does not have to be like this!

**In just five days you can learn how to improve your
breathing , reduce your drugs safely if you have asthma
and if you don't you can start to enjoy better health**

Book your place on the Swale Buteyko Course now

**Tel: Michael Lingard BSc DO BIBH Buteyko Practitioner
for fee details, times, dates and location on
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