

Though my free time is limited I have taken time to write this reply as I believe this is a highly important subject, though I have absolutely no doubt my viewpoint will fall on deaf prejudiced ears.

Your article attempts a scientific analysis of the Buteyko Breathing Method (ie of 'normal' breathing or 'correct' breathing), in the form of a critique of Ira Packman's explanation. In this analysis you are clearly unable to form a theoretical understanding of why the method works (indeed Buteyko himself may not have fully understood it), and thus finding it to make no sense within the realm of your own understanding, you respond like a chimpanzee who has just examined a modern tablet computer and, finding it to be useless, tosses it over their shoulder, declaring it to be worthless.

You completely fail to appreciate that no-one cares HOW the method works, only THAT it works. If you were honest for one moment you would admit that this is how ALL science works - as admitted by noted physicist Richard Feynman with regard to physics - 'we do not understand it, nobody does'. ALL science is empirical, no matter how 'careful the analysis' - and there is no such thing as a repeatable experiment - some condition will be always different from one experiment to the next. And moreover, as physicists now know, the experimenters themselves have a bearing upon the object being observed - again for reasons completely beyond scientific understanding. To accord scientist and scientists some kind of God-like status, as ultimate arbiters of 'truth', is thus patently ridiculous. In the field of medicine above all, knowledge is primarily empirical, and 'anecdotal' evidence often HIGHLY significant - in fact often the source of important breakthroughs. 'Hard' science is far less smart than it likes to think itself to be, its primary strength being its ability to completely confuse the public, to 'blind them with science', and thus pave the way for all manner of nefarious activity.

Increasingly, in an age of much greater information flow, many people are beginning to question the credibility of scientific journals and publications which are under the complete control of powerful vested interests in pursuit of the three P's - power, prestige, and profit - it is these same interests which suppress any studies reporting the carcinogenic properties of pesticides which affect virtually all of our food, and who produce grade A rated research recommendations for highly profitable yet completely ineffectual and highly dangerous drugs such as chemotherapy, and who have a long and utterly disgraceful history of hugely expensive legal campaigns to prohibit highly effective BUT UNPATENTABLE herbal medicines such as the Hoxsey cure for cancer.

And it is these vested interests which have employed the methods of 'thuggery' - in order to elevate medicine to the elite and lucrative career for the few that it has become, from its erstwhile status of a highly popular and diverse occupation often unable to provide even a secure livelihood for its practitioners. 'Thuggery' in the immediate withdrawal of funding for laboratories where unpatentable cures for cancer have been found, 'thuggery' in the threat to strike off doctors employing 'unlicensed' (though highly effective) cures to patients, 'thuggery' in the confiscation of life-saving Hoxsey medicines from the homes of cancer sufferers on the trumped-up charges of possessing 'unlicensed' medicines, 'thuggery' in the threat to television stations to have their FCC licenses revoked for broadcasting the truth about medical corruption.

The dangerous and reckless treatments of allopathic medicine have a long and distinguished history, including the administration of toxic minerals such as lead, arsenic, antimony, and mercury, and the practice of 'blood-letting' (from which the 'respected' medical journal 'The Lancet' derives its name). George Washington founding father of the United States himself died promptly following treatment by blood-letting and fatal dosage of mercury for a minor illness. The etymology of the word 'quack' so readily applied to alternative medicine is in fact originally a term for an allopathic practitioner - a shortening of the word 'quacksalver', a nickname for one who administers 'quicksilver' ie mercury. Homeopathic doctors do NOT prescribe deadly poisons to their patients.

