BRONCHIAL ASTHMA/STRESS

May 2012

I joined the AsthmaCare/Butekyo breathing programme run by Linda Meads 5 weeks ago. My breathing improvement has been remarkable. When I commenced my Control Pause was just 14 it is now 28. My medical consultant had recently prescribed me a combined controller (steroid + long-acting reliever) medication. I now only use the preventer and the strength of this has been reduced by one third. I feel so much more in control of my life.

The breathing programme is life enhancing. I take more time out each day for me. I practice my BreathWatching, do my breathing exercises and am sure to do some physical exercise every day. I have a busy life running my own business. The AsthmaCare programme is not only dramatically reduced my asthma symptoms, it is also helping me manage the stresses in my life in a very positive way.

Linda is challenging, fun and very motivating. It's the best investment in myself I have ever made. I look forward to my Skype phone call classes and know I will reach my targeted control pause of 40 in the not too distant future.

Thank you Linda for sharing your expert knowledge, genuine care, and support

Liz Ross Southern Spain
Email: trailblazers-pro@hotmail.com