



## **KEY TAKEAWAYS from your Buteyko Breathing Re-Training Workshop....**

- Reduction or elimination of asthma/hay-fever symptoms and need for reliever medication
- Improved digestion & ability to enjoy food
- Balancing of metabolism and normalisation of weight
- Improved relaxation response
- Reduction in severity of anxiety
- Reduced frequency & elimination of panic attacks
- Improved mood, concentration and thinking
- Reduced reactivity to triggers (stress, fur/feathers/pollen or food intolerances)
- Improved ability to physical exercise
- Reduction in frequency & volume of snoring – reduced need for CPAP machine
- Normalisation of sleep patterns - quiet, restful sleep

### **Clinically-trialled results with Asthma**

- 50% less coughing, wheezing and breathlessness within two weeks
- 90% less need for reliever medication
- 50% less need for preventer medication within three to six months