

Foreword

I was pleasantly surprised to receive a phone call from Paul Rodriguez advising that he had just written a book about overcoming his debilitating sleep apnoea with the Buteyko Breathing Method. He also advised that he had been introduced to Buteyko Breathing by attending a seminar I conducted at the Council of Adult Education in Melbourne in 2008, and asked if I was interested in writing the foreword for his book. I was delighted to accept.

Paul outlines in detail his struggle with poor sleep over many years and the effect this had on several aspects of his life including weight gain, stress, depression, energy levels and relationships. He was eventually diagnosed with sleep apnoea and initially tried to get relief by using a CPAP machine. His honesty and openness about his problems will strike a chord with many thousands of people.

He explains how by changing his breathing he quickly started to improve. He provides a clear outline of the science behind Buteyko Breathing and how and why his health improved. The references and technical data relating to his case will make it easy for people to understand the results he achieved with Buteyko, which at first glance often seem too good to be true.

Having taught the Buteyko Breathing Method to more than 8,000 people over the last 20 years, I have received many hundreds of testimonials and case studies from happy clients.

But no-one has taken such time and effort to share their experience for the benefit of others like Paul Rodriguez.

I congratulate him and am sure you will be inspired by his book.

Paul O'Connell
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