

# HERALD EVENING

# Herald

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HERALD FEATURES

Health matters

## Now Joan can breathe easy again thanks to Buteyko

A PLYMOUTH woman who battled with asthma for 50 years has given up using her inhalers in just four days after learning a new breathing technique, writes *Helan Pearse*.

Joan Norman, 63, says her life has completely changed since she attended a Buteyko Institute Breathing Retraining course in the city.

Mrs Norman is one of a growing number of asthma sufferers in the region who have tried the new treatment since the arrival of the Buteyko Breathing and Health Practice in Plymouth in February.

She added: "I'm shocked that the Buteyko Institute method is not more well known. More people need to be aware of breathing retraining and the huge benefits it can offer."

Buteyko Institute Practitioners Nikki Jewell and Simon Paddon say the outstanding results experienced by Mrs Norman are typical of all who attend their breathing retraining courses.

Simon said: "We guarantee results, we know Buteyko works – that's why we offer a money back guarantee. Over 90 per cent of asthmatics who

embark on our Buteyko Retraining Course are able to give up their symptomatic reliever medications, such as Ventolin, within the first five days of the programme."

Nikki and Simon's breathing techniques are fast becoming known, and a doctors surgery in Bridgwater has invited them to run a course later this month. In September they are travelling to the Isles of Scilly to conduct two weeks of Buteyko Breathing Retraining. Oasis Leisure at the Eifordleigh Hotel in Plympton has also invited Nikki and Simon to

conduct breathing retraining courses in October.

Simon added: "As news of Buteyko spreads, we are experiencing growing interest from doctors everywhere."

The Buteyko Institute Method of Breathing Retraining can be taught to children from the age of three with no upper age limit. A free introductory seminar is due to be held at Harewood House in Plympton tomorrow at 7pm.

A four-day breathing retraining course will then take place from Tuesday September 7 to Friday September 10. In order to ensure a

place on the course, early booking is advised.

To book for the seminar or the course, call 0845 456 4533 or 07776 271737 or visit [www.asthma999.com](http://www.asthma999.com).



**NEW LIFE:** Joan Norman no longer needs her inhalers