



## ***Buteyko Breathing Clinic Practitioner Training***

# **Buteyko Practitioner Training in Ireland by Patrick McKeown**

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[www.NasalBreathing.com](http://www.NasalBreathing.com)

[www.Buteyko.ie](http://www.Buteyko.ie)

[www.AsthmaCare.ie](http://www.AsthmaCare.ie)

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*Patrick McKeown is an accredited practitioner by the Late Dr Buteyko*

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## ***Buteyko Breathing Clinic Practitioner Training***

### **About us**

**Patrick McKeown** was accredited by the Late Dr Buteyko in Moscow. Since 2002, thousands of patients have attended his AsthmaCare clinics making it one of the busiest Buteyko practices in the western world. ([www.asthmacare.ie](http://www.asthmacare.ie))

He has written four very popular books including the best seller *Asthma Free naturally*. Asthma Free is published in the USA by Conari Press and is available online and from most bookstores. In addition, Patrick has produced a 2 hour ButeykoDVD set. Free video segments are available from [www.ButeykoDVD.com](http://www.ButeykoDVD.com)

His latest book called *Anxiety free: stop worrying and quieten your mind* brings together the Buteyko Method and mindfulness.

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



## ***Buteyko Breathing Clinic Practitioner Training***

### **Course breakdown**

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- Upon registration- The Buteyko Breathing Clinic training manual and DVD set is provided. This enables new practitioners to become familiar with theoretical elements of the method.
- Practical training involves attendance to a minimum of ten days of clinics to observe approximately twenty five patients being instructed.
- During the ten days, training practitioners assist with patients of varying conditions.
- Practical training will seek to address any issue that may arise during a normal patient treatment.
- Newly qualified practitioners teach small groups only for the first six months.
- Accreditation by Diploma in Buteyko Method
- Reading list of fifty papers is 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 stand alone 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 who works full time and solely teaches the Buteyko Method.

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. It is easy to become a Buteyko practitioner. A lot more is required to be a good one. Our mission is to help get you there!



## ***Buteyko Breathing Clinic Practitioner Training***

### **How we teach you:**

- 1) Practitioners are trained by observing a large number of patients with a variety of different conditions. **(up to twenty five patients)**
- 2) Very experienced Buteyko practitioner trainers and author; **Patrick McKeown**.
- 3) An intensive and comprehensive practitioner training course. Our training program is **according to the Method as designed by the Late Professor Buteyko**.
- 4) Newly qualified practitioners are accredited by the Buteyko Breathing Clinic Worldwide.
- 5) Three hours training DVD of how patients are taught. **(Please note that this DVD is designed specifically for practitioners and not for patients)**
- 6) Extensive training manual, reading list of over fifty published papers and theoretical instruction.
- 7) A complete power point presentation of 100 slides is provided to help you teach your patients.
- 8) Student practitioners are limited to **four per course** to enable quality tutoring.
- 9) **Continuous and indefinite follow up** by email and telephone support.
- 10) Practitioners are **registered on the ButeykoClinic.com** website.



# ***Buteyko Breathing Clinic Practitioner Training***

## **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
- 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 complaints
- 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



## ***Buteyko Breathing Clinic Practitioner Training***

### **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. The method also has a significant role in ensuring nasal breathing for good dental health.

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. Unless this feeling of a hunger for air is eliminated, mouth breathing will continue. The Buteyko Method eliminates the feeling of suffocation enabling a permanent switch to nasal breathing.

Children and adults are taught how to unblock their nose, switch to nasal breathing permanently, correct their breathing volume and improve their underlying condition. 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 and snoring.

**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:** 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.

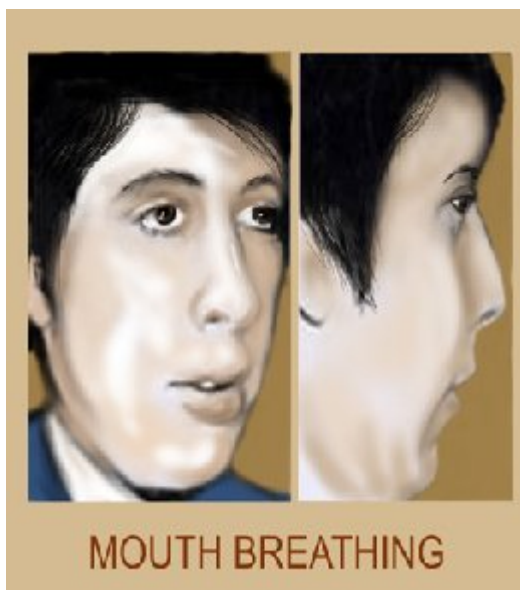


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### **Importance of Nasal Breathing**



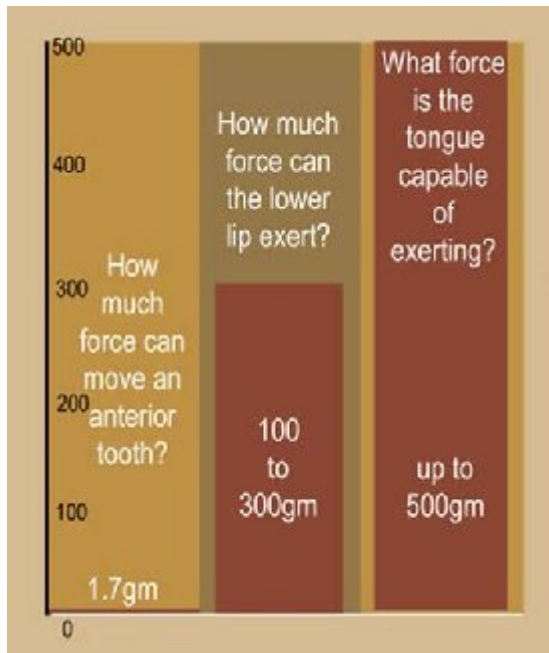
The most common cause of overcrowded teeth is not due to the teeth being too big for the jaw, but because the jaw is too small to correctly house the teeth. Nasal breathing helps to ensure that the resting position of the tongue is in the roof of the mouth. The upper jaw is shaped by forces exerted by 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 apnoea, 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

	<b>Brisbane 1</b>	<b>Gisborne 2</b>	<b>Nottingham 3</b>	<b>NZ Children 4</b>
<b>Beta-agonist reduction (reliever)</b>	95%*	85%	100%*	66%
<b>Inhaled steroid reduction</b>	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."

**The Mayo Clinic** has listed the Buteyko Method as one of the most promising alternative treatments for asthma. See <http://www.mayoclinic.com/health/asthma-treatment/AS00032>

### **References:**

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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.

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## ***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](mailto: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: Euro 2,000**

**Please note that a deposit of 500 Euro is required when booking your place.** Please email completed application form to Patrick at [patrick@buteykoclinic.com](mailto: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 Euro, 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](mailto:patrick@buteykoclinic.com)

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

### **Payment by cheque**

Cheques should be made payable to Patrick McKeown and posted to:-

**Patrick McKeown**

**ButeykoClinic**

**Loughwell**

**Moycullen**

**Galway**

**Ireland**

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