

# Key Fact Sheet

## Health Management with the Buteyko Institute Method (BIM)

### Description

The BIM is a system of breathing retraining which delivers immediate and sustained improvement for people with asthma, sleep apnoea, snoring and other breathing-related conditions. It is based on the work of Professor Buteyko from Russia, and is taught by BIM Practitioners accredited by the Buteyko Institute of Breathing and Health (BIBH). The significant features of the BIM are that it is:

- Effective – clinically shown to significantly decrease asthma symptoms and reduce the need for asthma medications (results published in *MJA* Dec. 1998, *NZMJ* Dec. 2003, *Thorax* Dec. 2003)
- Safe - the BIBH follows international best practice medication guidelines
- Scientifically based - based on the standard medical principles of respiration, the normalisation of breathing and the Bohr Effect

### Outcomes

- Significant reduction in/or or elimination of, asthma reliever and preventer medications (the reduction in preventer medication is done in consultation with the client's medical practitioner)
- Significant reduction in/or elimination of, asthma symptoms and attacks
- Decreased reliance on/or elimination of, sleep apnoea appliances such as CPAP machines and mandibular advancement splints. This is done in consultation with the client's medical practitioner and/or specialist.
- Symptomatic relief of other respiratory disorders such as emphysema, bronchiectasis and COPD
- Increased stamina and energy levels, better work performance, improved sleep, and better management of the symptoms of stress. Significant reduction in snoring noise.

### Who does the Buteyko Institute Method Help?

The BIM is suitable for children from 3 years of age and adults of any age. It is effective for people with all types and degrees of severity of asthma, as well as people with other respiratory disorders such as emphysema, bronchiectasis, sinusitis, snoring and sleep apnoea, anxiety and panic attacks. It is also effective in reducing chronic fatigue.

### The Personal Cost of Asthma, Sleep Disorders and breathing-related conditions

Every year many people with asthma and breathing-related conditions suffer respiratory infections, sore throats, physical incapacity, fatigue, time off work or school with a poor quality of life, ongoing financial expense and a deteriorating condition. People with sleep apnoea have an increased risk for cardiovascular illnesses such as high blood pressure, heart attack and strokes, and in addition, sleep apnoea is associated with a higher risk for road accidents due to daytime sleepiness. Learning the BIM will provide you with the knowledge and skills to get back your health and your life.

### How do you learn the Buteyko Institute Method?

The Buteyko Institute Method is taught in courses consisting of five sessions of ninety minutes, plus follow-up as required. Clients are taught how to retrain their breathing to enable them to breathe correctly when sleeping, exercising, speaking, eating, and performing all daily activities. Improvement generally commences within the first 24 hours.

### About the Buteyko Institute of Breathing and Health

The Buteyko Institute of Breathing and Health (BIBH) was established in 1996 and is the professional body representing the BIM and its Practitioners throughout the world. It is a not-for-profit organisation committed to improving health by correcting asthma, sleep disorders and other breathing-related disorders through research, development, promotion and application of the BIM. The BIBH currently has over 100 members in over twelve countries around the world and has developed standards for both the teaching of the BIM to clients, and for the training of new BIM Practitioners.