A key element in the tyrannical monopoly of present-day allopathic medicine is the widespread practice of 'clinical' trials (its no accident that the word 'clinical' is a pejorative term in our common language - meaning devoid of emotion, analytical, unattractive, and soulless). Clinical trials deserve to have absolutely no place in medicine. They represent nothing more than a colossal waste of resources and systematic means of suppression of 'alternative' medicine and convenient means of manipulation of the truth to allow such scandalously ineffective and dangerous treatments as chemotherapy to gain acceptance in the mainstream. At every stage of 'clinical' trials is immense scope for control of the process to give the desired outcome. Unfavourable results are simply not published. Experimenters must conduct experiments under the close guidelines of pharmaceutical companies, these taking the force of law - resulting in immediate joblessness for anyone not complying. A vast array of statistical techniques are employed to extract the desired information from the data, with inconvenient data points being quietly discarded. Clinical trials for chemotherapy have NEVER compared chemotherapy against placebo because chemotherapy is known to be WORSE than placebo and can cure only around 2% of cancers. Clinical trials for chemotherapy have only compared one chemotherapy drug against another. The side effects of chemotherapy are horrific and cause grievous damage to the immune system - the very system that is the key to proper cancer treatment. It is now a widely recognised fact that 'clinical' trials are nothing more than the marketing department for the global cartel of pharmaceutical companies, one of the world's most profitable industries, which manages to attain markups as high as 2000% on many of its widely prescribed drugs - profit margins virtually unheard of in any other industry or business sector. Pharmaceutical companies do little more than manufacture thousands of patentable chemicals and test them in-vitro on samples, such as tumour cells, in microtiter plates consisting of thousands of test wells, employing robots to expedite the process via automatic checking of the experimental results. And all this to prove the slightest margin of statistical significance, which can then be presented as a Grade A research recommendation to a completely biased panel. This is not medicine, this is a NUMBERS game, with the most important number being the one preceded with the '\$' sign. (It is thus hardly surprising that nobel laureate James Watson, codiscoverer of the DNA double helix, referred to this completely bogus pharmaceutical 'war on cancer' as a 'bunch of shit', claiming that the public had been sold a 'nasty bill of goods about cancer' - we have in fact been sold a nasty bill of goods right across the health care spectrum).

Herbal medicines have been suppressed purely because they are UNPATENTABLE, NOT because they do not work. They are extremely cheap and generate virtually no profit. Pharmaceutical drugs are distinguished by their patentability, which allows them to generate huge profits, despite being largely ineffectual and consistently failing to attain outcomes any

better than placebo, and often dangerous to human health. In the case of asthma treatment it is an undeniable fact that both reliever and preventer inhalers are harmful to human health (1) reliever - because in several countries it has now been demonstrated beyond all doubt that reliever inhalers dramatically worsen the frequency and intensity of asthma attacks (as I well know) and (2) preventer - because of the well known, well documented side-effects of long-term steroid use such as blindness.

In short the motive of profit-making is simply not compatible with the effective practice of medicine. And all too often 'scientific' medicine is nothing more than part of the machinery of denial of this fundamental fact and perpetration of widespread public ignorance and completely misplaced trust in 'professionals'. As billionaire financier George Soros says, making money from human suffering is an inappropriate arena for pursuing Wall Street returns, and 'health-care companies are not in business to heal people or save lives, they produce health care to make profits'. Soros has also pledged millions of dollars to a program to de-emphasize profit in medical care (New York Times 4.15.99).

With regards to your article -

"so that subsequent discussions, should they be necessary, may be more terse"  
A condescending tone like this is hardly reassuring the reader of an objective and impartial analysis - on the contrary it sets the tone of someone who has already fully made up their mind and is completely prejudiced.

"Who was Buteyko?"  
It doesn't matter who he was, all that matters is the method he gives us.

"Is the evidence as presented in the NYT article accurate?"  
The account of the sufferer is 'I could actually feel my airways relax and open', and 'I am using less than one puff of the inhaler each day — no drugs, just breathing exercises'. This IS the primary evidence.

"And finally, what evidence exists within the literature that BBT is an effective treatment for asthma?"  
Why do you require evidence 'from the literature' ? When compelling evidence is available from real living people.

"One would be hard pressed to find a better setup for and description of a panic attack"  
Yes, as regularly suffered today by millions of people. BBT is also a cure for panic attacks and anxiety in general, and needless to say infinitely more effective than the array of toxic pharmaceutical drugs used for such conditions.

"Panic attack or stroke of stunning inspiration; Occam's razor might have something to say on the matter."  
Just wondering what the 'or' of this utterance is actually referring to. It would seem both of these events occurred at the same time, which was the entire point of the story being recounted.

"Buteyko himself never published a single paper"  
It is most likely he was too busy trying to cure people.

"As you can see if you follow the links, there is a lot of talk about hyperventilation, but they are rather sparse on the details."

Indeed, Asthma = Hyperventilation. The 'details' are irrelevant to the asthma sufferer, only the cure for the condition is relevant.

"forsaking scientific validation"

'Scientific validation' is meaningless where 'scientific' understanding is simply not present or severely limited.

"but no improvement in pulmonary function tests" AND "Even more consistent however is the utter lack of any change in the participant's pulmonary function tests."

