

## About Buteyko Breathing Clinics

Buteyko Breathing Clinics offer a clinically proven health education programme of breathing exercises and lifestyle guidelines that delivers immediate and sustained relief from breathing-related problems.

The aim is to retrain breathing to normal levels. The breathing exercises, which are practised for six weeks, will undo the harmful effects of over-breathing, relieving symptoms and restoring body oxygen levels.

## A Buteyko Breathing Clinics Course

This course can help you relieve asthma and allergy symptoms, stop snoring and apnoeas, and reduce anxiety. The course includes breathing exercises and lifestyle guidelines taught in four consecutive 90-minute group sessions. Symptoms improve within the first few sessions. The course fee is \$695 including GST\* and includes two refresher sessions with ongoing support and assistance for six weeks.

In addition to our regular courses, we also run special programmes for children as young as three years.

The clinics also offer specialised programmes for athletes wanting to boost sport performance.

**No matter how severe your condition, we can help you get results.**

## Private Consultation

Private consultation includes a full breathing assessment and guidelines for controlling symptoms and getting started on the path to health through optimal breathing. The fee for a one-hour consultation is \$140 including GST\*.

## Introductory Seminars

We run introductory seminars for members of the public and health professionals covering:

- Explanation of the breathing clinic programme
- Healthy vs. unhealthy breathing
- Individual breathing assessments
- Guidelines to start getting immediate benefits

The 90-minute seminars are \$55 including GST\* and provide essential information for anyone with a breathing disorder. We will show you how to get immediate relief from symptoms. You will reconsider everything you thought you knew about breathing and health.

\*As at March 2018. Check website to confirm current fees.

Buteyko Breathing Clinics featured on TV3's 'Campbell Live' and TV One's 'Is Modern Medicine Killing You?'



Glenn White BSc MSc MBIBH  
Practitioner/ Practitioner Trainer BIM

Glenn is a Buteyko Institute certified practitioner/practitioner trainer and founder of Buteyko Breathing Clinics. Since 2001 he has helped thousands of adults and children to overcome breathing-related disorders.

Glenn works with other medical practitioners to achieve the best outcomes for their mutual clients. He is committed to helping incorporate Buteyko into general practice, to reduce the burden of respiratory, sleep, cardiovascular and stress-related disorders in New Zealand and worldwide.

*"I feel confident in recommending this course to my patients who have asthma, sleep problems, anxiety and panic attacks, and sleep apnoea. I believe every health professional should experience the course for themselves..... It's quite possible that Buteyko breathing could have much wider health applications."*

**Dr Anne O'Reilly** MBChB FRNZCGP

*"Glenn White's Buteyko clinic has been the source of excellent results for my patients. I like that he has a course that they can go on which helps to correct the ingrained habit of poor breathing. I am very happy with his treatments."*

**Dr Frances Pitsilis** MB.BS (Mon.) Dip. Obst. Dip. Occup.Med, FAARM, ABAAEM, FRNZCGP

You can read more endorsements from medical professionals and our clients on our website.

*Note on medications and sleep aids: We advise our clients to consult their doctor before making any changes to prescribed medication or appliances.*

# DO YOU SNORE OR SUFFER FROM SLEEP APNOEA?



The Buteyko Breathing Clinic programme is a safe, natural way to help relieve your snoring and sleep apnoea. The programme may relieve symptoms without the use of devices or medication.

The programme is also effective for asthma • allergies • hay fever • blocked nose • dental disorders caused by habitual mouth-breathing • anxiety/panic attacks • stress • and many other breathing-related disorders.

