

## **This interview was published in the Russian national magazine "Beauty and health", 2003.**

**When we feel sick – we seek for help. The search can be long and often ineffective. Meanwhile, complete recovery from ailments is promised on every street corner: our belief in "magic pill" or in a "super-doctor" has no limits. Who is going to take care of our precious health, especially in cases of severe health ailments, such as allergy and bronchial asthma? Do we know how to breathe right? With us is the chief doctor of the Buteyko Clinic in Moscow (Tel. (095)-3041889 and (095)-1760063) Andrey Evgenievich Novozhilov.**

### **Which breathing is dangerous?**

There is a certain volume of ventilation of the lungs, which is correspondent to the norm. If ventilation is normal, the person is not sick. But if ventilation is increased, a disease can develop as a response.

### **Why does it increase?**

There are thousands of reasons, starting from social problems and ending with pure physiology: emotional stress, poor eating habits, behavioural stereotypes, and heredity...

### **Ecology as well...**

Ecology is not to blame. Now New Zealand is the world leader for cases of bronchial asthma – every fourth child there has such a diagnosis.

### **But they have the purest air!**

That has no influence. Bronchial asthma appears in those lungs, which are hyperventilated. But that can happen in any climate and on any geographical altitude. And vice versa, if the problem of hyperventilation is eliminated, then a person can have normal breathing even in air-polluted Moscow.

### **Hyperventilation: does that mean frequent breathing?**

Not exactly. Hyperventilation is the increased amount of air that is moving through the lungs. The healthy person, at rest, should breathe, on average, about 5 litres of air per minute. This is the norm. But when the ventilation is 6-10 litres at rest, this is hyperventilation. As a result, there is a lack of carbon dioxide in the lungs. It is known that CO<sub>2</sub> is the final product of metabolism. Metabolism is continuous; hence carbon dioxide is constantly produced in the cell. It travels to the blood, from there to the lungs and is expelled into the outer air. During this long route, it regulates main metabolic reactions. And since the large part of our immunity is based on the proper metabolism, then CO<sub>2</sub> deficiency and disturbances in the metabolism unavoidably cause the first error of immunity – the allergic reaction.

### **Do you suggest the mechanism of eradication of these processes?**

Yes, the Buteyko method allows to get rid of the whole set of diseases, which are based on hyperventilation. These are not only problems with respiratory organs, but also the problems of the cardiovascular system (hypertension), gastrointestinal diseases, varicose veins, toxicity of pregnancy, metabolic problems, and some skin diseases (eczema, psoriasis, neurodermit). These problems are seemingly independent from breathing, but, meanwhile, they are connected with it. All of them can be cured with the Buteyko method and do not need any medical drugs. We have a video advertisement from New York, where people show the states of their skin before and after the treatment. Very impressive. Meanwhile, asthmatics represent the main group of our patients – more than 60%.

### **Asthma without drugs**

#### **Why so?**

It is not simple. About 30 years ago, asthmatics, which were rare at those times, were demonstrated to all students and doctors as educational samples. Even before that, asthmatics were known for their longevity. Yes, a dictionary of the 19-th century has the following definition, "Bronchial asthma is a light ailment that allows long, disease-free life". Indeed, there was medical evidence that asthmatics lived, according to those standards, very long time – 80-90 years. Now we know why. Causing carbon dioxide deficiency, hyperventilation leads to metabolic disturbances and reduced immunity. The organism, therefore, has two options – to die or to adapt. Hence, it is possible to say that many diseases are not diseases in the direct sense. They are the mechanisms of adaptations to hyperventilation in order to defend the organism from CO<sub>2</sub> losses.

Bronchial asthma is the clearest example. The main problem here is the periodic bronchial spasms. Bronchus

is a tube for air transport. If the amount of breathing air is excessive, the bronchus starts to constrict so that to restrict the air jet. When everything is quiet, the bronchus opens again. And that happens many times. The organism is a self-regulating system!

### **Why are there so many medical drugs offered for treatment of asthma?**

That is surprising indeed. During treatment of chronic bronchitis, which has periodic acute phases once in 3 months, antibiotics are used. That causes breathlessness and difficulties in breathing. However, these are the main symptoms for prescription of drugs for bronchial asthma. After the third acute episode of bronchitis, the child is usually diagnosed with the "light form of bronchial asthma". Together with that he is given bronchodilators, which, can relieve from the feeling of suffocation, but make the disease more severe. So, in 3-6 months the light form of bronchial asthma is "shifted" to the moderate or severe form. Therefore, in this case, doctors, during a certain period of time, broke all defensive skills of the organism! We, on the other hand, teach people how to recover these skills.

The Buteyko method can be used in 2 ways. The first one is for elimination of the symptoms: 2-3 breathing exercises and the attack is gone. That is an "ambulatory" help for the patient. The second way is prophylactic, so that to prevent the development of the disease in future.

### **Adenoids – also the defensive reaction to hyperventilation?**

Of course. The physiological purpose of growth of the lymphoid tissue is to block with the "plugs" those holes, which make hyperventilation of the lungs possible. The surgical removal of adenoids is effective, in average, for half of the year. Later they will appear again and will stubbornly affect the defensive mechanism.

### **The mothers of children with adenoids are frightened with mental deficiency, speech impediments, and deafness in the near future. So, they agree to have a surgery.**

These threats are real. Medical professionals are well aware that the mouth-breathing child is soon going to slow down in mental and physiological development in relation to schoolmates. Mouth breathing, in general, from physiological viewpoint, is unacceptable. What happens when we breathe through the nose? On the mucosal surface of the nose microbes and viruses die; air is cleaned, warmed to optimum temperature, humidified till the optimum level and, in this ready form, enters bronchi.

What about air gasped in by the child through the mouth? Mouth breathing immediately causes bronchitis, tracheitis, and is the main cause of chronic tonsillitis. Adenoids also favour its development since the child cannot breathe normally with them. This is a vicious circle.

### **What to do?**

Get rid of hyperventilation. That will raise CO<sub>2</sub> level, attacks of suffocations will come to an end, the swelling of the mucosal surface of the nose will disappear, and right nasal breathing will be restored. In due time, the adenoids will be smaller, and the necessity of the surgery will disappear.

### **Name and reputation**

#### **Not everybody today gets used to the stream of information. When people are asked, "Who is Buteyko?" they say they have heard something but do not remember. Let us clarify that.**

With pleasure. Konstantin Pavlovich Buteyko, 80 years old, director of this Clinic, doctor-physiologist according to his profession. The Buteyko method is an achievement of official Soviet, at the time, health system. This method cannot be considered as folk or alternative medicine since it is the result of scientific research.

