

## ENDORSEMENT

*" I attended an AsthmaCare Buteyko breathing course run by Linda Meads in Central London last November, mainly for the annoying coughing symptoms I have suffered for several years, rather than breathing difficulties.*

*When I mentioned than I suffered from persistent migraine also, Linda was quite certain that with increased carbon dioxide levels, these would also improve. This is not a quick fix, but the rationale behind the breathing exercises all make sense.*

*Three months in, and I have had dramatic improvements in sleeping and digestion and the rest is just persistence. The migraines have reduced in frequency and intensity and it's all going in the right direction.*

*After the course, Linda monitors your progress, and tweaks your direction by telephone or , preferably, Skype with camera and that is key. To feel that there is someone upbeat and positive, and batting for you in the background is wonderful. It's like being cheered on to the finishing line! I'm very grateful to her for all her support."*

Juliet S.

London

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