



Buteyko Breathing Clinic Practitioner Training

Buteyko Breathing Clinic Worldwide Training for Buteyko Practitioners

Practitioner training in Los Angeles, California from Mon 5th – Mon 12th December, 2011 inclusive.

Patrick McKeown

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Web: www.ButeykoClinic.com, www.ButeykoDVD.com, www.AsthmaCare.ie

Location:

The Meeting Room

2999 Overland Avenue # 205A,

Los Angeles. CA 90064

www.TheMeetingRoom.info

Ample street parking is available as well as parking in the building's garage by arrangement. For directions, please visit www.themeetingroom.info/

Patrick McKeown is one of a few practitioners in the world accredited by the Late Professor Buteyko
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Buteyko Breathing Clinic Practitioner Training

About us

Patrick McKeown trained in Russia in 2002. He is accredited by the Late Prof. Buteyko and has written six popular books including the best seller *Asthma Free naturally*. In addition, he has produced two DVD sets; for adults and children. Free video segments are available from ButeykoDVD.com or from ButeykoChildren.com His latest book is titled *Sleep with Buteyko*. Thousands of patients have attended his AsthmaCare clinics making it one of the busiest Buteyko practices in the western world.

Finally, Patrick has trained Buteyko practitioners from thirteen different countries.

Books, CD and DVD written/spoken by Patrick McKeown

- 1) Asthma Free naturally
- 2) Close Your Mouth
- 3) ABC to be Asthma Free
- 4) Anxiety Free: stop worrying and quieten your mind
- 5) ButeykoKids meet Dr Mew.
- 6) Sleep with Buteyko
- 7) ButeykoClinic CD
- 8) ButeykoClinic DVD set of book, 2 hour DVD and CD
- 9) ButeykoKids DVD set of book, 1 hour DVD

All books, CD and DVDs are available from ButeykoDVD.com or Amazon.com



Buteyko Breathing Clinic Practitioner Training

Course details

- Upon registration- The Buteyko training manual, Books and DVD set is provided to training practitioners. This enables immediate learning of materials.
- Student practitioners are limited to six per course.
- Our training program **is according to the Method as designed by the Late Professor Buteyko.**
- Practical training involves attendance to eight days of clinics to observe approximately twenty five patients being instructed.
- During the eight days, training practitioners assist where possible with patients of varying conditions including asthma, COPD, rhinitis, fatigue, insomnia, snoring, sleep apnea, anxiety.
- Newly qualified practitioners teach small groups only for the first six months.
- Accreditation by Diploma in Buteyko Method & registration on ButeykoClinic.com
- PowerPoint presentations for clients and healthcare professionals are provided.
- Indefinite follow up support is provided by practitioner trainer Patrick McKeown.



Buteyko Breathing Clinic Practitioner Training

Prerequisites:

The Buteyko Breathing Clinic Method is a standalone method with unique exercises and approach. Having a background in health care or an understanding of the respiratory system is an advantage but is not a prerequisite.

Our training will provide you with the best foundation possible. Patrick McKeown is a highly experienced practitioner trainer having taught the method to thousands of children and adults over the past ten years.

Practitioners who become living embodiments of the Buteyko method can forward their direct experience to their clients.

In time, it is the experience that a practitioner acquires in teaching the method and the dedication to their patients that determines how successful they are.



Buteyko Breathing Clinic Practitioner Training

When does Practitioner Training take place?

Schedule:

Practitioner training will take place from Mon 5th Dec until Mon 12th Dec 2011 inclusive

Mon 5th Dec	10am- 12pm (patients)		630pm- 830pm (patients)
Tues 6th Dec	10am-12pm (patients)	230pm- 530pm (theory)	630pm- 830pm (patients)
Wed 7th Dec	10am-12pm (patients)		630pm- 830pm (patients)
Thurs 8th Dec	10am-12pm (patients)	230pm- 530pm (theory)	630pm- 830pm (patients)
Fri 9th Dec	10am-12pm (patients)		630pm- 830pm (patients)
Sat 10th Dec	10am-12pm (patients)	2pm- 5pm (patients)	
Sun 11th Dec	10am- 12pm (patients)	2pm- 5pm (patients)	
Mon 12th Dec	9am- 1230pm (theory)		

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Course syllabus

Buteyko Breathing Clinic training course concentrates on the practical application of the Buteyko Method. This is vital to ensuring your success. Please find course summary below;

Introduction

- Introduction to the Buteyko Breathing Clinic Method
- Chronic Hyperventilation
- Basics of respiratory physiology
- Different theories of how over-breathing contributes to airway obstruction
(Reading material provided)
- Various symptoms and conditions arising from hyperventilation
- How the Buteyko Method differs to other breathing methods

