

## Glenn White - Buteyko Breathing Clinic

**Local resident Glenn White is a Buteyko practitioner trainer and director of the Buteyko Breathing Clinic. He has helped over 7,000 people overcome breathing related disorders since he opened the doors of his Freemans Bay clinic in 2001.**

### How did you come to be a Buteyko practitioner trainer?

For 18 years I worked in gold exploration based in Indonesia. That all changed after doing a Buteyko breathing course in the United Kingdom that helped me overcome 40 years of asthma, allergies and daily medication. The result was so dramatic that I changed careers, trained as a Buteyko practitioner in the United Kingdom and came back to open my clinic in Freemans Bay.

### What do you love about your job?

Every week we help people sleep better, stop snoring and overcome sleep apnoea. People who have had asthma, allergies and hay-fever most of their life can be symptom free in just a few breathing sessions. We teach breathing techniques that can permanently reduce anxiety and stress or help athletes boost their sport performance. I never get tired of helping people get these tremendous results.

### What do you find challenging?

Getting breathing awareness into general practise and the school physical education curriculum would be the single biggest challenge we face. In one sense this is my ultimate goal and everything that I am working toward.

### How do you differ from other breathing practitioner trainers?

The breathing retraining work we do is unique. It is results based and depends on client compliance to achieve optimal results. Despite the pioneering work by Dinah Bradley and Tania Clifton-Smith of Breathing Works, the importance of good breathing to health is still under recognised. It is exciting being part of a fast growing field whose importance is only now being realised.

### What do you do to stay at the top of your field?

I have come to realise that there is something to learn from every new client and this has helped evolve and invigorate my practise. In addition to this I attend and speak at medical conferences and am something of a research nut. Maintaining a good referral network with other health professionals ensures my clients get the very best results. Ponsonby is blessed with some great practitioners. We never stop learning from each other.

### Can you tell us about a standout case?

We get fantastic testimonials each week and many of these are on the website. Here's one I received today from an 18-year-old that first did my course when he was eight years old. "I had asthma as a child and went to Glenn's clinic. It was amazing; it completely changed my life and cured my asthma. I began experiencing slight symptoms again during exercise about eight years later. I did a refresher course which immediately made a huge difference. It helped me sleep better, improved my breathing and sport. Buteyko and Glenn have changed my life! Thank you."

### What do you do to care for yourself?

I stay active and ensure that I breathe well whether I am doing my yoga practice, at the gym, swimming, skiing, hiking or boarding at Piha. I also make good nutrition a priority, growing virtually all my vegetables and supplementing this from our great farmers' markets. I try to eat organic whenever possible. Then there is always lysospheric vitamin C to ward off the colds and flu. Thanks to this and good breathing I haven't missed a day off work to colds or flu in 12 years.

### What's your advice to people seeking treatment?

Make health a top priority. Health practitioners should be seen as coaches helping you make the right health choices but it is important to realise that your health is your responsibility. I only realised this 14 years ago when I discovered that for 40 years I was taking medications to try and suppress my symptoms when in fact the answer to my health problems was right under my nose. **[PN]**

BUTEYKO BREATHING CLINICS, 20 Arthur St, Freemans Bay, T: 09 360 6291  
[www.buteykobreathing.co.nz](http://www.buteykobreathing.co.nz)



**Glenn White** and Asthma Foundation Chief Executive **Angela Francis**. Glenn presented a workshop at the 2014 Asthma Foundation conference and committed to helping the Foundation achieve their vision of cutting hospital admissions in New Zealand for asthma by 25% by 2025.

## PONSONBY RESIDENT'S ROLE IN BREAST CANCER AWARENESS

### Ponsonby resident Alison Hayes is a breast and general surgeon.

Alison has been working with the New Zealand Breast Cancer Foundation for breast cancer awareness month travelling around the central north island in the NZBCF Pink caravan. This is a novel trip in a purpose-built Pink traditional New Zealand holiday-style caravan, which provides education to women about breast cancer, breast screening and breast awareness. As she told Ponsonby News, "My role also extended to educating GPs in the evenings during the journey. This is the first time something like this has been done in this country and if successful, may become a yearly event. It is a fantastic chance to help empower New Zealand women by educating them and I felt very privileged as a Ponsonby resident that I was invited to be involved." **[PN]**

