

The Power of Breathing Properly



Practicing regular slow controlled nasal breathing and deep diaphragmatic (belly breathing) has many health benefits, and is one of the hidden keys to optimum wellness. In fact, people who practice nasal breathing as little as 10 minutes a day have a much less chance of developing cancer and heart disease, handle stress more effectively and generally have better overall health and well-being.

Nasal breathing and diaphragmatic breathing are two of the simplest yet most effective ways of improving one's health with the least amount of cost and time investment. To help you realize the importance of breathing properly, here are 12 benefits to regularly practicing this easy healthy habit: *I also recommend you check out the work of Patrick McKeon a leading Irish scientist and international expert on breathing and sleep.

- 1.Reduces the risk factors for heart disease such as lowering bad cholesterol (LDL), raising good cholesterol (HDL), lowering blood pressure and stabilizing blood sugars.
- 2.Cuts chances of cancer by as much as 400%.
- 3.Reduces negative stress and **anxiety** by lowering the stress hormones (Adrenaline and cortisol).
- 4.Helps reduce cravings for processed carbohydrates and junk food.
- 5.Cuts chances of diabetes by strengthening the insulin beta receptor sites.
- 6.Improves quality of **sleep** by improving stage 1 and stage 4 sleep cycles while also pushing the nervous system into its "rest and digest" state.
- 7.Lengthens the cell's life span by cleansing the cells more thoroughly through increased lymphatic flow and prolonging telomere length through reducing the bodies stress and inflammatory response.
- 8.Slows the aging process by increasing the secretion of human growth hormone (the anti-aging hormone) - especially in sleep.
- 9.Optimizes the **immune system** by strengthening T-cell formation and improving lymphocyte production.
- 10.Improves your **mood** by elevating the "feel good" hormone, serotonin, and other positive endorphins (dopamine included).
- 11.Improves **mental focus** and concentration by increasing blood flow to the Pre-Frontal Cortex of the brain.
- 12.Improves the quality and effectiveness of meditation by changing brain wave activity from the more stressful beta wavelengths to more relaxing and healthier alpha and theta brain wavelengths.

Theres lots more like depleting deuterium and fighting pathogens through nitric oxide produced with nasal breathing.

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Here's how to reap the amazing benefits of breathing. Sit in a comfortable chair with your eyes closed and inhale very slowly for 4 seconds through your nose using your diaphragm (your belly should expand while you inhale with little or no chest movement). Keep your breath "light". Once your lungs are full and your belly has expanded, hold your breath for about 4 seconds. Then slowly with control exhale through your nose making sure you use your belly to push the air out for 6 seconds. Once your lungs are empty and your belly is contracted, repeat the cycle. Your goal is to complete 10 cycles (inhale, hold, exhale) or 8 to 10 minutes of nasal diaphragmatic breathing a day. The best times to practice this type of deep breathing is first thing in the morning and right before you go to bed (and when you are experiencing stress or anxiety).

USE YOUR "BREATH" TO MOVE NEGATIVE EMOTIONAL ENERGY OUT

- Identify what you are feeling: fear, anxiety, anger, etc.
- From 0-10, rate how disturbing it feels. '0' is no disturbance, '10' is extreme disturbance.
- Breathe into wherever your feeling is located (visualize this in your body) and on the exhale send it out in a stream into the universe (or wherever you choose – could be a container).
- If the feeling has a color to it, imagine a stream of that color flowing from the body outward (I like to visualize a clean pure white color coming in, and as it wraps around the negativity, it changes color and leaves my body a grey or black - removing the darkness).
- Breathe IN THROUGH THE NOSE -> OUT THROUGH THE NOSE, not out through the mouth, as this is incorrect according to the research. A long exhalation gives a sense of control and calm too.
- Continue to do that until you reach the emotional state that feels manageable to you. You got this! xo