Assessing the patient

- Assessing patient and determining your approach
- How to measure the Control Pause correctly
- How to determine if your client is measuring CP correctly

Breathing Exercises

- How to stop coughing
- How to stop wheezing, stress and anxiety
- How to unblock the nose, relieve constipation and more using breath hold
- Addressing snoring and sleep apnea
- Reduced breathing with varying approaches
- Correct breathing during physical exercise
- Breath holds during physical activity and sports
- How to teach children using steps and reduced breathing



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Working with the patient

- Expected results of your patients
- What to do when results are stubborn
- Anticipating the cleansing reactions
- What exercises to use with different people and conditions
- Nuances to be aware of with different patients
- Various approaches when sensitivity to breathing is poor

Lifestyle guidelines

- Correct sleeping
- Diet
- Temperatures
- Speaking, playing musical instruments, etc.

Asthma Medication

- Types of medication including reliever and preventer
- Issues and roles associated with each
- What reduction of medication is expected
- When patient should visit Doctor for examination

Marketing assistance

- Creating awareness
- Marketing modes
- Customer support
- Design of training programme
- Website options



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Background to the Buteyko Method

The Buteyko Method was discovered by Russian Doctor Konstantin Buteyko on the 7th October 1952. Over the following decades he refined and applied his programme.

As a young doctor, Buteyko's work involved sitting for hours at his sick patients' bedsides to monitor their progress. Over time, he noted that as his patients health deteriorated, their breathing got heavier. A thought struck him that possibly this heavy breathing, which causes a disturbance of various gases within the blood, including the delivery of oxygen to tissue and organs was having an impact on his patients health.

After teaching himself to correct his breathing volume, thus enabling him to recover from hypertension, he instructed his patients to become aware of their breathing and to stop breathing such a large amount, or in other words to breathe less than they were used to. He began to observe that his patients got better quite quickly, with some of them completely recovering from their condition. Buteyko was one of the first people in the world to recognize and apply reduced breathing volume as a way to improve health. His Method is unique in that it is the only breathing exercise developed which measures relative breathing volume. The Control Pause, as it is called, involves measuring the breath hold until one feels the first urge to breathe. The significance of the Control Pause is explained below.

Many people in the Western world breathe too much (clinically known as Chronic Hyperventilation) and it is primarily due to our modern lifestyles. While breathing volume can be as much as two to three times the norm, it is termed as hidden. However, typical characteristics of an over-breather include mouth breathing, regular sighing, taking large breaths prior to talking, breathing loudly during rest, etc.



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Who can a Buteyko Breathing Clinic practitioner help?

The Buteyko method is more commonly taught for upper and lower respiratory conditions such as asthma and rhinitis due to its ability to produce quick results.

Habitual mouth breathers find it difficult to permanently nasal breathe. This is generally due to the feeling of suffocation or want for air that is created when one breathes through the nose.

Unless this feeling of a hunger for air is eliminated, mouth breathing will continue. The Buteyko Method eliminates the feeling of suffocation by resetting the respiratory centre towards a normal breathing volume.

Common symptoms of overbreathing or chronic hyperventilation;

The Respiratory System: wheezing, blocked nose, loss of smell and taste, runny nose, post nasal discharge, breathlessness, coughing, chest tightness, frequent chest infections, frequent yawning, sighing, snoring and sleep apnea.

The Nervous System: poor concentration, dizziness, light-headed feeling, numbness, sweating, dizziness, brain fog, vertigo, tingling in the hands and feet, faintness, trembling and headache

The Heart: typically a racing heartbeat, pain in the chest region, skipping or irregular heartbeat.

The Mind: ADHD, anxiety, racing mind, frustration, irritability, tension, depression and stress.

Other general symptoms may include mouth dryness, fatigue or difficulty falling asleep, waking up at night, waking up tired, reduced productivity, bad dreams or nightmares, dry itchy skin, sweaty palms, increased urination such as bed wetting or regular visits to the bathroom during the night, diarrhoea, constipation, general weakness and chronic exhaustion.



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Measure your relative breathing volume with the Control Pause

Central to the Buteyko method is this measurement of how long you can comfortably hold your breath. Please note that this is a very basic explanation of measuring the CP.

