

Buteyko testimonial

I have suffered from minor asthma since childhood. However, it became worse or I would say chronic in my 20s. I felt that my life was about to end, I had a constant asthma attack, I was wheezing a lot and I was very short of breath. The worst part was I couldn't walk up the stairs without taking my inhaler. I have tried different specialist doctors who each gave me different medications. They included Flixotide, Atrovent and Ventolin to try to cure or improve the debilitating illness to no avail until I met Mr Colin Nicholls at Archway Campus clinic who introduced me to Buteyko Breathing Therapy.

Within three visits (3 weeks), my breathing dramatically improved. Consequently, I was able to go through the day without using my Ventolin inhaler. I could not believe the incredible improvement within a short time. It was a miracle having not to worry to carry my Ventolin with me everywhere that I go. From 6 puffs of Ventolin a day I am now down to zero puffs a day. The Ventolin used to affect my nervous system and often made me feel agitated and frustrated.

I noticed that my complexion was better and I felt calmer in my life in general, my body in general feels stronger. My posture also improved which is also something I wanted so much to change.

Buteyko Breathing Therapy also taught me to listen to my breathing and pay attention to what it needs. Also, my energy levels have gone up. If I get stressed is when the asthma shows up. I am learning lots of ways to become aware of this and again have tools to deal with it that are non-drug-related.

All these good results come with my full trust in Mr Colin Nicholls, patience and commitment to the practice, and lots of relaxation.

I want to thank you for getting my asthma under control. I also want to thank you for the warmth and caring attitude. You are an inspiration, thank you.

Incidentally, I have continued to make Buteyko Breathing Therapy a priority in my life as I trust it is the only way to continue to live a normal life.

Thank you.

A happy and satisfied client,

Elizabeth (aged 59)