

## About Buteyko Breathing Clinics

Buteyko Breathing Clinics offer a clinically proven health education programme of breathing exercises and lifestyle guidelines that delivers immediate and sustained relief from breathing-related problems.

The aim is to retrain breathing to normal levels. The breathing exercises, which are practised for six weeks, will undo the harmful effects of over-breathing, relieving symptoms and restoring body oxygen levels.

## A Buteyko Breathing Clinics Course

The course includes breathing exercises and lifestyle guidelines taught in four consecutive 90-minute group sessions. Symptoms can improve within the first few sessions. The exercises are practised daily over six weeks for sustained results.

The course fee is \$605 including GST and includes two refresher sessions with ongoing support and assistance for six weeks.

In addition to our regular courses, we also run special programmes for children as young as three years.

The clinics also offer specialised programmes for athletes wanting to boost sport performance.

**No matter how severe your condition, we can help you get results.**

## Private Consultation

Private consultation includes a full breathing assessment and guidelines for controlling symptoms and getting started on the path to health through optimal breathing. The fee for a one-hour consultations is \$140 including GST.

## Introductory Seminars

We run introductory seminars for members of the public and health professionals covering:

- Explanation of the breathing clinic programme
- Healthy vs. unhealthy breathing
- Individual breathing assessments
- Guidelines to start getting immediate benefits

The 90-minute seminars are \$55 including GST and provide essential information for anyone with a breathing disorder. We will show you how to get immediate relief from symptoms. You will reconsider everything you thought you knew about breathing and health.

*\*As at January 2015. Check website to confirm current fees.*

Buteyko Breathing Clinics featured on TV3's 'Campbell Live' and TV One's 'Is Modern Medicine Killing You?'



Glenn White BSc MSc MBIBH  
Practitioner/ Practitioner Trainer BIM

Glenn is a Buteyko Institute certified practitioner/practitioner trainer and founder of Buteyko Breathing Clinics. Since 2001 Glenn has helped thousands of adults and children to overcome breathing-related disorders.

Glenn works with other medical practitioners to achieve the best outcomes for their mutual clients. Glenn is committed to helping incorporate Buteyko into general practice, to reduce the burden of respiratory, sleep, cardiovascular and stress-related disorders in New Zealand and worldwide.

*"Glenn White's Buteyko clinic has been the source of excellent results for my patients. I like that he has a course that they can go on which helps to correct the ingrained habit of poor breathing. I am very happy with his treatments."*

**Dr Frances Pitsilis** MB.BS (Mon.) Dip. Obst. Dip. Occup. Med,  
FAARM, ABAAEM, FRNZCGP

*"Glenn has helped many of my patients and empowered them to move beyond their asthma. With his Buteyko techniques they have been able to reduce inhaler use significantly. He has been particularly successful with children – they love Glenn's enthusiastic style. I have no hesitation in recommending Glenn and his techniques to patients."*

**Dr Graeme Kidd** MBChB, FRNZCGP

You can read more recommendations from medical professionals and their patients on our website.

*Note on medications: We advise our clients to consult their doctor before making any changes to prescribed medication.*

## Buteyko Breathing Clinics

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[www.buteykobreathing.nz](http://www.buteykobreathing.nz)

# DO YOU SUFFER FROM ASTHMA OR ALLERGIES?



The Buteyko Breathing Clinic programme is the clinically proven, drug-free way to relieve your asthma, allergies, hay fever, chronic cough, bronchitis and other respiratory disorders.

The programme is also effective for snoring, sleep apnoea, dental disorders caused by chronic mouth breathing, anxiety/panic attacks, stress, and many other breathing problems.

- Reduce symptoms
- Fewer colds and flu
- Decrease reliance on medications
- Restful snore-free, symptom-free sleep
- Boost energy levels
- Improve fitness/sports performance



**Private Consultations  
Seminars  
Breathing Courses  
Practitioner Training**  
**09-360 6291**

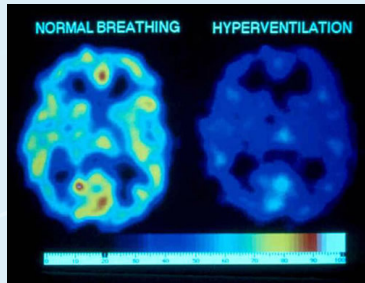
## The Link Between Breathing and Health

Physician and medical researcher Professor Konstantin Buteyko realised that many health disorders can result from a dysfunctional breathing pattern.

The harmful pattern of over-breathing and habitual mouth-breathing upsets the natural balance between oxygen (O<sub>2</sub>) and carbon dioxide (CO<sub>2</sub>) in the blood. Loss of CO<sub>2</sub> through hyperventilation can result in constriction of blood vessels and airways depriving the brain, organs and cells of essential oxygen.