In 1960's of the 20-th century in Akademgorodok (Novosibirsk) the Institute of Experimental Biology and Medicine was created. Buteyko worked there investigating a big problem – finding relationships in the mechanisms of development of diseases related to spasms of blood vessels and bronchospasms. The relationships were found and verified. Mathematical models of development of bronchial asthma and hypertension were developed. It was proved that in 100% of cases each asthmatic, allergy-sufferer, or hypertensive has increased lung ventilation in relation to the norm. That is the starting point of these diseases. Through the investigation of CO<sub>2</sub> deficiency, metabolic disturbances, and reduced immunity, the mechanism of development of bronchospasms was found.

#### **And when these discoveries were made?**

The Buteyko method was described in authors' certificates and confirmed by patents in 1962. First clinical

trial was conducted in 1968 in Petersburg, in the Institute of Pulmonology, where 100% success rate was demonstrated for the above-mentioned diseases. The second trial was in 1981 in the Department of Child Diseases of the First Moscow Medical Institute. The same effect. In 1985 methodical recommendations for medical professionals of various specialties and the Directive of the Health Minister about the practical use of the method in medical practice were issued.

Hence, the Buteyko method is officially used by the Soviet Health Ministry since 1985. However, it is used wider on the West, than in Russia. In Australia they have the Institute of Buteyko Breathing and Health, non-profit organization. There are clinics in Scotland and London.

**If people want to get treatment using your method, where can they apply?**

I think there are many places in Russia where such treatment is promised. In any case, the organization should have a license of the Health Ministry Committee. By the way, currently there is only one medical establishment in Moscow, which is officially licensed and certified to use the Buteyko method. That is our Clinic. We have been working since 1988. During these 15 years we prepared numerous practitioners, which are dispersed all over the world. All our doctors are from the First Medical Institute (Moscow). Apart from that, if a practitioner claims that he has been using the Buteyko method for a long time, he should have a Diploma personally signed by Konstantin Pavlovich. By the way, in order to train a medical doctor as a practitioner, years are required. We often see the offices for the Buteyko breathing method, however, when we visit them – they run away and do not want to meet with us. Instead they could come to us openly and ask for advice and help. We never refuse!

Thus, if somebody has doubts in the craftsmanship of some specialists, who offers to treat an ailment using this method, you can contact the Clinic for references.

**Which preliminary investigations are necessary in order to start treatment in your Clinic?**

As a ruler, people bring with them such bundles of documents, that any other additional investigations are not required. Asthma is asthma. Especially if the diagnosis was determined in the Institute of Pulmonology or in other respectful establishments. In addition, asthma has a clear clinical picture, so that everything is visible. Or rhinitis. Imagine a person who has water streaming from the nose! There are no two opinions here.

Of course, we have our own diagnostic methods. Its essence is simple – if CO<sub>2</sub> level in the lungs is known and it can be measured at any moment, then it is possible to predict and prevent upcoming asthma attack. The CO<sub>2</sub> level dropped – expect an attack. Buteyko offered an elementary scheme to measure this level; it is called the Control Pause. After normal expiration, stop breathing and count how many seconds you can tolerate without breathing. This number tells a lot. The Control Pause of asthmatics is always below 20 seconds. If they manage to have more than 20 – attacks are gone; if it is above 60 seconds – asthma can be forgotten. The disease leaves forever, and people return to us so that to say thank you.

**The interview was conducted by Tatiana Punans  
The end of the interview is in the next issue**

**This interview was published in the Russian national magazine "Beauty and health", 2003.**

On the pages of the previous issue the chief doctor of the Buteyko Clinic Andrey Evgenievich Novozshilov told our reporter about the principles of right breathing, which were discovered in 1960's by physiologist K.P. Buteyko, and also about diseases that the Buteyko method can defeat. Among them are bronchial asthma, chronic tonsillitis, other respiratory diseases, and also hypertension, varicose of veins, toxicosis of pregnancy, metabolic problems, gastrointestinal diseases, and some skin diseases.

Today is the continuation of the conversation. It will be devoted to application of the Buteyko method for adults and children.

### Exercises

**Andrey Evgenievich, last time you mentioned the exercises. After learning them the person can get rid of many diseases. What are the exercises about?**

All exercises are directed to restrict, in a slightest degree, the volume of inspiration, or decrease the volume of the incoming air. Within 10-15 seconds of these exercises, the gas composition of the blood is changed. That causes reactions in other organs and systems – for example, the mucosal surface of the nose. It follows that the problem with the blocked nose, swelling of the mucosal surface, can be solved literally in 10 seconds – one just needs to listen own breathing.

**How is it possible to listen?**

For example, you, how do you feel your breathing? What do you hear about inhalation and exhalation?

**Nothing.**

And that is right, because you do not have any problems. However, an unhealthy person can perfectly hear own breathing. That is the first exercise: I ask the patient to listen how he breathes through the nose, which movements of the chest, stomach, and air jet in the nose appear. I ask him to inform me about his observations.

By the way, I am telling you all these things, while I also practice one of the exercises of the Buteyko method. Did you notice anything?

**Nothing!**

Absolutely right, because this exercise is borrowed from the arsenal of preparation of samurais: breathing should be done in such a way that, if one has feather under his nose, its displacements are not noticed! One can also keep a finger near the nose: if air the air jet is felt, that means the breathing should be readjusted so that not to feel it. Breathing of the healthy person at rest must be invisible and inaudible. If not, that is hyperventilation, which triggers the mechanism of many diseases.

**But that is an intentional technique. There is no way here without control and discipline!**

Yes, the Buteyko method is the method of treatment, which demand efforts of the patient. One should realize how he breathes, complete the course with a practitioner, and later regularly exercise. The man should realize the necessity of this step.

There are two things that help here. First, the Buteyko method allows the patient to see an immediate effect of the treatment. That is very inspiring. And second, during the treatment the necessity to use drugs disappears. We do not abolish them. The patient himself feels that he can leave without them. All our patients remain satisfied. No improvement at all is never a case. Even if the person stops at the level when he can prevent the symptoms and only exchange tablets and inhalers for breathing exercises; that is already good! During the following year we monitor each patient, consult him, and support for free...

