

בת 32 –  
התעלפויות פסקו, פחות עצבנית, שיפור באיכות שינה, שיפור ברמת האנרגיה,  
במערכת חיסונית

Sent: Monday, February 02, 2009 3:24 PM  
To: Orna Adriaansen

..."I became less nervous, now I sleep better, have more energy, improved lung capacity, better immune system.

Since I learned the method I did not faint anymore which happened regularly in the past.

I would recommend learning the breathing method.

Normally we do not think about the way we breathe and how it effects the whole system! I am happy I did the course."

בת 42 –  
רוגע ורגיעה, מודעות לנשימה

Sent: Tuesday, November 20, 2007 3:01 PM  
To: Orna Adriaansen

...I use the breathing awareness a lot through the day, to cope with any challenge!

**It is invaluable to me**, so I am very grateful for everything that I have learnt.

It helps me hugely to **stay more calm and relaxed**.

בת 40 –  
שיפור: חופשייה מכאבי מפרקים ושרירים

Sent: Tuesday, October 30, 2007 1:29 AM  
To: Orna Adriaansen

**Feeling better every week** and thanking God I read the announcement that you had put at the British school last winter.

I am already very happy with the progress I've made so far. **It feels great to be pain-free!**

אם ובן –  
שיפור באסטמה, אלרגיה, אף סתום

Sent: Thursday, August 09, 2007 12:52 PM  
To: Orna Adriaansen

I want you to know that you made a big impact on us, teaching the Buteyko method to C. You planted a seed and gave us hope that he can control his asthma.

I also got a lot out of watching you teach C. Just changing the way I breathe has made a huge difference to controlling my allergy for dust and stuffed up nose.

בנות 36 ו-38 –  
תודה לקורס

Sent: maandag 16 juli 2007 0:36  
To: 'Orna O. Adriaansen'

Thank you very much for teaching us, we both think it was an excellent course and a great thing to do. We feel fortunate that we have had such a wonderful inspiring Buteyko teacher.

– 67 בן  
התקדמות הדרגתית והצלחות יוצאות דופן

**Sent:** Wednesday, July 04, 2007 5:33 PM  
**To:** 'Orna Adriaansen'

I think you did a pioneer's work, I learnt a lot from you. There are some spectacular successes with the general trend being one of gradual improvement.

– 48 בת  
שליטה בנשימה, דיבור עוצמתי,

**Sent:** zaterdag 26 mei 2007 19:02  
**To:** 'Orna O. Adriaansen'

Learning the Buteyko method, for correctly coordinating breathing and talking, has **helped me enormously in my work as a trainer and coach:**

- **It enabled me to control my breathing**
- **I can now project my voice in a controlled and powerful manner**
- **I can now engage fully with my audience**

– 43 בת  
לא עוד: בטן נפוחה, קשיי שינה, סחרחורות, כאבי שרירים,  
בנוסף: הפגת מתחים, שיפור בבריאות, שיפור דיבור בפני קהל

**Sent:** donderdag 24 mei 2007 21:30  
**To:** 'Orna Adriaansen'

I am writing to say how beneficial I have found the training I did with you to learn Buteyko breathing.

**Before doing your training I was having problems with a number of health issues including abdominal bloating and pain, sleeping problems, light headedness, poor circulation, aching joints. After 2 months of practicing the Buteyko I have seen an improvement in all of these areas.**

My stress levels have decreased and I have seen a definite improvement in my wellbeing. I have also found it to be very helpful in teaching me techniques to improve my public speaking especially nervousness and correct breathing while presenting.

Thank you for teaching me some of the most important health knowledge I have ever know.

– 20 בת  
דלקת סינוסים כרונית: הצורך בניתוח הוסר, שיפור בשינה, שיעולים פסקו, ליחה  
מהריאות פסקה, בעיות ריכוז חלפו, חזרה לרכיבה על אופניים

**Sent:** maandag 21 mei 2007 18:23  
**To:** Orna O. Adriaansen

More than a year ago, after 3 different antibiotics treatments the family physician diagnosed me with **chronic rhino-sinusitis infection**. Following him the next step would have been strong medications or an operation.

Those days I had difficulties breathing through the nose; I was coughing and had mucus in my lungs. As a result I slept badly which caused concentration problems on the following day. Therefore my studies deteriorated and less and less could I engage in physical activities. Cycling against the wind was hard and my work in a restaurant, which involves a lot of walking, suffered.

Strong medications and surely an operation did not appeal to me, so I was ready to overcome my health issues in another way.

I have to say that to begin with I was skeptic but decided to continue.