### Functional MRI scan showing how over-breathing deprives the brain of oxygen

Red and yellow areas correspond to highest oxygen saturation



The image on the right shows oxygen availability reduced by 40 per cent as a result of one minute's hyperventilation. Oxygen and glucose, critical to brain functioning, are reduced as a result of cerebral vasoconstriction (from Litchfield 2003).

## Clinical Trials for Asthma

*"All published studies on the Buteyko breathing technique, including one which we performed in Gisborne, have shown positive results. Reductions of reliever medications averaged 85 to 95 per cent and reductions in preventer medication 40 to 50 per cent."*

**Dr Bruce Duncan** MB, ChB, MSc, MRCP, MFPHM, FAFPHM, DCH  
**Dr Patrick McHugh** BMedSc, MB, ChB, Dip GUMed, Dip MSM



*"I refer my clients to Glenn's breathing clinic and recommend his programme to boost performance in any sport."*

**Kaytee Boyd**  
BSc BPhEd

*"I have seen children with asthma improve drastically and quickly with the Buteyko breathing exercises, as taught by Glenn White. The children were able to significantly reduce or even stop their asthma medications within weeks to months. I have seen children with ADHD calm down and focus better on their learning. Children with sleep problems start to sleep well and children with anxiety become calm and relaxed. I highly recommend Buteyko breathing training to anyone with asthma, sleep apnoea, snoring or anxiety."*

**Dr Leila Masson** M.D., MPH, FRACP, DTMH, IBCLC

*"I have found Glenn extremely consultative about my patients, completely professional in his approach, and especially co-operative about my recommendations for medication. At no time has he suggested alteration to inhaler programmes without full consultation and I have been impressed to find that his suggestions have invariably been wise treatment changes. I therefore have complete confidence in referring my patients to him for Buteyko teaching and enjoy their renewed enthusiasm for life and control of their asthma."*

**Dr Graeme F Washer** MBChB, FRACS

## Do I Need Help With My Breathing?

If you suffer from any of the following, a Buteyko Breathing Clinics programme may be of benefit to you:

- Asthma
- Always tired, chronic fatigue
- Breathlessness
- Frequent headaches/migraine headaches
- Chest tightness
- Light-headed
- Blocked/runny nose
- Dizziness
- Frequent colds/flu
- Enlarged adenoids/tonsils
- Hay fever
- Learning and behavioural problems
- Sinus infection
- Chronic cough
- Sneezing
- Chronic bronchitis
- Exercise-induced asthma
- Emphysema
- Snoring
- COPD
- Sleep apnoea
- High blood pressure
- Insomnia
- Dental problems
- Disturbed sleep
- Allergies
- Restless legs
- Reduced sports performance
- Teeth grinding
- Anxiety/panic attacks
- Night-time toilet visits
- Bed-wetting
- Easily stressed
- Gastric reflux

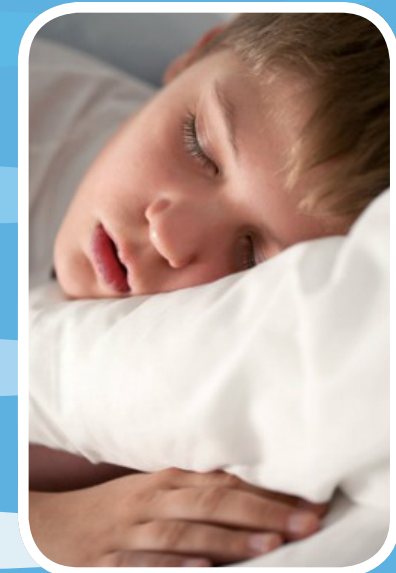
The scientific basis linking dysfunctional breathing to these symptoms is documented in numerous studies and medical textbooks. Copies of studies are available from us on request.

## Benefits of Nasal Breathing

- Reduces hyperventilation, improving cellular oxygenation
- Filters allergens and germs, so fewer colds and flu
- Warms inhaled air to body temperature
- Helps prevent dehydration resulting in better skin tone
- Healthier gums, fewer dental cavities, fresher breath
- Helps correct oral posture ensuring straighter teeth and more attractive facial features
- Calms the body, slows the heart rate, relaxes and soothes
- Helps reduce histamine production: less asthma, hay fever<sup>1,2</sup>

<sup>1</sup> Coakley et al 2002

<sup>2</sup> Strider et al 2010



If not corrected, this boy's open-mouth breathing can lead to narrow dental arches, crooked teeth, receding chin, protruding nose, narrow airway and high risk of developing obstructive sleep apnoea by the age of 30.

The Buteyko programme will help clear even the most stubborn blocked nose so nasal breathing becomes the norm 24/7

**buteyko**  
breathing clinics