## **Children**

### **What do you do with children? Do you also press on conscience?**

Believe me, any child wants to eliminate discomfort from his life. When the toddler coughs till vomiting during the first session, but arrives for the second session without cough, what do you think, would he practice? Which other stimulus do you need? Who else would refuse to live freely and without diseases? Many previous restrictions could be removed: to go swimming, to have a dog pet, to exercise without suffocation.

Consider dieting. Asthmatics cannot eat many tasty things. Only low-calorie ascetic meals, often remaining half-hungry. If such a person ate, for example, sausage (protein), large amounts of energy, for digestion, is required. Hyperventilation intensifies and the attack is unavoidable! Is this life?

### **Meanwhile, a 2-year old toddler cannot understand all that...**

Of course, with children up to 5 years old we work only through their parents. The parent learns the method and, as a game, teaches the exercises to the toddler. Even with a child below 12 years one of the parents should complete the whole course – this is our condition. Until the performance of exercises reached automatism, constant self-control is required, but due to their age, children lack it.

The parents are taught the elements of the theory, which are necessary to understand the sense of exercises. How else can we explain to the mother why the child should at some moment stop breathing, pinch the nose and make 20 steps, and, after all that, not to breathe deeply? Besides, only after assimilation of the method can the parent definitely decide, if it is good or bad, and later make sure if the child is exercising or not.

### **Which other methods of influence on children, in particular, do you practice?**

Yes, we issued a special booklet. Something like the Buteyko method in pictures. Imagine a picture: there is a child asthmatic with an open mouth, there is the disease creeping towards him from behind...

You are not afraid that after such a book children can have nightmares?

Their life is not happy now anyway, so they do not need to get used to. However, that is comprehensible. It becomes clear why to breathe through the nose.

### **So that "nasty asthma" would not go in the mouth...**

Exactly. She chooses whom to eat according to breathing. Children, who breathe through the mouth, have noisy breathing. Asthma recognizes them immediately. Children, who breathe right (through the nose), cannot be noticed by the disease. She cannot hear them. To penetrate in the body is possible for the disease only through the open mouth.

### **That is like a movie with nightmares ...**

Not so, children like it! Every asthmatic knows what is emphysema – that is replacement of the lungs' tissue with scars, or physical destruction of the lungs due to development of the disease. Scary... Hence, we do not exaggerate in these pictures. The child should timely recall the breathing of the mouse – shallow and only through the nose. I say to the parents of asthmatics, if you manage to keep the mouth of your child shut and to breathe through the nose – that is already 50% of success in treatment of asthma.

### **What can be done, if the nose does not breathe at all?**

There are exercises that allow decreasing the volume of lungs' ventilation through the mouth. The effect takes place within 1 minute – the swelling of the mucosal surfaces decreases and the nasal breathing begins.

### **How many exercises are required for a 5-year old child with, for example, adenoids?**

They are always accompanied with swelling of the inner nasal surface, which can be eliminated after 1-2 sessions. In order to decrease adenoids, longer time is required. The basic course should have at least 5 sessions, so that the child completely absorbs the exercises, and his parents learn to control him. Every session in the Clinic takes about 1 hour.

But the main goal of home exercises is to learn how to eliminate any symptom using the breathing exercises. This is very convenient: if you noticed that the child is watching TV cartoons with his mouth open, it is time to practice, to prevent the incoming problems with blocked nose in their beginning and to resume nasal breathing. That takes from one to three minutes, several times during the day. And no nasal drops! Just concentration and some persistence.

**Such self-service...Armed with your teaching, the man, likely, would not allow to get sick, himself or his family!**

Yes, because the health of the child is not in the hands of the doctors, but in the hands of his parents! And here we see just such parents – self-sacrificial and wise. Many of them, visited many doctors' offices, and finally decided to take responsibility themselves. For them it is the main delight to see how their toddler, previously suffocated from breathlessness and being sick, starts to run around and jump.

**Do the local children' doctors know about your Clinic?**

Yes, not all, but from 40 to 60% people come here due to advice or recommendations of family physicians. However, there are other 10-15% patients who was told by their family physicians, "If you learn the Buteyko method – you die!" People, while literally having fear of death, decide to try the last chance, nothing else helped! Here we bring relief. Why to gossip?

**And once more about asthma**

**Which other methods for prevention or treatment of asthma you accept?**

For example, I know one medical centre, where bronchial asthma is effectively treated using singing.

**What about swimming?**

Excellent, universal physical exercise, especially for city dwellers. People are constructed by Nature in such a way that, without exercise, they decay, loose their form, and get diseases. For example, one of the main causes of hyperventilation, that is CO2 deficiency in the lungs and blood, is lack of physical exercise. This lack of exercise is now considered by doctors as the cause of hypertension in teenagers. Exercise is necessary!

**Is it right, that in Sweden there is a medical centre, where asthma is treated using vegetarian diets?**

Yes, that is true since vegetarian diets reduce ventilation of the lungs automatically. We observe the same process from the opposite direction – after the second-third session the person starts to eat less, many have tendency to vegetarian diets.

**Why?**

Physiology starts to work. The man breathes right; the metabolism normalizes. He eats as much as required, no binge eating as before. Almost everybody says, "I have different attitude to foods". Many loose weight. Meanwhile, there is no self-restraining. A natural process...

**But are changes in attitudes required?**

Attitudes change automatically too. Professor Buteyko told, "If the cause of hyperventilation is in the wrong lifestyle, that means you are bound to change your lifestyle or to fight with the symptoms all the time".

**The interview was conducted by Tatiana Punans**

## **Russian national newspaper: Arguments and facts, Health Section, 30 January 2003, issue 05(442).**

The Russian version is available on line: [www.aif.ru/online/health/442/13\\_01](http://www.aif.ru/online/health/442/13_01)

### **On 27 January 2003 K. P. Buteyko celebrated his 80-th birthday. How do you breathe?**

Many people have a suspicious attitude towards the theory developed by Buteyko. Meanwhile, this theory, for more than 40 years, has had many supporters. It helped to many people to get rid of asthma, hypertension and other problems. The major idea of this theory is that the main cause of so-called diseases of civilizations is carbon dioxide (CO<sub>2</sub>) deficiency in the lungs. This deficiency is caused by hyperventilation of the lungs or deep breathing.

We all get used to think that carbon dioxide, which we breathe out, is not necessary for the organism. However, it has its role. Doctor Buteyko suggests normalizing the main function of our organism, the system of external breathing, using the method of voluntary elimination of deep breathing. For many people that may look unreal: how is it possible, to coerce oneself to breathe less?

