

Translation of Video of Professor Buteyko from ButeykoClinic.com

My foreign and domestic mail amounts to two hundred letters a day and there is hardly a time to open it, to say nothing of going through all of it. Some letters are desperate cries for help.

It was 35 years ago on Oct. 7th 1952 then a graduate of the 1st Moscow Medical Institute, I majored in in-patient clinical theory at the department run by my teacher academician Tarejev. Ill show you a picture of a building with columns by the Petrevskiye Vorota. I was on routine duty at the clinic when a thought flashed through my mind – the hypertension disease that I suffered from as it progressed from bad to worse was caused by deep breathing. This sort of a strange idea came to my mind, when as a student I attended the seminars on obstetrics and gynecology. Both my tutors assigned me to research malignant hypertension pathology, an illness I studied so well and fell a victim to.

I was aware my case was terminal and I had less than a year to go, surgery or other treatment may rescue cancer, but malignant hypertension was a sure death. I did begin to hate the subject that I mastered so thoroughly graduating cum laude. I was helpless.

Isn't it strange then for a thought of this kind to come that very night?
That big breathing could be the cause of the disease. I decided to check right away whether that was the case. How? By reducing my breathing.

I already had a headache, my heart and right kidney were in pain so I began cutting down on my breathing. I.e. I invented a new method- a willed control of big breathing. My headache disappeared, pain in my right kidney ceased and heart ache discontinued within less than a minute after I reduced breathing. To prove it was a true discovery, I decided to try the deep breathing test- I inhaled deeply five times and pain pierced my head, heart and kidney. I tried my method again and everything returned to normal.

Then I wondered whether there was theory available to explain it. Even then in 1952 it was sufficient. Exhaling carbon dioxide from the organism- deep breathing brings about spasms in bronchi, vessels and intestines etc. Spasms lessening oxygen supply of the organism leads to oxygen deficiency making one breathe deeper, thus completing the vicious circle.

Show me how you are breathing and tell me if you notice anything. Feeling dizzy?

Yes, I feel dizziness and spasms are felt. When lungs are affected hoarse sounds come.

He took four big breaths and the disease is evident, but this is what the scholars of world medicine have trained him to do.

I had an instant picture of deep breathing being an obvious cause of not only hypertension but many vessel spasm related ills, such as stenocardia, cardiac deficiency, infarction, heart attack, brain hemorrhage, stomach ulcer, Reno disease.

Next is that big breathing affects pH, upsets acid alkali equilibrium resulting in metabolism imbalance which changes immunity responses into allergic ones, this allergy results from big breathing.

Nowadays, we observe the following accumulation of salts, emaciation and finally lowering immunity, one becoming subject to catching colds. Big breathing makes us more vulnerable to the AIDS virus. The metabolism imbalance may be so profound that tumor and cancer development may be triggered off. Big breathing may lead to any of the forms of cancer. I pictured all of this clearly the moment I realized this discovery, so I decided to try and test whether this was so. Should this be indeed the case, where is world medicine?

It teaches people to breathe big/deeply and it catches on. Professional consultation advises increased deep breathing, prescribed pills stimulate deeper breathing, expanding bronchi and vessels in every way possible intensifying breathing. Instead of preventing, it provokes the disease.

For eight days, 3-4 doses each time, 2-3 times per day. The more this treatment continued the worse it was. ... yes, from bad to worse and worse.....

...sometimes I had 3-4 doses each time, 2-3 times per day. The more this treatment continued the worse it was .

..sometimes I had 12-13 fits per day, the 14th fit was caused by the inhaler. Yes the very thing that leads to it. It does help for a while and as I continue to take large doses – then there is a viscous circle.

I would call for the ambulance 4-5 times per day. Eventually I would be taken to intensive care.

She refused food, she refused to get out of bed because of the side effects from the medication. We were afraid of it. She was on pills all the time, always taking the inhaler, but she wouldn't improve. To the contrary one day her heart failed. A child survived clinical death.

Now my method does the opposite, this is how you do it. “stop breathing, reduce it, now he is still, let me know how it goes.. No longer feels dizziness. By reducing breathing, this method proves simple but it is difficult to master it. The method has five principles. The depth of breathing is reduced. The diaphragm is relaxed until a lack of air is slightly felt. But for a patient to master it, it takes 5- 7 days minimum. A lesson lasts an hour and home assignments are provided.