Try it for yourself: (taken from the book 'Close Your Mouth')

- Sit down and adopt a reasonably straight posture.
- Take a small breath in and a small breath out. (small means that it is not noticeable)
- Hold your nose on the 'out' breath, with empty lungs but not too empty. Holding your nose is necessary to prevent air entering into the airways.
- Count how many seconds you can **comfortably** last before you need to breathe in again. Release your nose and breathe in through it.
- Your first intake of breath after the CP should be no greater than your breath prior to taking the measurement. You should not hold your breath for too long as this may cause you to take a big breath after measuring the CP.
- The level of Carbon Dioxide in the body determines the length of time the breath can be held: a higher level of Carbon Dioxide corresponds to a longer breath hold.



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What is the significance of the CP (comfortable breath hold time)?

If the morning CP is less than twenty seconds then;

- depending on genetic predisposition, symptoms such as coughing, wheezing, breathlessness, exercise induced asthma, blocked nose, snoring, colds, chest infections, brain fog, poor concentration, anxiety, insomnia, fatigue etc. will be present.

If the morning CP is between 20 and 40 seconds then;

- Main symptoms have gone but it is possible to develop symptoms if exposed to a trigger.

If the morning CP is greater than forty seconds then;

- No symptoms are present.

Please note that the morning CP is the most accurate measurement of progress.

The Comfortable breath hold time is indicated by CP. The lower the breath hold, the greater the breathing volume and the greater the symptoms. For example, a very severe asthmatic will have a Control Pause of less than ten seconds. This CP will correspond to large volume breathing, often through the mouth.



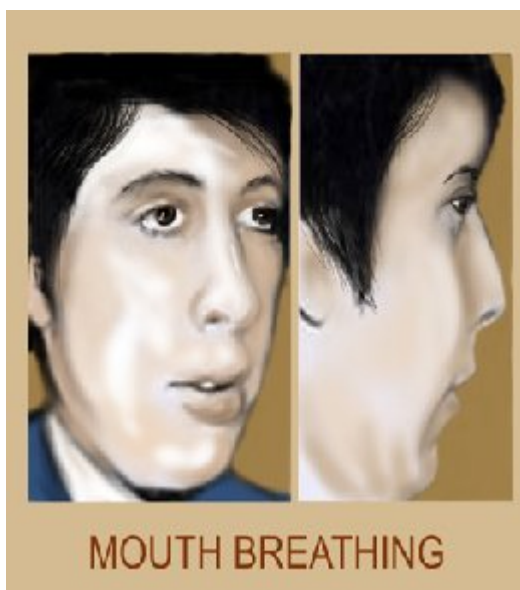
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Importance of Nasal Breathing for craniofacial development



The most common cause of overcrowded teeth is not due to the teeth being too big for the jaw, but because the jaw is too small to correctly house the teeth.

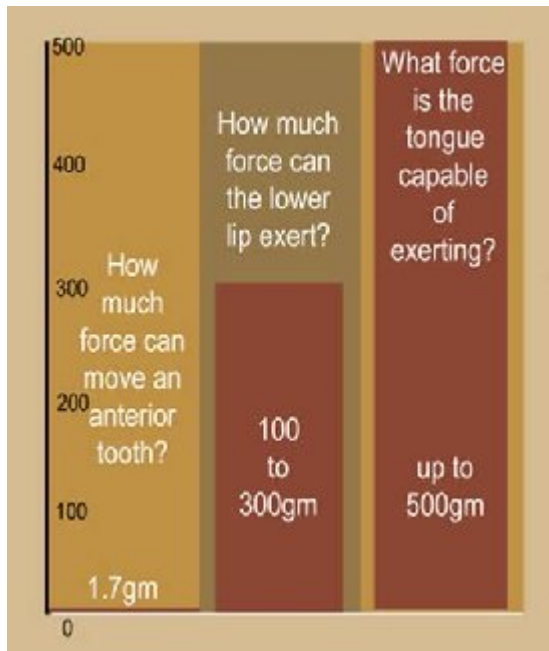
Nasal breathing helps to ensure that the resting position of the tongue is in the roof of the mouth. The upper jaw is shaped by forces exerted by the tongue resulting in correct development. This illustration is composed from a real life case of a ten year old boy. The face is ideal with closed mouth posture and broad facial features.



This is the same real life case boy aged 17 years. He switched from nasal to mouth breathing after the age of ten years. Note the set back jaws which will result in pressure on the airways. As this teenager grows older and continues to mouth breathe, obstructive sleep apnea, respiratory complaints, fatigue and snoring will be a likely result.



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Orthodontic treatment works on the fact that light forces can move teeth. A small force of 1.7gram is enough to move teeth. The tongue can exert a force of up to 500gram and the lower lip can exert a force of up to 300gram.

