

ENDORSEMENT

C. McLean, Scotland August 2011

Bonus - I've effortlessly lost weight too!

Two weeks into the Buteyko course and a reflection on how the Buteyko breathing method has improved my quality of life:

Sleep - *From one who, for years, has had trouble getting to sleep and staying asleep, the use of microporous tape at night to keep my mouth closed has meant undisturbed sleep all night. Even my husband has started using tape to improve his quality of sleep.*

Use of reliever inhaler - *My breathing is much easier now, and, although I use my preventer at night time, I no longer need to use the reliever each day and can now freely leave home without checking that I have my Ventolin puffer with me.*

Weight control - *The breathing exercises, combined with an effort to eat healthily, have contributed to the suppression of my appetite. In turn, this has resulted in noticeable weight loss - an added bonus!*

More energy - *My husband's observations - He has noticed and commented that I have more energy, am calmer, less hyper and said " well this is worth thousands to have got you this sorted!"*

Unexpected benefits - *Because I realise the Buteyko exercises are the route to improving my breathing problems, my daily routine has now changed and everything has to fit in around these scheduled times of my day/evening. As a result of the effort put in, my energy has improved by leaps and bounds - an unexpected benefit. Added to this, I am now a much calmer and quieter person in myself.*

Thanks - *All the above benefits would not have happened without the guidance, patience and support of my practitioner, Linda Meads, and to her I am ever grateful.*

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