This room is provided for breath control training. Our patients are instructed on how to control bronchi spasms. How to behave if vessels bring about fits. Our patients take a course – breath control regulation supported with theoretical and practical lessons.

Clinical background has to be given consideration while patients are aided to learn to get by without medication. It's a slow process as they are heavily addicted to all sorts of overdose medicines and hormones. The medication is partially or completely eliminated with the help of our approach.

We have many patients and the results are very positive. The survey proves objective and subjective responses for the better.

They have risen from their death beds and they'll do anything to support our method. Our idea, our army, its strength is tens of thousands of people across the USSR. This is a major confrontation between ideas and method, but true.

In Leningrad, 46 adult patients were successfully treated in 1968 thus providing 100% certainty of the method. In 1981, the UUSR health ministry issued an order handing over to my student, Dr Angenina of the 1st Medical institute pediatric department, 52 sick children as bad as Olga. All were heavily drugged with medication and my student had to take care of them. A certificate was issued only after that saw that the method worked. The USSR Ministry for Health as well as the other concerned agencies have documents confirming 100% reliability and efficiency of the Buteyko method.

... I was real bad when I got here. I don't know how I managed, I could not take two steps without an inhaler and now I do not believe that this is the real me.

.... She has been on the method for three days and she is doing so well that she can walk and needs no inhaler. The three days proving greater results than the previous seven years of treatment.

You haven't used your inhaler for the past 24 hours have you?

No, I did use it once, but this is only once and not ten times....yes, I changed my pills now. I feel much better, the result is obvious – I can stop the asthma attacks.

So you've learned how to do it? Yes, I feel control. How did you feel today when you were on the bus? – I was sick. And did you feel it was an attack coming? Yes.

And how did you stop the attack?

I breathe quietly like a little mouse.

And did it help?

Yes.

And what kind of attack did you have yesterday?

And how did you stop the attack?

Well, I didn't see. I didn't hear and it stopped right away? (patient talking about breathing so quietly that one could not hear or see breathing. *P McKeown*)

No, not at once, I did it a little bit.

...when I was 25 I was seriously ill after the pneumonia which came three times in a row. I was put through intensive treatment as I was young- 25, so they actively used the new treatments. But my condition continued to deteriorate. I was sick in December. By August I had the first signs of bronchial asthma. Again, the treatment was intensive. They administered all kinds of medication. I was a patient of nearly every clinic in Moscow.

My last was the institute of Physiotherapy on Kallinsky Prospect. I barely managed to get out of there. An oncological disease was diagnosed, and in addition to medication against bronchial asthma, I started to take male hormones to cure the mastopatia. I began putting on weight up to a point of 120kg, grew a beard and moustache, lost my voice and produced a hoarse sound.

This continued and by the age of thirty, I was immobile. I lost my job as I could not leave home. This was when Alexander Pavlovitsh saw me. My relatives found him and took me to his home.

It was in Moscow on the 9th February 1969. It was not the method which proved difficult. Alexander Pavlovitsh saw that I had no one to explain it to me as I was on my death bed.

By then, my doctors had told me I had survived three clinical deaths, my case being helpless. Alexander Pavlovitsh realized that there was no one who could explain the method to me, so he asked if there was someone who would be looking after me and they invited my son then aged nine. He told him that he was putting his mother into his hands, it pains to recall all this. Alexander instructed my son, Andrey on the basics of the method and he learned it well, maybe because he was really trying to help me. It was my son who aided me along. He wouldn't coerce me into reducing my breathing. He would address me by asking me to question him for better understanding. His logic did work well as he knew coercion was no method if there was a failure to understand. Thus he continued to repeatedly ask me to enquire. And thus I was better able to understand things happening to me. So it took me time to get things right. Fits disappeared. Of course I didn't get the changes that I have now but within nine days the fits stopped.

So I went to see my doctor at the oncological clinic who consulted me. He was shocked to see that I had cleared up. He asked me what sort of medication I took. He knew me well and failed to recognize me. I was markedly thinner. He asked me- what happened to you?

I told him that I had cured my asthma. How? By breathing using the Buteyko (Buteiko) method. He was the first doctor to also tell me that my tumor had gone. Then he offered to take care of a group of cancer patients, but the health ministry did not allow him to do so.