Today we have a conversation about the Buteyko method with the chief doctor of the medical centre for Buteyko breathing Andrey Novoshzilov.

### **Andrey Evgenievich, it follows, that deep breathing is not useful for the man, but what about physical exercise, during which ventilation of the lungs is increased?**

Ventilation of the lungs is aimed to serve metabolism, which has certain intensity. Intensity of ventilation of the lungs should coincide with the needs of metabolism. Activity of metabolism, in different states, is different. At rest, metabolism is slow; ventilation should be also small. An athlete, when doing physical exercises, has very high metabolism. CO<sub>2</sub> production is very large, ventilation increases automatically. Instead of 5 litres he can breathe up to 100 litres per minute. However, that is not hyperventilation, that is a reasonable process and it is not pathology. But when hyperventilation is not connected with physical exercise, when it is above the needs of metabolism at rest – that is hyperventilation, or something that Buteyko called “deep breathing”. That can be the cause of disease.

### **How to define if ventilation is excessively large?**

It is possible using instrumental systems of control, but such methods are not easy in real life. Buteyko suggested a very simple method – using breath holding: if after standard, quiet exhalation, one holds the breath, when the time, in seconds, during which the man can stop breathing, accurately reflects the level of carbon dioxide. If breath-holding time is equal to 60 seconds that means that the amount of carbon dioxide is correspondent to the norm.

### **No breathing for one minute?**

Yes, ideally, any person should be able to do that. If breath holding time is smaller, that says that CO<sub>2</sub> level is reduced. How, for example, can chronic rhinitis appear? Air passages constrict in order to reduce excessive ventilation and, as a result, to increase the level of carbon dioxide. Similarly, in the origin of the bronchial asthma is periodically appearing constriction of bronchi or bronchospasms. Bronchus is a tube with embedded muscles, which can constrict. When that happens, the bronchus is obstructed, and the person starts to suffocate. An ability of these muscles to constrict is ruled precisely by level of carbon dioxide. Treatment of bronchial asthma using the Buteyko method is based on teaching the patient to define if ventilation of his lungs is correspondent to normal parameters. If it is elevated, we decrease ventilation using special exercises. That allows, during 10 seconds, to increase CO<sub>2</sub> level; and, just in front of us, the spasm or the attack of suffocation starts to disappear.

The same relates to chronic rhinitis. Any man, who suffers from rhinitis, can try the following exercise. Listen how you breathe, which feelings you experience (how air moves through your nose, your chest rises and drops). Now try to decrease the intensity of these feelings, to conceal your breathing, and to decrease the intensity of the air jet. In 10 seconds the CO<sub>2</sub> levels gets larger.

### **If I hold my breath for a while, after that I want to breath in with the full chest...**

Of course, there are certain difficulties since we cannot stop breathing. However, we are not talking about stopping breathing, but about decreasing the volume of the air stream, judging with your sensitivity to the process of breathing. One should not jam breathing. The goal is not to eliminate these feelings but to decrease their intensity...

### **And to do that constantly?**

Until disappearance of the symptoms, which bother you: if your nose is blocked, do the exercises and, factually, in 1 minute you will feel relief. You can stop exercising until the nose is blocked again, and you will be compelled to repeat them. This method, at least, would help you to get rid of nasal drops. Medical drugs are replaced with breathing exercises.

### **If a man, during an asthma attack, starts to suffocate, but he is advised to breathe less!?**

Yes, psychologically this is, of course, difficult, and since any attack is a threat to the life, experiments here are not required. For this reason, there is no literature about the Buteyko method, so that people would not be able to experiment. We suggest to practice only under medical supervision. Without skills one can only intensify the course of the attack. If restriction of ventilation of the lungs is too intense, there is an instinctive desire to breathe in. The man will do that and at that moment he will lose those CO<sub>2</sub> remainders, which he had. A doctor should learn a delicate approach when working with breathing. It should not be done using a rough attack, while just such an approach was transferred to Australia. They have now Buteyko Institute and Australian modification of the method consists of a series of breath holds with a certain interval. In spite of the fact, that this is psychologically difficult, there are results, CO<sub>2</sub> increases and the attack, this or the other way, is eliminated. Meanwhile, our approach is associated with very delicate restriction of the air stream basing on individual sensitivity of the person to the process of breathing.

### **Can it be so, that there is an excess of CO<sub>2</sub> in the lungs? Can it appear as a result of the exercises?**

Practice shows that it is difficult even to reach the norm.

### **What are the consequences of the Buteyko method: the person starts to breathe shallowly all the time or the complex of exercises is to be done periodically?**

When the carbon dioxide level is increased, we guarantee that an asthmatic would not get an attack, unless the level drops. However, normal modern lifestyle gradually causes reduction in the CO<sub>2</sub> level.

### **Why does hyperventilation form, since nobody specially practices deep breathing and unnatural breathing exercises are not performed?**

The main cause is the lack of physical activity, low level of metabolism in general. We must work out at least 4 hours per day, with heavy perspiration. Then you would get high level of metabolism. The method should be practiced until the level of carbon dioxide is stabilized and reached the value when the attacks are impossible. It is practically impossible to maintain this state without physical exercise. If a person, due to some reasons, cannot do physical exercises, he should do the breathing ones. There is nothing wrong with that, since the exercises are not hard and can be performed practically in any situation.

### **Which problems do patients bring to your Clinic?**

60% patients have diseases of the respiratory organs. The second place is for cardiovascular diseases: hypertension and stenocardia. Author's certificate and the patent for the Buteyko method include three main diseases, which give the best results during treatment: bronchial asthma, hypertension, and stenocardia. In addition, the more severe the disease and its symptoms, the better the result. When the person feels bad, he will do everything possible and will learn properly. As soon as there is an improvement, the interest disappears.

### **Are there any contraindications for the method?**

As we discussed, the goal is to normalize ventilation of the lungs. Which contraindications can be for the norm?

### **Even the simplest method has contraindications...**

We can recommend the intensive variation. It is quick and effective. However, there are certain diseases when it should not be used, for example, in cases of hypertension with acute symptoms (severe headaches, etc.). If ventilation is significantly reduced during the critical period, then that will cause a period of elevated blood pressure. In 10-15 minutes the pressure will be stable. But if you do not want to have this exacerbation, when the approach should be very delicate. The same is true for myocardial infarction. Caution in application of the method is based on certain physiological processes in the heart muscle. However, any doctor, who is practicing the Buteyko method, knows that.

