

# Buteyko Breathing Centre

## Key Fact Sheet Buteyko breathing Centre

(07)542 2219 for more information

### Asthma Management by the Buteyko Institute Method (BIM)

#### Description

Buteyko breath correction practitioners teach the Buteyko Institute Method (BIM). The BIM is a program of simple breathing exercises and life style guidelines used to correct and alleviate the symptoms of asthma and other breathing related disorders. It is based on the work of Professor Konstantin Buteyko from Russia, and is taught by BIM Practitioners accredited by the Buteyko Institute of Breathing and Health Inc. (BIBH). Significant features of the BIM are that it is:

- Effective – most course participants reduce asthma reliever medications by 90% within one week.
- Clinically proven – The BIM is clinically proven in the management of asthma. In clinical trials those practicing the BIM reduced their reliever medication by >85% and preventer medication by >50% (Bowler et al 1998 MJA; McHugh et al 2003 NZMJ).
- Safe - the BIBH follows international best practice asthma medication guidelines.
- Medically based - based on the standard medical principles of respiration, the normalisation of breathing and the Bohr Effect.

#### Outcomes

- Significant reduction or elimination of asthma reliever and preventer medications (reduction of preventer medication is done in consultation with the client's medical practitioner).
- Significant reduction or elimination of asthma symptoms. The BIM is effective and relief from other respiratory disorders
- Increased stamina and energy levels, better work performance, improved sleep, and better management of the symptoms of stress.

#### Who does the Buteyko Institute Method help?

The BIM is suitable for children from 3 years of age and adults of any age. It is effective for people with all types and degrees of severity of asthma, as well as people with other respiratory disorders such as emphysema, sinusitis, hay fever, hyperventilation/panic attacks, HVS, snoring and sleep apnoea.

#### How do you learn the Buteyko Institute Method?

The BIM is taught in courses of four, ninety minute sessions over four consecutive days. Clients are taught how to retrain their breathing to enable them to breathe correctly when sleeping, exercising, speaking, eating, and performing all daily activities. Improvement occurs within the first 24 hours.

#### About the Buteyko Institute of Breathing and Health Inc.

The Buteyko Institute of Breathing and Health Inc. (BIBH) is the professional body representing the BIM and its practitioners throughout the world. It is a not for profit organisation committed to improving health by correcting asthma and other breathing related disorders through research, development, promotion and application of the BIM. The BIBH currently has over 150 members in over twelve countries around the world and has developed standards for both the teaching of the BIM to clients, and for the training of new BIM Practitioners.

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## Further information on Buteyko

### Books

- Ameisen, Paul - 'Every Breath You Take'  
McKeown, Patrick - 'Close your Mouth'  
McKeown, Patrick - 'Asthma Free Naturally'  
Novozhilov, Andrey - 'Living without asthma'  
Stalmatski, Alexander - 'Freedom from Asthma'  
Stalmatski, Alexander - 'Freedom from Insomnia'  
Stark, Jennifer & Russell - 'The Carbon Dioxide Syndrome'

### Books on line

- Buteyko, KP - 'Basic principles of Buteyko therapy'  
[http://members.westnet.com.au/pkolb/but\\_bov.htm](http://members.westnet.com.au/pkolb/but_bov.htm)  
Rakhimov, Artour - 'Normal breathing the key to vital health'  
<http://www.normalbreathing.com/index.html>  
Novozhilov, Andrey - 'The Buteyko Method'  
[www.buteyko-method.com](http://www.buteyko-method.com)

### Web sites

- Buteyko Breath Correction: [www.buteykocourses.co.nz](http://www.buteykocourses.co.nz)  
Buteyko Institute: [www.buteyko.info/](http://www.buteyko.info/)  
Buteyko Resource: <http://members.westnet.com.au/pkolb/buteyko.htm>

### Clinical Trials

Simon D Bowler, Amanda Green and Charles A Mitchell. *Buteyko breathing techniques in asthma: a blinded randomised trial* Medical Journal of Australia 1998; 169:575-578

Patrick McHugh, Fergus Aitchison, Bruce Duncan and Frank Houghton Buteyko. *Breathing Technique for asthma: an effective intervention* NZMJ 12 December 2003 V 116 No 1187

Jill McGowan, *Glasgow Buteyko Trial*; Thorax British Thoracic Society Abstracts Dec 2003 Vol 58 supplement III