

What is the Buteyko Breathing Method?

The Buteyko Institute Method (BIM) is a breathing retraining program that delivers rapid improvement for people with respiratory and associated secondary disorders. It is effective for people with a range of disorders - of varying severity - such as:

Respiratory Conditions

- Asthma
- Emphysema
- COAD (Chronic Obstructive Airway Disease)
- COPD (Chronic Obstructive Pulmonary Disease)
- Sinusitis
- Hay fever
- Rhinitis
- Blocked nose
- Bronchiectasis
- Anxiety and Panic
- Chronic Tiredness
- Feeling of Breathlessness

Disturbed Sleep

- Snoring
- Sleep Apnoea
- Insomnia
- Waking up tired

Dental Conditions

- Elongated face
- Malocclusion (anterior open bite)
- Dental decay and infection
- Gum disease
- Bad breath
- Reduced dental arch space - increased crowding of teeth
- Increased allergen/infection entry to lungs
- Enlarged adenoids or Tonsils
- Polyps
- Noisy breathing & eating

Developed by Professor Buteyko from Russia, in Australia the Buteyko Breathing Method is taught by Certified Practitioners accredited by the Buteyko Institute of Breathing and Health (BIBH).

The Buteyko Breathing Method is taught over 5 consecutive sessions, each consisting of 90 to 120 minutes. You are taught how to change your breathing with the aim of restoring a normalized breathing pattern - regardless of whether you are sleeping, exercising, or performing day to day activities. Many clients begin to notice a significant improvement within the first 24 hours.

By learning to correct your breathing, most of the conditions and resulting symptoms can be minimized, and in some cases reversed.

The program is suitable for children from 5 years of age and adults of any age.

Your Buteyko Breathing Practitioner

Julie York ~ Buteyko Breathing

Buteyko Breathing Practitioner, Dip. Remedial Massage

Julie's speciality is working with people who suffer from a range of Breathing disorders.

The Buteyko Breathing Method is a gentle, natural, non-invasive and clinically proven breathing retraining program that provides relief and in many cases, improvement, for people suffering from respiratory disorders such as Asthma, Anxiety, Emphysema, Breathlessness, Bronchiectasis, Chronic Snoring, Respiratory Allergies (Sneezing, Itchy eyes, Itchy throat,), Sleep Apnoea, COPD and High Blood Pressure.

Call Julie on 9279 1110 or email her at julie.york@cronullaosteopathy.com