- Relieve symptoms
- Decrease reliance on medications
- Reduce need for sleep appliances
- Restful snore-free sleep
- Boost energy levels
- Improve fitness/sports performance

## Buteyko Breathing Clinics

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[www.buteykobreathing.nz](http://www.buteykobreathing.nz)



**Private Consultations  
Seminars**

**Breathing Courses  
Practitioner Training**

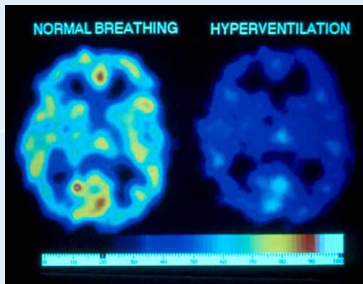
**09-360 6291**

## Snoring – Sleep Apnoea – Asthma – Crooked Teeth... What's the link?

If you snore or suffer from sleep apnoea, chances are you are breathing enough for 2–3 people. Over-breathing and habitual mouth-breathing upset the natural balance between oxygen (O<sub>2</sub>) and carbon dioxide (CO<sub>2</sub>) in the blood. Loss of CO<sub>2</sub> through over-breathing can result in constriction of blood vessels and airways depriving the brain, organs and cells of essential oxygen.

### Functional MRI scan showing how snoring and sleep apnoea deprive the brain of oxygen

Red and yellow areas correspond to highest oxygen saturation



The image on the right shows oxygen availability reduced by 40 per cent as a result of one minute's hyperventilation. Oxygen and glucose, critical to brain functioning, are reduced as a result of cerebral vasoconstriction (from Litchfield 2003).



*"My wife for the first time in years now sleeps peacefully knowing that I now no longer snore and more importantly don't violently shake the bed and hold my breath. After my second day with you 8 weeks ago I have never and will never need the CPAP again, I feel so much better and get a really good night's sleep."*

**Steve Haggie**

## Good breathing is THE FOUNDATION for health

The ability to breathe through your nose 24/7 and breathing exercises to improve daytime breathing habits are the key to restoring restful, snore-free sleep.

The health implications of better sleep include improved cardiovascular health and, as research is now showing, may be a factor in reducing the incidence of Alzheimer's.

*"If you are a patient reading this, consider Buteyko for any issue surrounding your breathing such as yawning, sniffing, coughing, anxiety, snoring, asthma, high blood pressure, and a host of other conditions related to over-breathing. If you are a healthcare professional reading this, consider referring your patients to Glenn and expect excellent feedback from grateful patients."*

**Eric Bakker ND**

## Do I Need Help With My Breathing?

If you suffer from any of the following, a Buteyko Breathing Clinics programme may be of benefit to you:

- Asthma
- Always tired, chronic fatigue
- Breathlessness
- Frequent headaches/migraine headaches
- Chest tightness
- Light-headed
- Blocked/runny nose
- Dizziness
- Frequent colds/flu
- Enlarged adenoids/tonsils
- Hay fever
- Learning and behavioural problems
- Sinus infection
- Chronic cough
- Sneezing
- Chronic bronchitis
- Exercise-induced asthma
- Emphysema
- Snoring
- COPD
- Sleep apnoea
- High blood pressure
- Insomnia
- Dental problems
- Disturbed sleep
- Allergies
- Restless legs
- Reduced sports performance
- Teeth grinding
- Anxiety/panic attacks
- Gastric reflux
- Night-time toilet visits
- Bed-wetting
- Easily stressed

The scientific basis linking dysfunctional breathing to these symptoms is documented in numerous studies and medical textbooks and explained in our introductory seminars. Copies of studies are available from us on request.

## Benefits of Nasal Breathing

- Reduces hyperventilation
- Filters allergens and germs, so fewer colds and flu
- Warms inhaled air to body temperature
- Helps prevent dehydration resulting in better skin tone
- Healthier gums, fewer dental cavities, fresher breath
- Helps correct oral posture ensuring straighter teeth and more attractive facial features
- Calms the body, slows the heart rate, relaxes and soothes
- Helps reduce histamine production: less asthma, hay fever<sup>1,2</sup>

<sup>1</sup> Coakley et al 2002

<sup>2</sup> Strider et al 2010



Uncorrected, open-mouth breathing can lead to narrow dental arches, crooked teeth, receding chin, protruding nose, narrow airway and a high risk of developing obstructive sleep apnoea by the age of 30.

Contact our clinic and find out how you can enjoy restful, snore-free and apnoea-free, refreshing sleep every night.

  
**buteyko**  
breathing clinics