

## **Tess Graham, Physiotherapist, Breathing Educator – background and experience**

Tess Graham has a Bachelor of Science degree (University New South Wales) majoring in anatomy and physiology, and finished her post-graduate physiotherapy training in 1975 (Sydney University). She was trained in the conventional model of breathing practices. In her first years of work in hospital respiratory wards she observed that traditional deep breathing exercises and coughing and lung clearance techniques could leave some patients breathless, distressed, dizzy or fatigued. She altered her practice then by instinct, but it was not until studying the work of Professor Konstantin Buteyko, (Russia), biochemist VA Kazarinov (Russia), Dr Claude Lum (UK) and Dr Gregory Magarian (USA) that she understood what she had observed. When practice of Dr Buteyko's Method of Breathing Retraining freed her children from asthma, Tess trained in this technique and established Australia's first dedicated breathing clinic in Canberra, Australia.

Over the last two decades Tess has further developed the art of breathing retraining and has delivered her ground-breaking Better Breathing programs to more than 5500 people with extraordinary and consistent success. Her unique style of breathing retraining is a down-to-earth approach that is easily adapted into busy lives.

Tess has now developed resources to make this work more widely available. She is the instructor in the *BreatheAway Online Breathing Course* and the author of the practical self-help book on breathing retraining - *Relief from Snoring and Sleep Apnea* (Penguin Aus 2012), (US edition 2014) and the *Breathing Exercise Instruction Audio*.

Concerned by the state of our health system, the skyrocketing incidence of breathing-related conditions and the misinformation about breathing that perpetuates a dependence on medication, surgery and appliances, Tess created the BreatheAbility® for Health seminars and training programs for health professionals. Through her advocacy, Tess hopes to facilitate a transformation in the traditional medical paradigm around breathing-related conditions into one in which the root cause, rather than the symptoms, is treated.

Tess has been interviewed by major media outlets, contributed to many publications and presented hundreds of times in community, corporate, government and health professional forums, nationally and internationally. Tess has also been involved in research of breathing retraining with asthma and for sports performance enhancement.

**For all press inquiries and interviews**

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