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Here is my Buteyko story :

"I've been diagnosed with asthma, which very quickly developed in a severe form. I had to use prescribed medication, the well-known "puffers" that have written, as a warning, on the Patient Information that "it could worsen the medical condition of asthma patients"... scary, isn't it?

My condition went from bad to worse. There were days when I had to use puffers 17 times!

I got scared and started researching the disease and possible treatment(s) on the internet.

That's how I found about the Buteyko method and I thought: "let's give it a try"!

Counter-intuitively what the Buteyko method is saying, is that what you need to do in a crisis is to educate yourself NOT TO OVERBREATHE! In other words, to control the air intake and to diminish it. There is lots of information about how this method works and why it does... one can find it readily available on the internet.

I found out that there is a Buteyko Breathing Centre in London and I contacted Linda Meads. Linda is such a nice and helpful lady... I can't find enough words to describe this and to thank her for her help. Given my critical medical condition we started right away with the initial lessons taught on Skype! In June 2010 I went to London and took a Weekend Workshop with the Buteyko Breathing Centre.

Long story short, it changed my life. After a few months of the Buteyko exercises with Skype folowups, I had kept the asthma under control and I haven't used puffers ever since, I don't need them anymore.

Needless to say, putting all those expensive medications on the shelf, the method is not so popular with the pharmaceutical industry, nor with the doctors. Understandably so...

Using the Buteyko method to control asthma is not easy. Not everybody can do it, mainly because it requires discipline and dedication. It doesn't give results right away. You have to work hard for those results. Many people prefer to have a puff and thus temporarily solve the problem in a few seconds.

But, if you think twice, it's worth spending those 30 minutes twice or three times a day to become drug independent and to make the crises go away for good.

I'm a living proof that the Buteyko method is working. It changed my life and I thank Linda for this from the bottom of my heart."

Bless you all!

Simona Trendler