**Following the first stage I was sleeping better and the coughing was totally gone. The mucus in my lungs diminished and after few weeks I could do everything again.**

– 45 בת

**פסקו: אנחות, צפצופים, פיהוקים, קשיי נשימה, אף סתום, אסטמה, כאבי שרירים, מתח ולחץ תמידי, לחץ בחזה, סחרחורות, תחושות נימול בקצות האצבעות, השתפרו: רמת אנרגיה, איכות השינה, שליטה בקול בשירה, קריאה בקול רם, חזרה לרכיבה על אופניים: רעננה בסיום 30 ק"מ**

**Sent:** zondag 6 mei 2007 18:35

**To:** 'Orna O. Adriaansen'

Last November I attended a Buteyko work shop in the club rooms. I had never heard of the Buteyko method but had been searching for a solution to my increasingly severe asthma with a resultant deterioration in my singing stamina. I had concluded that my breathing was wrong so I was interested to hear what the lecturer had to say.

The work shop was given by Orna Adriaansen. She is a certified Buteyko method practitioner as well as being a certified physical education teacher for over 20 years. The Buteyko method is the result of research by Russian physician Buteyko. His research followed on from earlier research on the relationship that carbon dioxide levels in the body have on oxygen levels. He found that people living in western society hyperventilate. Hyperventilate actually means breathing either too much or too deeply. This actually decreases the amount of oxygen our bodies are able to use and causes a change in the pH of the body. Mouth breathing adds to and compounds the problems of hyperventilation. I was astonished to learn the effect incorrect breathing has on our bodies, but as a nurse know this to be scientifically correct.

I never realized I hyperventilated. I frequently felt I didn't have enough air, I sighed, wheezed, yawned, gasped, panted, snored, suffered lack of energy, would wake up feeling exhausted, had a constantly blocked nose, asthma, muscle cramps, felt stressed. Orna gave us a check list to fill out. As I filled it out I was horrified to see how many items that are symptomatic of hyperventilation I ticked 'yes' to.

I decided that the Buteyko method was what I had been searching for to correct my breathing problems. So since January I have been having sessions with Orna to learn the method.

Has it made a difference? Yes

- With my singing, I feel more in control. I don't panic about running out of breath and my voice doesn't get croaky or disappear behind constant throat clearing. My singing teacher has commented that my singing has improved significantly and I am breathing better. I don't feel asthma symptoms after singing now.
- When I read to my son I am finding that slowing down and breathing correctly is working well. I can read for longer without a breath now. If I try to force breath when it is not ready to come I start to yawn. I find I am coordinating talking and breathing better and beginning to notice the unpleasant sensation of breathing wrongly on the odd occasion when I forget! I am practicing keeping my tongue at the correct position in my mouth. That certainly helps to remind me to breathe through my nose.

- I feel so much calmer now and find that when I feel stressed I can calm down by doing my breathing exercises.
- I don't feel tight in the chest as much now, and when I do, I do my breathing exercises and it goes away. I have not used ventolin for over 2 months. I also am not getting dizzy, I am not getting tingling in my fingers, I am not getting leg cramps, am yawning less, clearing my throat less and not sighing as much.
- For headaches I am following Orna's advice. It works really well. It has the positive effect that it doesn't bomb me out the way paracetamol does.
- When I am walking I have noticed that if I practice the correct breathing then my energy and speed increase and I finish my walk feeling refreshed. In the last few weeks I have recommenced cycling and am using the same principles there. As a result I can finish a 30km bike ride totally refreshed and don't need a rest.
- When I am busy, although I am physically tired, I recover quickly by having a short sit down. I am sleeping much better at night and wake up feeling refreshed. Unless disturbed by outside noises, I sleep through without waking up. I feel I have more energy. I really look forward to those relaxing times in the morning and evening when I can sit quietly and pleasantly and do my breathing exercises.

Would I recommend the Buteyko method to others? Definitely. I am even considering arranging for my children to be instructed in the method.

**– 13 בן**  
**תוך יום: מ-8 פעמים ביום משאף חירום לאסטמה - לפעם יחידה ביום**  
**תוך שבוע - ללא משאף חירום**

13 years old J. suffered from asthma for 9 years. Some days he used his rescue puffer 8 times.

Within the first day of practicing the Buteyko breathing exercises he went down to using the rescue puffer once a day, and within a week – to none. In the last 6 month he used it 5 times all together.

Lately, after running in a gym lesson in school he said:  
 'I'm running now with my mouth closed; it is amazing to see how the others run with their mouth open!'

**מורה ליוגה:**  
**הקלה באלרגיות, צפופי נשימה פוסקים ב-5 דקות תירגול בוטייקו**

I have found a gathering about the Buteyko Method in the fitness center where I give Yoga lessons. I was immediately drawn to it. The details of the practice were not explained in depth as this gathering was towards offering a course. Later I got a better understanding of the practice and am very happy with it.

I fight against allergies as long as I can remember and by using Echinacea tablets I keep my immunity reasonably under control, but not totally. I feel it directly in my lungs.

The breathing exercises are working wonderfully when I begin piping. Within 5 minutes the piping is gone! Without medicines.  
 A miracle :-)