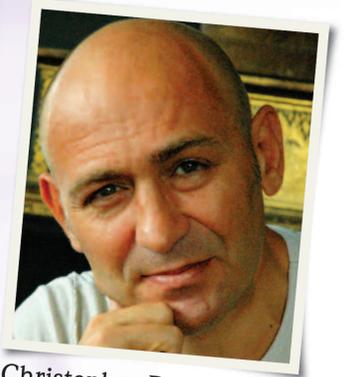


For optimal physical and mental health and the reversal of chronic disease

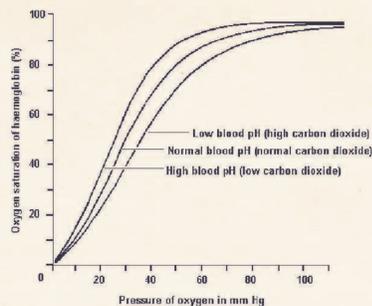
Classical Buteyko Breathing method



Christopher Drake
Senior Buteyko Practitioner

Metabolic changes from increasing your level of carbon dioxide

- Improved oxygen uptake (Bohr Law)
- Vessels opening up e.g. bronchi, blood vessels, gut
- Normalised pH levels
- Increased rate of synapsing between nerve and brain cells
- Hormones rebalanced
- Activation of the immune system



"...overall stamina has increased. I've been going swimming four or five times per week...which has been such a thrill after so many years."

Nick, Brighton (ME/CFS)

"My asthma has gone and I did not get my usual October or December bouts of bronchitis...I feel absolutely wonderful."

Nicole – athlete, Cleveland, USA
(acute hyperventilation syndrome)

Benefits students have reported after one month's training with us

I wake up better rested and ready for the day ahead.

I can now focus on reducing my medication.

My skin condition has improved.

I am amazed at how my thinking has improved.

I haven't slept this well in years.

My cravings have diminished.

I have lost weight and I have more energy.

I am much happier, am less negative and I have fewer bouts of depression.

I have more energy in the evenings.

I am relaxed and I have less need for treats.

I feel more alert.

My aches and pains have disappeared.



To book your place on a course, or to find out more contact Kate Melson:

Tel: 01725 552 897 | 07903 870 203

Email: kate@learnbuteyko.org

www.learnbuteyko.co.uk



LearnButeyko is a team of practitioners who teach the Classical Buteyko method by Professor K.P. Buteyko.

For optimal physical and mental health and the reversal of chronic disease

Classical Buteyko Breathing method

Do these symptoms/conditions sound familiar?

- ADD/ADHD
- acne
- addictions
- allergies
- angina
- anxiety
- apathy
- arthritis
- asthma
- bed wetting
- blocked nose
- Crohn's disease
- colds/flu
- colitis
- coronary obstructive pulmonary disease (COPD)
- circulatory problem
- depression
- digestive disorders
- eczema
- emphysema
- epilepsy
- fatigue
- hay fever
- high cholesterol
- high/low blood pressure
- hormonal dysfunctions
- hypertension
- hypoglycemia
- IBS, impotence
- infertility
- insomnia
- irritability
- menstrual problems
- ME/CFS
- migraine
- obesity
- pain
- panic attacks
- poor concentration & focus
- psoriasis
- sinusitis
- sleep apnea
- sugar imbalances
- tinnitus
- varicose veins
- weight gain

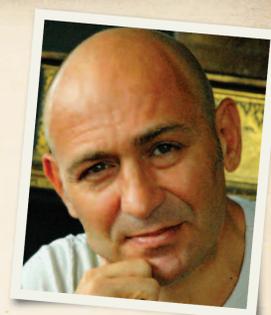
The Buteyko Breathing method is an amazingly effective and drug-free approach to reversing chronic disease and other health problems. Poor breathing pushes our minds and bodies out of balance and that's how many health problems start.

Meet our team

Christopher Drake is

one of the few Western practitioners to be awarded a diploma from The Buteyko Institute of Moscow. He has been a practitioner for over 20 years, training over 16,000 students worldwide.

Christopher runs workshops and trains and mentors practitioners. He specialises in managing acute and complex cases and his work has been profiled in scientific journals, receiving media coverage across the UK and Australia. Christopher introduced the classical Buteyko breathing method to the UK in 1996. He and his team of associate practitioners provide introductory talks and training workshops throughout the UK and Ireland.



Martha Roe was a science teacher, who finally retired from teaching after suffering for 18 years with ME/CFS. Martha explored many avenues and took advice from numerous health professionals. She eventually reversed her condition after practicing the Buteyko method, supervised by Christopher Drake.

Since 2008, Martha has facilitated many talks and workshops with Christopher. Students are rewarded with Christopher's expertise in the Classical approach to the Buteyko method.



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