### **Is the method universal for all diseases or some exercises are for asthma, others for hypertension?**

The exercises are the same for all diseases. However, there is a factor that is defined by the form of the disease. In severe cases, we prescribe cautious types of exercises.

**Should the exercises be practiced every day?**

That depends on the results, which you are trying to get. It could happen that a man, for example, in order to unblock his nose, held his breath. The nose was unblocked and the man abandoned exercises until the next case. If he wants more stable results, so that not just to eliminate symptoms, but to prevent the appearance of the disease, when the efficiency of our exercises can be evaluated by CO<sub>2</sub> increase. Measure your CO<sub>2</sub> before and after the exercises. If there is a growth, you can finish.

**What is the earliest age for children to practice these exercises?**

The youngest patient was one year and eight months old. The child had the severest form of bronchial asthma, he was using hormones.

**How is it possible to explain to such a young child what is required from him?**

We, first, explain everything to his mother or farther. One of them should complete our course as a usual patient, in order to understand what is required from the child. The process of treatment is creation of prophylactic measures.

**Do you want to tell that all people, who arrive to you with bronchial asthma, leave you without it?**

If the person really wants so, then yes. Some patients only achieve the level of elimination of symptoms; others go further. Yuri Kuklachev's son had such a severe allergy, especially because of cats and horses, that even approaching them would cause the state similar to Quince's oedema. His family tried various professionals. In our clinic, within half of the year, it was possible not only to eliminate all symptoms of the disease, but also to completely get rid of the problem.

**Is abandonment of drugs required?**

Of course, no. Only with progress. At the beginning – breathing, later – physical exercises, which will sustain sufficient CO<sub>2</sub> level.

**Which clinics use the Buteyko method?**

According to the Directive of the Health Minister, this method can be used since 1985 by any doctor. However, in spite of simplicity of the method, certain skills are necessary. Many doctors practice this method, but it is often reduced to breath holds. This simplified version does not do any good.

**The interview was conducted by Julia Ekareva****Note:**

An adult should breathe, at rest, 5 litres of air per minute. CO<sub>2</sub> deficiency is not a trivial problem. Two-fold CO<sub>2</sub> drop can cause the death of the organism. Some schoolboys take several deep breaths and lose their consciousness. Hence, temporary spasms of blood vessels, leading to the brain and other organs, are very dangerous.

## **Russian national newspaper "Komsomol's Truth" 29 October 1997.**

The direct telephone line with readers.

### **"Buteyko's speaking"**

**"Good day, Konstantin Pavlovich. This is Bobrov from Moscow. I have a grandson, eight years old. He is sick due to an allergy for 4 years."**

"I preach the medicine, which first finds the cause of the disease and then cures. The cause of allergy, bronchitis, asthma, and lungs' diseases, I am sure, is excessively deep breathing. Only its elimination allows complete treatment of these apparently incurable diseases. I proved that 45 years ago..."

**"How can I get rid of deep breathing?"**

"You should learn the method under supervision of a practitioner exercising at least 3 days for 2 hours each. If practitioners do not have certificates and licenses, they are charlatans; they can bring only harm."

**"Is it right that even children with chronic asthma can be cured?"**

"We can treat chronic asthma, in particular, in the most severe form, even faster than the usual one."

**"Why is it so?"**

"Because the patient experiences improvement and practices seriously."

**"Could you respond to Krasnodar? My name is Irina Konopleva. What is most important in your method?"**

"To decrease deep breathing (the volume of inspiration) until the norm. Not to hold breathing, but gradually normalize it. This is difficult, although primitive people and animals breathe like that. However, a man, if he is sensible, needs at least 6-7 hours. Or more than 1 month."

**"Can the man get accustomed to that?"**

"He did not get accustomed, he learns. He gets to the normal breathing forever."

**"Good day, Minsk is worrying you. My daughter suffers from diabetes mellitus since she was 2 years old. Now she is 16, insulin-dependent, injections 3 times per day."**

"For people with diabetes, especially in the severe form, we can guarantee only relief. To cure diabetes, especially severe one, immediately is impossible; time is required. The process of weaning off insulin is going to be slow and gradual, with mandatory control."

**"Can we find some literature?"**

"There are publications, but I categorically against do-it-yourself approach. That is dangerous."

**"My name is Stanislav Fedorovich. I have a son 16 years old; he suffers from asthma for more than 11 years. Do you think that asthma can be cured completely?"**

"If deep breathing is suppressed, he is going to be absolutely healthy."

**"Thank you. Can oncology be treated using your method?"**

"Yes, but the more severe the disease, the harder the normalization of breathing and cure."

**"You are worried by Igor Dubrov from Ribinsk. I want to hear from the first lips about the influence of your system on the character, sleep and energy of a man."**

"The breathing and metabolism normalize; the immunity is restored. And hence, such diseases as bronchial asthma, hypertension, stenocardia, diabetes mellitus, allergies, and frequent colds disappear."

**"How do you breathe? Right?"**

"I could die from deep breathing 45 years ago; I had malignant hypertension. The kidneys were failing. And I tested my ideas on my own organism. This year I am going to be 75, and I am healthy."

**"Good day, Konstantin Pavlovich. We are from Mogilev, Belorussia. Could you please explain shortly your principle of breathing."**

"Here it is: we know that deep breathing decreases the concentration of carbon dioxide in the blood, lungs and cells. Russian scientist from Perm Verigo discovered, already at the end of 19-th century, the law, which is, as it seems, strange: fall of carbon dioxide increases the chemical link between oxygen and haemoglobin. As a result, it is more difficult for oxygen to get from the blood to the brain, heart, kidneys, and other organs. In other words, the deeper the breathing, the less oxygenation of the cells in the brain, heart, and kidneys. This law is in the foundation of our discovery. CO2 deficiency causes constant spasms in all organs. Hence, it is necessary to learn right breathing."

**"Are pills essential?"**

"We use medical drugs only when it is necessary."

**"Ok. Thank you"**

**"Good day. I've heard that you can treat female frigidity. Is it so? And if yes, how?"**

"How old are you?"

**"Thirty"**

"The most frequent cause of female frigidity is wrong breathing. Osteochondrosis is the second cause. When, among causes is infection in teeth, and so on. Therefore, the goal is to eliminate the cause."

**"And one more question. I practice swimming. Naturally, breathing is deep. How dangerous is this?"**

"I'll explain now. Here is everything vice versa. Deep breathing is dangerous not by itself, but because it blows off carbon dioxide and causes carbon dioxide deficiency in the organism. Physical exercise helps to produce carbon dioxide."