Frequently clinical trials of BBT asthma treatment report this as a finding. However pulmonary peak flow measurements are IRRELEVANT to asthmatics. EASE of breathing is all that is important to asthmatics. Fitness level or lung capacity are IRRELEVANT TO ASTHMA - asthma is constriction of airways - that is the problem we are trying to solve.

"Now the lack of physiologic plausibility does not in and of itself mean that Buteyko method is ineffective."

Indeed, and all the more so, given that our understanding of physiology, and indeed of ALL the life sciences, could hardly be described as complete.

"What it does mean is that the physiologic explanation for its mechanism is likely dramatically wrong, and that the primary proponents of the technique have not only failed to recognize this fact, but have ignored elementary flaws in their hypothesis apparent in both theory and practice." In the theory there may well be flaws, and there is much more still to be learned about the respiratory function. Buteyko adds to the empirical evidence upon which future scientific advance will be made. Buteyko's achievement is in no way diminished by his inability to provide a perfect water-tight 'theoretical' explanation. BBT has been resoundingly successful, with case upon case of life-transforming positive outcomes (I speak as one), though of course there may undoubtedly be difficult and unusual cases where greater care in application of the method may be needed.

"The Buteyko Center and BIBH are willing to start doling out details in exchange for the digits on you credit card."

A prominent Asthma Care organisation in Ireland provides an excellent set of video instructions on their web site (and on YouTube) for FREE, and also publishes an excellent book on Asthma. Buteyko is a completely FREE treatment. That is WHY most people don't know it even exists.

This article represents a scathing attack on the credibility of the Buteyko method, at a time when awareness of its effectiveness needs to be raised, with ultimately ALL doctors worldwide teaching asthma patients how to use it. And all children asthmatic or not need to be educated

about it also at a very young age, a policy which will save many thousands of lives (had I known about it 3 years ago my 14 year-old niece who died of a severe asthma attack would have been one of those lives - a loss leaving behind the most appalling grief and a gravestone piled high with flowers and tributes). If you have any conscience at all you will remove the article, and perhaps consider replacing it with an examination of the scientific background to the method, and the confusion which surrounds exactly why it works. One thing that is not in question though, which is the central reason your article needs to be removed, is that it DOES work, it saves lives, and EVERYONE needs to know about it.

You claim that I "can stick your own head in the sand if you want, but (fortunately) cannot make that decision for everyone else". But I am not seeking to make decisions for anyone, only to convey important medical information which is so actively being suppressed and discredited. Conventional medicine is (unfortunately) making decisions FOR US ALL - and with disastrous consequences. When someone like Harry Hoxsey or Konstantin Buteyko comes along with a cure for a major illness, and patients go to him to receive it, and ARE CURED in the vast majority of cases, exactly who has the right to interfere in that process ? Who has the right to block that interaction ? Conventional medicine has by the most corrupt means imaginable asserted that right, and succeeded in doing so only because of fundamental failures in our system of government and our society itself. Claims that it is done for 'protection of the public' are utterly laughable - this is 'protection' no different from that provided by the mafia.

If you want to retain any sense of credibility at all you will admit that what is needed is an integrated approach between what works within alternative medicine and what works within conventional medicine, and admit that biological systems are vastly too complex to be understood by traditional scientific methods, and that the extensive botanical knowledge accumulated outside of conventional medicine (and in many cases known about for centuries by peoples such as the native American Indians) contains a wealth of empirical information greatly invaluable to the field of medicine. In short what is required is to view things from a holistic and 'whole' perspective and not just intensely scrutinize isolated fragments or parts in the hope of a simple (and profitable patentable) solution.

## References

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Asthma Care Ireland by Patrick McKeown - <http://www.asthma-care.com>  
When Healing Becomes A Crime, Kenny Ausubel  
The Cancer Cure That Worked - Fifty Years Of Suppression - Barry Lynes  
Ancient Knowledge Pt.4.5 Scientific & Historical Misconceptions, Suppression & Manipulation of Information - <http://www.youtube.com/watch?v=CBg2gJONaJs> (biologist Bruce Lipton, physicist David Bohm, author Michael Cremo)  
'Financier Pledges Millions For Medical Care Program', New York Times 4.15.99

(Note: I have no affiliation or connection with any of the above organizations or publications, other than to have found them invaluable sources of information.)