

Breath Connection clients have their say #1

Bee-keeping is a physically demanding occupation and six weeks ago Jim Ligman of Busselton was having trouble staying awake through the day, let alone lugging hives around and driving long distances.

"I had been fit and healthy all my life but I contracted Ross River virus around 2000 and was also diagnosed with sleep apnea and put on a CPAP machine at night. I used the machine for four years but got progressively worse and absolutely hated it and its side effects.

On 9 August I started a Buteyko breath retraining course which has turned my life around. I stopped using the CPAP machine on the first night and had no apneas. My snoring has steadily diminished and my length and quality of sleep and daytime energy levels have increased dramatically. Aches and pains in my bones, joints and muscles have all gone and I again feel calm and patient.

The theory is sensible, the process is simple and the cost is minimal compared to what I have spent on unsatisfactory medical treatment."



Mary Braszell
of Margaret River

"I undertook a course in Buteyko breath retraining to address my snoring and sleep apnoea. To my delight, I received some major side effects within days of starting:

I'm not yawning all day long, have more energy and more motivation from less sleep.

Some long-standing aches and pains have disappeared.

My appetite has reduced and I am steadily losing weight.

My partner is happy because he now gets a restful, undisturbed sleep.

All my family have benefited because I am no longer constantly tired and grumpy.

I have nothing but praise for this simple, effective technique and for the practitioner, Steve Lumsdaine, a kind, supportive and encouraging teacher."

Vylic Wypynaszko of Busselton, spent considerable time and money visiting doctors and specialists. *"For many years I hadn't had a good nights sleep, and worse, it seemed that I never would. My job is very demanding and that was suffering. Without adequate rest I was constantly fatigued and found it very difficult to concentrate. The eventual diagnosis from the specialists was sleep apnoea and the use of a CPAP machine was prescribed.*

I used a CPAP machine for 3 years with poor results. I found it uncomfortable and noisy. My wife, exasperated by her own sleepless nights due to the noise, encouraged me to see Steve Lumsdaine at Breath Connection.

I was initially sceptical that changing my breathing would improve my situation however my snoring and sleep apnoea ceased almost immediately and the quality of my sleep, daytime alertness and well-being improved tremendously.

I am surprised how easy, effective and simple the Buteyko Method has been and now there is no noisy or intrusive machine. I have sold my CPAP machine, confident that I will never need it again. I urge anyone, any age, with snoring or sleeping problems not to waste time and money going down the surgery, appliance or CPAP path.



Suzanne Clemons
of Bunbury

Faced with the prospect of surgery on my nose to help alleviate my snoring problem, I decided I had to find another solution, **Surgery did not appeal at all!**

I knew of Steve Lumsdaine and the Buteyko Breathing program that he taught so I contacted him and I am so glad I did.

Within the first couple of weeks of modifying my breathing and sleep positions I had a substantial reduction in my snoring.

Now, 8 months later, I no longer have to contemplate surgery on my nose and my general well being is vastly better. I am now aware of my breathing, diet and environmental factors and the influence they have on my health.

I am delighted with the outcome and gladly endorse Steve of Breath Connection and the Buteyko Method to anyone with snoring problems.



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