**"Thank you very much"**

**"Good day, my name is Marina Tulupova. I am from Yaroslavl'. I read somewhere that official medicine did not accept you for a long time; you worked almost in secrecy. Was it so?"**

"Of course, we had terrible persecutions. We worked in private apartments, practically illegally. In order to stop persecutions from militia – we treated them...That was because I proved that official medicine was standing upside down, doing everything vice versa. Although I am a candidate of medical sciences and a pupil of the First Medical Institute. A honour student. Only in 1983 did I get author's certificate and the patent to treat. That happened 21 years after the invention of the Buteyko method."

**"Good day. I have a question. I do not know if it is relevant. There is a disease: nasal polyposis. Should it be treated only using a surgery?"**

"What are polyps? This is Nature that creates plugs in order to restrict breathing through the nose. Therefore, if breathing is decreased in accordance with the method, then they are expelled, rejected, and dissolved. But if you get them cut off, they will grow again."

**"What to do?"**

"Try to decrease your breathing till the norm. You will be healthier and younger."

**"Hello, doctor, I am from Odessa. Rita Ivanova. My daughter has an allergy. What can we do?"**

"We treat allergies. Recently, Kuklachev's son, who is working with cats, got cured from allergy here. How old is your daughter?"

**"She is already thirty."**

"She is still young. She will be cured."

**"Then thank you."**

**"My name is Victor Dmitrievich Khazov. When I was a student, I was second when running 100 metres. When I became a research scientist, all got in front of me. Backache holds back all my activities."**

"You can have osteochondrosis. Displacement of disks. Or abnormal breathing. These are two possible causes. If the pain worries you, then it is likely to be osteochondrosis. You need hands of an experienced practitioner. We do that partly."

**"Thank you. I will be more optimistic."**

**"Hello, my name is Natalia Buteyko. I have the same surname."**

"Are you? My first encounter."

**"Is it right that you were first to discover this method of breathing?"**

"I discovered not the method, but the cause of the most severe and incurable diseases: asthma, hypertension, cancer, and infertility."

**"Is it so, that ancient doctors could not figure out that?"**

"Nobody. Some time ago I wrote an article "Hippocrates did not guess". Hippocrates and Avicenna died from deep breathing (Hippocrates had ischemia) – and could not guess. But I guessed."

**"That is amazing. Then influential people of the this world should get treated by you..."**

"And very influential. First, I treated the Secretary of the Novosibirsk regional CPSU counsel; he was Brezhnev's friend. Later I started to treat generals, admirals, people from the Central Committee of the Communist Party, so that to be rescued from being confined in a madhouse."

**"Were KGB after you?"**

"No, KGB saved me. Because I treated them."

**"Could you tell me if you are a supporter of the western or eastern medicine?"**

"Not western, eastern. The Western medicine is standing upside down. All of it, together with maximal and minimal doses (homeopathy). Both are examples of extreme medicine. Eastern medicine eventually normalizes breathing, if one correctly follows it."

**"Konstantin Pavlovich, hello! My name is Olga. According to your theory, can love kill on the same way, as deep breathing? Consider lovers who get very emotional and breathe heavily..."**

"Olechka, in reality we should do those things in our lives which we want very-very strongly. To eat - not according to the time schedule, but when there is a strong desire; and never to overeat. To sleep - also when there is a desire; and under no circumstances to oversleep. And to love, as to breathe, we should do so that not to overlove. Just imagine a man crazy in love: mad eyes and irregular breathing. What a horror! I think that the woman should first express her love. She can do that more physiologically. Everything that is excessive ("over") is leading us to death."

**"Can you be more specific? An example?"**

"Consider me as an example. I sleep 2-3 hours per day, from 5 to 7 in the morning, and fifteen more minutes during the day. Enough for me. I am a vegetarian, I try to eat everything, if possible, in a raw natural form. I like Ukrainian songs. The favourite one is "Thoughts mine, thoughts". By the way, Ukrainian singing, as Italian one, in the sense of breathing, is most correct. All songs with prolonged vowels "[o]" and "[u]" and consonant "[m]" normalize breathing. If one repeats slowly extending "[oum]" thousands time per day – then my method is not required..."

**The direct line was prepared and carried out by:**

**Valentina Terekhina, Anna Amel'kina, Anna Dobrukha, and Yaroslava Tan'kova**

## **Russian national magazine "Medical advice", September 2003.**

### **"Buteyko breathing" against autumn-winter increased incidences of diseases**

Here is the time of autumn and winter now. Together with it, the chances of respiratory diseases increase, and, hence, we get attacks of asthma, colds, bronchitis, rhinitis, and allergies. It is enough to get overcooled while being outside, breathe cold air through the mouth or have wet feet, and during the evening one has rhinitis, heavy breathing, and necessity to use inhalers and drink antibiotics.

However, blocked nose can be treated within one minute using the simplest Buteyko breathing exercise: try, while slightly holding your breathing, to "hide" the movements of the chest and the abdomen during the process of breathing. Almost immediately there is a feeling of slight air hunger and desire to take a deep breath. Try to resist for one-two minutes this slight air hunger, and the nose will be free to breathe, as if there were no problem. This is not a medical pocus, but an elementary skill to control own breathing. That allows avoiding drugs, when there are first symptoms of the disease. The DIY (do-it-yourself) approach can be used only for this exercise in order to estimate its effect. Regular application of the Buteyko method for treatment of some diseases is possible only under supervision of the doctor.

Moreover, the Buteyko breathing exercises, apart from elimination of the main symptoms of the disease, have a powerful curative effect; and, therefore, they are widely used in medicine here and abroad for treatment of bronchial asthma, allergies, rhinitis, bronchitis, hypertension, and stenocardia.

Nowadays doctors are well aware that the Buteyko method increases immunity and make the person resistant to viral infections and colds; and its immuno-corrective effects make it possible to fight various forms of allergy. Prince Charles of Wales, during his private meeting with K.P. Buteyko highly praised his scientific discoveries and expressed interest in their use in the British health system.

Yuri Kuklachev, the director and founder of the Theatre of Cats in Moscow, famous and loved in many countries of the world, when asked by his friends, "How did you manage to get rid of allergy?" answered, "The Buteyko method cured my allergy!"