I took to explaining the method to the patients on my own accord and this is how it took off the ground. The ambulance doctors knew me well. And when my calls stopped calling, they thought I had died and they came to see me well in body. I explained that

Buteyko's method had cured me and they began to start sending me some of their patients of which they could not take care of. One of them lived with me for a week.

I am extremely lucky to have discovered something that totally changes the world outlooks and attitudes because it unveils a very incredible thing – the pleasures we are seeking provokes big breathing. I.e food, coffee, strong tea, alcohol, tobacco, narcotics etc.

A man collects everything that makes him breathe deeper. (Bigger) This is the world's basic principle of living to lie, to rest, to entertain, indulging more and more and avoiding physical strain. This misguided thinking leads to a false way of living, our major vice and the death of civilization is the sequel to that, that's where we are.

Deep breathing exhales carbon dioxide provoking spasms of vessels of bronchi, resulting in brains oxygen deficiency. The deeper the breathing, the more stupid we are as our minds become idle, the bestial part of the brain takes over and a human being becomes a brainless beast.

There are seven ways of human self destruction according to me, obviously, war is the first, nuclear, chemical or bacteriological methods to kill all forms of life. But the most dangerous is environments self poisoning process currently under way by drugs, fertilizers, pesticides and pollutants. Each of us carries tens of mg of chemical poisons which have a debilitating affect on our minds. This is corrupt thinking and a wrong way of life. To develop new thinking, one needs to eat less, breathe less, sleep less and physically work harder to the sweat of ones brow because this is good. This is fundamental change. This is true restructuring. This is what we need to do these days.

That's why I am surprised that a very simple discovery which needs 30 seconds to prove, to achieve major changes one has to practice it 5-10 minutes per day has not being incorporated into every day practice for all people despite it being in existence for 35 years.

Who obstructs it? The academics of medical science. They are the most committed opponents to better health of people. They pretend as if they don't understand a thing. We have shown you a child, Olga, who is three years old and she mastered the method within three minutes and now she is cured. Her disease was caused by deep breathing but the academics over the past 30 years pretend that they don't know a thing.

Pregnant mothers are instructed to take big breaths thus making the baby in the womb to breathe so, thus lowering its immunity with negative affects in the nervous system. Carbon dioxide is reduced with first inhalation and oxygen content increases five fold. The organism is not used to this. This is a gas attack against it.

A child has to be restrained from vigorous breathing, thus gradually adjusting the body to such patterns so that the child will not start breathing deeply. Mothers who follow Buteyko's method raise healthy children. They are strong and physically fit. They are superior to children of their own age. But what about the daily common practice? The moment a child is delivered his limbs are manipulated to make him breathe deeper or even the baby is put into an oxygen chamber. Getting an overdose of oxygen some children went blind. Putting baby rats into high oxygen caused them to become blind too, the dissection of the eye revealed that sclerosis developed in the eye vessels within 2-3 days.

It is clear cut stupidity and idiotic practice. Today nearly every pulmonary hospital, every regional clinic maintains a centralized system of oxygen

Not knowing the cause of a disease, nor its mechanisms, provoked big breathing further deteriorates the patients condition and medication just brings a patients closer to death.

Before medicine was discovered, the disease asthma attacks were not mortally dangerous. Nowadays asthma patients die during the attacks killed not by asthma but by the treatment procedure. Isn't that horrible?

In this situation, we were rescued by mass media. We would have been done for by now hadn't it been for the publicity campaign, the journalists came to see and find out about the patients, treatments and doctors who did it.

But in all the 35 years, not a single academic of the medical science would come to see one patient despite my requests to do so. This is incomprehensible and strange. These people fail to see that the longer they obstruct the discovery, the more violent the outburst because a years delay in getting my method into operation takes a heavier toll on illnesses.

That is why those who continue to pretend as if they do not understand anything commit a deadlier crime than the Nazis. There will be a day when they will have to give an answer whether it was an act of stupidity or criminal withholding of a discovery which can save millions of people.

Note from Patrick McKeown:

“A new scientific truth does not triumph by convincing its opponents and making them see the light but rather because its opponents eventually die, and a new generation grows up that is familiar with it.”

Max Planck