

Testimonial

Carol Hextell

Bronchiectasis

Birmingham,

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In March 2006 I was diagnosed with a condition known as Bronchiectasis. It was a shocking diagnosis to me and it had drastic consequences on my life. Doing simple things such as walking, getting up stairs, cooking and cleaning, left me very breathless. I found the condition highly distressing and frustrating. I questioned the quality of life I would have. Indeed I questioned whether it would be worth living.

I tried all sorts of potions and therapies to try to help me. My GP prescribed Becotide and that was the extent of the help she could offer. I was becoming more and more despondent.

Just before Christmas 2006 I looked Buteyko therapy up on the Internet. I found my nearest practitioner – Linda Meads – and contacted her. I gave her the diagnosis, left my name and phone number and asked if she would phone me back. As it was only 4 days to Christmas I thought I would hear from her after the holidays, probably in January. However on Christmas Eve Linda phoned. She advised me to breathe through my nose – both in breath and out – at all times, no matter what I was doing. An appointment was made to see her on Tuesday 2 January.

I did as she suggested and breathed through my nose at all times. It felt very odd and was a little difficult. However, I was assiduous and the only time I breathed through my mouth was when I was asleep! After about 5 days I found I was not so breathless. Getting about seemed much easier. Could it be simply due to breathing through my nose?

I saw Linda on the 2 January. I was nervous about the meeting and didn't dare build up my hopes. This really was my last chance. If this didn't work I dreaded to think what I would do. I found Linda to be very pleasant, professional and dedicated to the benefits of the Buteyko technique. She recognised straight away that my breathing was completely out of synch (something that I myself had always felt but, as none of the medics I had seen – including a hospital consultant – mentioned it, I thought perhaps it was all in my imagination). I was given a set of exercises to do...half an hour 3 times a day. That worried me, as I am not very good at routine. I was given my exercise book in which to write down my results.

I was amazed to see how my Control Pause increased from a puny 11 and 13 at the beginning, to 30 and 37 in only 3 weeks. I have also been amazed at how diligent I have been doing the exercises – which are now a part of my life. I actually enjoy doing them!

An amazing thing happened 3 weeks ago. I had allowed my 2 cats to sleep on my bed during the night. At 3am they began waking and padding around, which woke me! By 7am I had had enough, promptly got up, dashed down the stairs with the cats following me, fed them in the kitchen, locked them in there, dashed back up the stairs and jumped back into my warm bed. All this took 2 minutes. I suddenly realised whilst snuggling down in my bed that I was not in the least bit breathless! What a miracle! I felt normal again.

So far I have found the effects of this Buteyko course to have been miraculous. I want to shout it from the roof tops as to how wonderful this has been for me, but there is a little fear that if I do I will somehow break the spell!

I would certainly recommend Buteyko and practitioner Linda Meads at the Buteyko Breathing Centre to anyone who has breathing difficulties.

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