To stop coughing, to normalize arterial pressure, or to cope with a cold without drugs – all these results are visible during the first day of the Buteyko treatment. Any asthmatic today knows, that the Buteyko breathing protects him from asthma in case of cold, but regular practice of the breathing exercises allows not only elimination of the symptoms of asthma, but also makes it possible to forget about the disease for 10-15 years. The longest remission of asthma, which was achieved as a result of the Buteyko method, is 35 years. Any form of bronchial asthma can be treated, independently from the severity and duration of the disease. For light and medium forms of asthma, the Buteyko method allows practically immediately to get rid of all medication, to abandon all dietary restrictions, to start physical exercises, and, hence, to return, from the first days, into the life that is normal for majority of people. In case of severe hormone-dependent asthma, the Buteyko breathing exercises allows to significantly reduce the dose of the hormones, to simplify the course of medication, and, with time, to completely wean off drugs.

Today the Buteyko method is modern, safe and efficient not only for asthma and hypertension, but also it is a real opportunity to influence on the processes, which accompany arteriosclerosis, high cholesterol level, abnormal metabolism and reduced immunity. The Buteyko method, in most cases, allows living without drugs and consists of simple breathing exercises and physical exercises adjusted to individual needs. Implementation of the session does not need any special conditions or restrictions. The breathing exercises can be done on the road to work, while a walk could be considered as physical exercise. The breathing exercises are not visible during their execution and they can be done in any circumstances. For example, one of the exercises requires the patient to breathe so quietly that the process of breathing is invisible to others. Small children like this exercise: to breathe quietly-quietly, as a mouse, so that a cat would not notice the mouse and, hence, the cat will not eat it.

The Buteyko Clinic offers several types of programs of treatment with duration from 5 days to 1 year. The duration of the program of treatment depends on the amount of conducted investigations and is defined during an appointment with a doctor. The efficiency of the treatment is very high, and that is proven by remission of bronchial asthma with duration 10-15-35 years.

**September 2003.**

## **Newspaper "Soviet Siberia" No. 19, 31 January 1998.**

Konstantin Pavlovich Buteyko recently celebrated his 75-th birth-date. Thinking that the cause of the most common diseases has been deep breathing, he was and is now the most mysterious character in medical and public circles. He has many supporters in our country and abroad, who promoted to award "Buteyko genius" with the Nobel Prize. At the same time, many doctors do not accept his ideas and the method of "liquidation of deep breathing". In recent years, while touring far from Siberia, the president of Folks' Academy of Spiritual Culture agreed to talk with our reporter N. Zubritskaya.

### **"You are usually do not say about your childhood, but there was the beginning of your character"**

"When I was 5 years old, I gave myself one oath. I was returning home from the shop, but a stranger, a grown lad, beat me and took away all my shopping goods. I yelled towards his back, "When I am adult, I'll eliminate all robbers!" I'll keep my word; I'll do that... I went to school one year earlier – I cheated that I was seven years old. By that time I could write and read Byron; therefore, I was assigned to the third form.

### **"You studied successfully later as well. What was driving you?"**

"I could not tolerate that somebody was in something above me. The main law of organic matter is perfection. After the school I decided to go to Kiev Polytechnic Institute, in order to build spaceship, which could fly in cosmos. The study was interrupted due to the war. I was in automobile unit, which served the reserves of the frontal line. After the war I decided to go to a medical institute; I studied with all my grades excellent. Wishing to solve the mystery of death, I decided to observe death of a hundred hopeless patients. I was sitting for hundreds of hours in the ward for the dying and I learned how to predict, with hourly, or even daily, precision, the last breath of the patient. I have a special quality; it is rare, acute sensitivity to breathing. Just in those times I noticed the relationship: the closer the death, the deeper the breathing."

### **"Breathing is called the bridge to Universe"**

"Yes. And awareness of the own breathing can give the man a lot. Breathing and life are synonyms. To breathe consciously is to live consciously."

### **"They say, that it is not easy to learn your method. I know that due to my experience – using books it is impossible to get. But in a group with your practitioner learning is easy. But many are scared to try your method, because air hunger, as hunger for food, is an example of extreme discomfort. In reality, that is not so."**

"In order to introduce the method to a clever person, I need only 5-10 minutes. I start with the same, what I did myself, when I was a student, who was severely sick with hypertension. My state was almost hopeless; I tried best medications. I had to expect the speedy perspective of myocardial infarction, or insult, or kidney failure. The blood pressure was beyond all imaginable limits. However, I have causative thinking; I tried to find the cause of my disease. During my medical service in the hospital near Pokrov's Gates, I got an idea that my hypertension due to deep breathing. I started to monitor my breathing. I felt that my air moved through nasal passages, throat, trachea, and bronchi. The ribs were expanded, the abdomen expanded, and the air reached the abdomen. Several inhalations and exhalations – and I felt better. The problem is that deep breathing, Satan, as I call it, does not like to be observed. Later, I consciously decreased my breathing, and the headache got released, the heart calmed. I went into the method in 3 minutes. I immediately went to wards, reached the maternity unit, cancer patients. I said, "Let us conceal breathing." And pain was taken off as by a magic wand. By decreasing the depth of breathing, I cured and established the foundation of my method: during deep breathing, hyperventilation of the lungs, the level of carbon dioxide in the blood is lowered; that causes interruption of all metabolic processes, which finally leads to diseases.

### **"From the book "Discovery of doctor Buteyko" we know, that official medicine had unfriendly attitude in relation to the method. Some its representatives tried to eliminate you physically and to poison; twice you had suspicious road accidents. They tried, although without success, to put you in a mad house. Why all these persecutions?"**

"The problem is that I found a method to get rid of drugs and complex and not safe surgical operations. The thought, that the most common diseases, which kill humanity, can be treated with normalization of breathing, insults the official medicine. Even Academicians do not want to think about the causes of the disease. There are few of them who possess causative thinking. The mind of the man is nailed with: sleep more, eat more, get more sex, breathe deeper, work less – and you will be healthy. But these are the laws of the anti-world. Deep breathing makes the person aggressive and provokes violence. In essence, deep breathing is some type of madness and the cause of robbery, theft, infidelity, and pollution of environment. If breathing is deeper certain number of times, the person is duller, weaker, and sicker the same number of

times; and he lives shorter."

**"Do you want to turn the world upside down?"**

"To turn the anti-world is my goal. It is the Hercules task to clean the Augean stables, which are human brains. And Medicine is to blame for the cause of collapse of civilization, because medicine, in essence, is anti-medicine. It blessed such sins as overeating, laziness, and promiscuity. It nailed into brains that to breathe deeper is useful. And the more people are perverted, the deeper they breathe.

