

## **Editor's Foreword**

The Buteyko Method has long been the talk of the town. Numerous publications express an extreme variety of opinions ranging from utter denial to cordial acclaim. Our decision was to give floor to experienced practitioners of the Method and a direct K.P. Buteyko's stalwarts, Ms Marina Buteyko, Master of Medicine, Head Physician of "Buteyko Company Ltd" (Voronezh, Russia) and Mr Vladimir Buteyko, General Director of "Buteyko Company Ltd".

Marina Buteyko, Vladimir Buteyko

## **THE FIRST-HAND BUTEYKO METHOD**

Few recovery methods have been less erroneously publicized. Despite that, the Buteyko Method continues to steadily spread in Russia and outside (in 2002 it was even discussed in British parliament). That is caused by numerous instances of true recovery from asthma, allergies and other diseases still deemed "incurable" owing to correction of breathing. At that, as is well known, most medicines can only grant temporary relief.

### **So, do we dump medicines?**

Not at all! The Buteyko Method is simply based on a different prescriptions and dosage principles! For non-hormonal symptomatic medicines, one of a such principles is the Principle of the Minimum, i.e. the principle of first visible influence on symptom intensity. In other words, the dosage must be reduce to minimum and only allow to suffer the symptom or prevent the attack of an illness from further development.

### **How can we correct breathing?**

Please be really attentive here. The rules discovered by K.P. Buteyko prove that direct control of respiratory movements (inhale/exhale/pause amplitude and/or duration) is extremely dangerous. This means that almost all known methods of "respiratory gymnastics" have nothing to do with the Buteyko Method and may turn to be quite hazardous. The Buteyko Method reduces breathing only by means of relaxation. Sometimes the Buteyko Method is thought of as "the breath-holding technique". In actual fact, the Buteyko Method uses breath-holding only for special purposes so, as to produce the minimum impact on correction of breathing.

### **Well then, is the Buteyko Method some sort of training?**

Not always. Sometimes, simple "nasal breathing only and flat refusal of coughing" perfectly suffices. As a result, the person who tried all possible medicines and suffered from bronchitis for years on end recovers completely in just a week or two. The essence of the Buteyko Method training is the three rules. First, try to always (not only during training) breathe with nose, even if it is "stuffed". Give it a try, and you'll see how it gets gradually "un-stuffed". Second, equalize and reduce breathing by relaxation. There are lots of ways to do so, but you may try your own ones based on

observations of your breathing. Third, in no way go too far. In other words, you reduce breath till slight air hunger. You can know you're doing right if you don't want to breathe more after training. In addition to training, help to breathing with breath-reducing factors and, on the other hand, avoid breath-increasing factors for total recovery and prophylaxis. Almost all our actions and environment can be grouped as such factors.

These are some breath-increasing factors:

- majority of drugs;
- ecology: household chemical goods, synthetic exhausts, etc.;
- overeating (especially of proteins);
- hypodynamia (lack of physical load);
- immorality: avarice, malice, immoderate pleasures, etc.

Now see some breath-reducing factors:

- eating restrictions (fasting),
- optimum physical loads, physical labor;
- tempering;
- attention;
- ascetic factors: rigid bed, hard furniture, cool temperature in the rooms, restricted pleasures, etc.;
- high morality, aspiration to spiritual values.

### **How can we identify the extent of incorrect-breathing?**

By measuring "the control pause" and pulse. All known publications describe measuring of the control pause quite vaguely. Below is a clearer description:

The control pause should be preferably measured in standard conditions, after a 10 minute breath-equalizing rest.

Sit conveniently. Take a beautiful, correct posture, spread out your shoulders. The stomach will straighten up. Inhale normally, relax the stomach. Involuntary exhalation will come out by itself. As the exhalation is finished, note the position of the second hand visually and hold breath. During the time of measuring, do not follow the hand, just focus on a spot in front of you or shut your eyes. Do not breathe in until it gets difficult, i.e. until diaphragm's "push" up. Simultaneously, stomach and neck muscles get push too: patients normally describe this condition as a "push in the throat". Read of the second hand's position at the "push" point, and continue breathing. Do not inhale deeper than prior to breath-holding.

Thus measured pairs of stable values "control pause - pulse" determine the stage of your disease by the following rule:

- longer than 40 sec with the pulse below 70 - healthy.
- from 20 sec (pulse 80) to 40 sec - first stage.
- from 10 sec (pulse 90) to 20 sec - second stage.
- shorter than 10 sec - third stage.

Stability of values is the "repeatability" of such values within the range

corresponding to a specific stage of the disease during at least several days.

### **Can the Buteyko Method be imitated with the help of devices and/or air mixes?**

The rules and laws researched by K.P. Buteyko prove it is impossible. The authors of such devices and/or mixes should have own explanation why they are necessary. Use of K.P Buteyko's name for marketing of such mixes and/or devices is frauds and deceit of consumers.

### **What are the safety requirements to using the Buteyko Method?**

The Buteyko Method cannot be applied, if the patient has diseases true recovery from which is hazardous for health or life, e.g. thrombosis.

Self-healing is counter-indicated to:

1. Persons with the 3-d stage deep breath disease.
2. Persons taking hormonal preparations.

For the other sick persons, an integral self-healing safety requirement is correct measuring of the control pause.

Persons with the 2<sup>nd</sup> stage of disease of deep breath may independently resort to the Buteyko Method in order to only stabilize the disease. To do so, do not allow the control pause values approach the stage-determining limits for more than 2 sec. The control pause must be measured maximum four times a day.

### **Rumors have it, the Buteyko Method gives you terrible "unpleasant states". Is that right?**

Yes, it is. "unpleasant states" or "sanogenesis reactions" occur. However, they can be successfully overcome with, provided you are advised by a qualified Buteyko practitioner. Those reactions are inevitable exacerbations of symptoms which are to be "suffered through" on the way to true recovery since the diseases are chronic.

### **When do we best turn for practitioner's advice on the Buteyko Method?**

Apparently, you should turn to the Buteyko practitioners when you feel signs of your disease. It is necessary to show you that your actions and your health interrelate.

### **Editor's Comments**

Doctors are always cautious with the word "recovery". Traditional medical history confirms chronic diseases are barely healable, but successfully controllable. On the other hand, the article has something to say about healthy life-styles, overcoming bad habits and features. There is no denial that acting on the inner world and mind beneficially affects healing. However, in real life there is no place for miracles... Well, what if there is? What if there are disease-impact factors the official medicine is unaware of? At any rate, we are far from unsubstantially denying any method aimed at recovery of health. But we remind you: beware and beware! Do not refuse from prescribed drugs only because someone promised healing, such experiments only too often end dramatically. The Buteyko Method helps some people, has no effect on others, and yet aggravates the disease in some other instances.

We have already written on these pages that the results of local applications of the Buteyko Method was tested in Great Britain. True, dyspnea went down, hormones and bronchodilators became less necessary. Nevertheless the signs of allergic inflammation in bronchi remained, which meant that bronchi were still ready for spasms at any instant.

There may be a time when healing methods will alter the nature of the Man to deliver us all from trouble. Well, there's something to live for. Yet...