When the mouth is open, the tongue falls to the floor of the mouth resulting in narrow upper jaws and jaws which are set back from their ideal position. Nasal breathing is of vital importance to the development of a child's face for both health and aesthetic reasons. Mouth breathing results in unattractive facial features, snoring, hyperactivity, bed wetting, fatigue, snoring, sleep apnoea, crooked teeth, decayed teeth, upper and lower respiratory problems including rhinitis, asthma, frequent colds and chest infections



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How effective is the Buteyko Method for asthma?

The Buteyko Method has been subject to six trials in the western world. Average results concluded a significant improvement to quality of life with 70% less asthma symptoms such as wheezing, breathlessness and coughing, a reduction of 90% in need for reliever medication and a 40% to 50% less need for preventer steroid medication within three to six months. (this improves over time)

Where measured, a direct correlation was demonstrated between breathing volume, reduced symptoms and need for reliever medication. Lung function was maintained the same after the trial. Taking into account that preventer medication was halved with no deterioration of lung function, this was indeed very positive.

The conclusion of Gisborne trial (1) as published in NZ Med J is as follows;

"BBT is a safe and efficacious asthma management technique. BBT has clinical and potential pharmaco-economic benefits that merit further study."

A table comparison table taken from page 3 of NZ children's trial 6 as published in NZ Med Journal

	Brisbane 1	Gisborne 2	Nottingham 3	NZ Children 4
Beta-agonist reduction (reliever)	95%*	85%	100%*	66%
Inhaled steroid reduction	49%	50%	41.5%**	41%

**Nottingham did not attempt reductions in inhaled steroid use until assessment of airways hyper-reactivity was finished.



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The British Thoracic Society recently upgraded the Buteyko Method to "B" classification indicating that there are "high quality systematic reviews of case control or cohort studies" and "High quality case control or cohort studies with a very low risk of confounding or bias and a high probability that the relationship is causal."

"I've been astonished and also very pleased with the excellent result. There is no disruption of their life at all by their disease. Normal activities; not waking at night; not needing to use any reliever medications. It's just great...75% control is about as good as anyone has got in any study of asthma. The neat thing about it is that it has no side effects. Its very safe. The Buteyko technique certainly has been shown to be an important adjunct to treatment."

Doctor Bob Cowie, Calgary Trial of the Buteyko Method, Canada

References:

Bowler SD, Green A, Mitchell CA. Buteyko breathing technique in asthma: a blinded randomised controlled trial. *Med J Aust.* 1998;169:575-8. Available online. URL: <http://www.mja.com.au/public/issues/xmas98/bowler/bowler.html> Accessed May 2006. (asthma clinical studies)

McHugh P, Aitcheson F, Duncan B, Houghton F. Buteyko breathing technique for asthma: an effective intervention. *N Z Med J.* 2003;116(1187). (asthma clinical studies) URL: <http://www.nzma.org.nz/journal/116-1187/710/>

Cooper S, Osborne J, Newton S, et al. Effect of two breathing exercises (Buteyko and pranayama) in asthma: a randomised controlled trial. (asthma clinical studies) *Thorax.* 2003;58:674-9.

McHugh P, Aitcheson F, Duncan B, Houghton F. Buteyko breathing technique and asthma in children: a case Series. (asthma clinical study) *NZMJ* 19 May 2006, Vol 119 No 1234. URL: <http://www.nzma.org.nz/journal/119-1234/1988/>



Buteyko Breathing Clinic Practitioner Training

APPLICATION FORM

All information submitted will be treated as totally confidential. Please select and copy application form onto an Email or word document.

Complete and email directly to Patrick McKeown at patrick@buteykoclinic.com

Name in full:

Address:

Tel. No (inc STD code)

Email:

Current occupation

Qualifications

Education details

Further education/other courses

Details of previous Buteyko courses/experience (if relevant)

Please add here any further details you wish in support of this application and reasons for wishing to enrol on the course, i.e., career / general interest / self-development, etc.

Do you intend carrying insurance if / when qualified ? Yes / No

How did you hear about this course?

Please note:- students giving up the course of their own volition before its completion are not entitled to a refund of course fee.



Buteyko Breathing Clinic Practitioner Training

Cost of Buteyko practitioner training and accreditation: USD2,250

Please note that a deposit of USD500 is required when booking your place. Please email completed application form to Patrick at patrick@buteykoclinic.com

(copy and paste one page application form onto Email or word document and email to Patrick)

An invoice will be then Emailed to you and payment can be made through Paypal.

Upon payment of deposit of 500 US dollars, a complete training manual and DVD set will be sent to you to enable commencement of training.

Payment of fees by bank lodgement

Alternatively, you could email Patrick McKeown at Patrick@buteykoclinic.com

Patrick can forward you the bank account details whereby a lodgement can be made direct from your bank.