**"Could you tell more about causes of over-breathing?"**

"Consider the origins. When the life appeared on Earth, the air had no oxygen; it consisted of carbon dioxide, from which all life cells were built. They are built now too. Investigations showed that for the cells of the brain, heart, and kidneys, about 7 percent carbon dioxide and only 2 percent oxygen are required. Now air has 200 times less CO<sub>2</sub> and 10 times more O<sub>2</sub>; and the deeper we breathe, the stronger the violation of the necessary balance. In the formation of deep breathing we are to blame: overeating, physical inactivity, nervous and psychological stress, sexual immoderation, street drugs, and food allergens. My discovery is 45 years old, but medicine is still on its head. The students are still taught that during deep breathing the organism gets more oxygen, although it is proven long time ago that everything is vice versa. Therefore, medical schools become the bases of foolishness."

**"Such assessments can disturb many people."**

"Many people do not understand why I fight fiercely. The destiny of the mankind, its survival, is at stake. Fame and money are not of my concern. Now I inquired the Health Ministry with the question, "Why is the 1985 Directive about the use of the method not fulfilled?" Up to the present time, nothing, what was specified in the Directive, is done."

**"During the International Congress on Respiratory Diseases in Novosibirsk, it was surprising that nobody mentioned a word about the Buteyko method, which radically treats asthma. The conclusion of Academicians is that asthma is incurable."**

"Moreover, asthmatics get dangerous forms of drugs, which dilate bronchi and vessels. They have a disease of deep breathing; and "help" of doctors makes the state of the patients worse."

**"We discussed asthma. In this area your method is accepted by many doctors and patients. Now there is tuberculosis outbreak; and, if we say that your method can treat this tough disease, some "professionals" would be insulted, that we are embarrassing people."**

"People are deceived by pseudo-science. Modern medicine is such a science. Treatment of patients with tuberculosis using normalization of breathing was tested by my colleagues long time ago, and in different institutions. It was 100 percent success. By the way, we taught one lady, and she, claiming that the idea was hers, received a certificate of authorship. In regard to my method, pupils and colleagues obtained dozens of scientific degrees, but even that did not lead to rejection of mistaken ideas in medicine."

**"The fact that tuberculosis can be treated by breathing is indeed a shocking statement."**

"Normalization of breathing strongly increases immunity. We tested that in Moscow, in the Institute of Immunity. Skin was stained with staphylococcus, and after 3 days of training, in accordance with the method of elimination of deep breathing, all skin of patients get sterilized. That was increase in immunity! All were shocked. They started to test again – the same result. We re-tested that using numerous patients. Those, who have right breathing, do not suffer from tuberculosis and can not get cancer."

**"There are rumours that you can treat AIDS."**

Normalization of breathing can defeat even AIDS.

**"Why did you not announce that to the whole world? That would be an international sensation and could lead to recognition."**

"We do not advertise that because AIDS is the punishment for human promiscuity. If people now find out that AIDS can be defeated, epidemic of wrongdoing and perversion will be catastrophic."

**"How is your method met abroad?"**

"In the first place, desperately sick people, as at home, believe in it. For example, the financial manager of the UK asked me to help him to get rid of asthma. I delegated my pupil there, and they defeated asthma in one week. The friend of this manager asked us the question: could this method be used to treat epilepsy? It is possible, we helped hundreds patients. By the way, there are already published books about normalization of breathing using my method. However, speaking about health and medicine, the situation abroad is even worse than ours. That is consequence of so called luxury life."

**“You told that you intend to clean Augean stables, or human brains. How?”**

“I believe that stupidity is the result of deep breathing. It is Satan, which extinguish best human abilities. Deep-breathing mothers, due to spasms of umbilical cords, give birth to invalids. They, in their turn, have even deeper breathing and mentally deficient children. Hence, deep breathing is a global cause of degradation of humanity and the way to world disaster.”

**“Let us consider the local soil. What is the situation in the mega polis – Novosibirsk?”**

Thirty years ago, rate of diseases and mortality was 3 times lower. In the past, when I asked the audience, which listened me, to exhale and hold the breath – to carry on their maximum pause, the pause was in average about 25 seconds. Today the pause is 15 seconds. That is an indicator of poor health, which has a stable tendency of further worsening. Everybody can be convinced in that, by checking with a clock, how long breathing can be hold.

**“How is it done?”**

“Try to keep your breathing after normal exhalation as long as possible. Monitor the second arm of the clock. If the maximum pause is only 10 seconds, then carbon dioxide value in the lungs is only 4 percent. The organism hardly struggles for life. 20 seconds is also bad; from 20 to 40 seconds - satisfactory, from 40 to 60 – good, more than 60 – excellent. By the way, there is a dissertation, which proves that the maximum pause, among other indicators of health state, including X-ray analysis, is best. I insist that the Health Ministry issued a Directive about measurement of the maximum pause and its addition into medical charts of medical institutions. If a doctor does not measure the pause, fire him. Besides, I would survey the population if they know that deep breathing is dangerous and that diseases should be treated by normalization of breathing. In Novosibirsk the method of elimination of deep breathing is known only by 1 percent population. I want that all people of the region know that the deeper the breathing - the sooner the death, the less the breathing – the healthier the organism. However, the training must be done under supervision of our practitioners and doctors. ”

**“Do you suggest to people to live without usual pleasures, causing diseases. What for, in your opinion, should the man live?”**

The main goal of the sensible creature is to understand the universe and God. The laws of Nature rule everything that takes place in the micro-cosmos – the living cell and the macro-cosmos – the universe. The set of these laws is the most precise definition of God. We must realize, that we never can get the exact definition what is God, because our brain is limited, but God is infinite. We must comprehend these laws and live in accordance with them. Since the man cannot understand and follow all laws, he must choose and follow the main ones. The first law is common of all mater, which I divide on lifeless and alive. A stone, grass, and tree also think and feel, but using their own way. The main law is the law of cause and effect; it is irreversible in time. The cause results in the effect. As my grandmother used to say, “Nothing takes place without a cause.” Therefore, the truth is the law of Nature; and sin is violation of this law. The first sin is deep breathing. Look what is suggested by all religions: fasting, pray, work, restraints, and the attitude to others as to himself. The commandment “Love each other” means do not get excited. Clear? All what is suggested by all real thinkers is connected with normalization of breathing.”

**“What can you tell about your plans?”**

“We are going to build the palace of breathing and children centre in Novosibirsk. I hope for support of all sensible people.”

**End of the interview.**