

6 STEPS TO BETTER BREATHING

Learning how to breathe will help you reduce stress, regulate your body process, and help your brain respond and adapt to life. Breathing properly will also help restore healthier posture patterns, helping you to maintain your adjustment

STEP 1: SHUT YOUR MOUTH!

Use your nose instead of your mouth. Chronic mouth breathing is not normal and the body is not designed to process raw air from your mouth on-going. On occasion, yes, but not all the time. If you breathe through your mouth when you sleep, try using mouth tape to correct this abnormal breathing pattern.

STEP 2: BREATHE THROUGH YOUR NOSE

Nasal breathing is your body's first line of defense. The air you breathe through your nose is filtered as it moves through the sinuses. Forcing air through your nose helps to keep your nasal passages wide open, reducing sinus problems. Nasal breathing also causes the sinuses to increase nitrous oxide. Nitrous oxide helps deliver oxygen to your cells.

STEP 3: EXHALE

Get all of the air out of your body so you can inhale more air in. The amount of air that you inhale should equal the amount of air that you exhale. Doing this will extend the range of your diaphragm, which eases the burden on your heart. This is why the diaphragm is called the second heart.

STEP 4: CHEW

The bones in your face are constantly growing, even into your 70's, unlike other bones of the body that stop growing in your 20's. The bones can expand and remodel, which means we can influence the size and shape of our mouths and change our breathing at any age. This is why chewing is so important. When you chew, you are building bone in your face, increasing your airways.

STEP 5: HOLD YOUR BREATH

The majority of us breathe more than we should. Feeding the body more air than it needs is damaging to the lungs, right down to the cellular level. This overbreathing can put your body in a constant stressful state. Instead, will yourself to start breathing slower. Breathing is an autonomic function we can control. This will relax us into a parasympathetic state.

STEP 6: HOW YOU BREATHE MATTERS

It's simple, breathe in for 5.5 seconds and then breathe out for 5.5 seconds. You can practice this breathing for a few minutes or a few hours.



BREATHING PATTERNS

Try these at home- Pick one that feels best and practice daily!

ALTERNATE NOSTRIL BREATHING

- Improves lung function
- Improves heart rate
- Improves blood pressure
- Reduces stress



HOW TO:

1. Cover your left nostril with one finger
2. Inhale through the right nostril very slowly
3. Close both nostrils at the top of the inhale
4. Then, lift your finger off of the left nostril and exhale slowly through the left nostril
5. At the end of the exhale, hold both nostrils closed for a moment
6. Continue and repeat alternate inhalations through one nostril and exhaling out of the other

Do this 5-10 minutes a day

BREATHING PATTERNS

Try these at home- Pick one that feels best and practice daily!

BREATHING COORDINATION

- Increases respiration throughout the diaphragm

Perform this either seated or standing, these breaths should never feel forced

HOW TO:

1. Inhale
2. At the top of the inhale, count to 10
3. Keep repeating the sequence of numbers throughout the exhale
4. As you feel you are losing your breath, keep counting so that it's a whisper
5. Keep going until you feel no more breath in your lungs and you can feel the diaphragm move
6. Repeat 10 times

When you get more comfortable with this, try it while exercising!



BREATHING PATTERNS

Try these at home- Pick one that feels best and practice daily!

BUTEYKO BREATHING

This breath trains the body to breathe in-line with its metabolic needs

A. CONTROLLED PULSE

1. Have a stopwatch nearby
 2. Inhale gently through the nose and exhale
 3. Pinch both nostrils
 4. Start the stopwatch and hold your breath
 5. See how long you are able to hold--ideally shooting for 45 seconds.
- The longer the better
 - Repeat 1x a day

B. THE CONSCIOUS BREATHING ANCHOR

Imagine an anchor sinking lower and lower in your body. Do this while exhaling.

1. Count to 6 on the exhale
 2. Count to 3 on the inhale
- Can be done anytime
 - Perform at least 3x a day



BREATHING PATTERNS

Try these at home- Pick one that feels best and practice daily!

DECONGEST YOUR NOSE

1. Sit up and exhale, pinch both nostrils shut
2. Rock head up and down or side to side
3. If you feel air hunger, take a breath through your nose
4. If nose is still congested, breath slow through pursed lips
5. Perform for 30 seconds to a minute
6. Wait 30 seconds between breaths



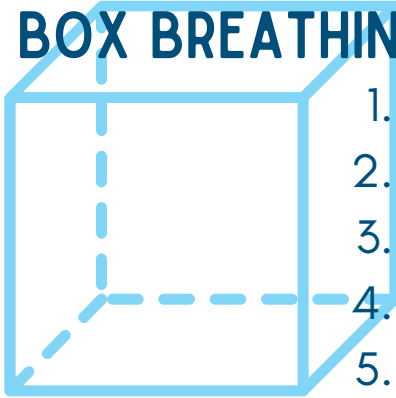
YOGIC BREATHING

1. Sit in chair or crossed legged
2. Place one hand over your navel and breath in
3. Inhale deep into the belly and exhale it out
4. Repeat 3x
5. Move your hand up to the ribcage and feel your ribs expand
6. Repeat 3x
7. Move your hand up to your collarbone, inhale into the collar area and exhale
8. Repeat 3x
9. Connect in one breath, feeling the stomach, ribs, and collarbone in the inhale
10. Exhale from the collarbone to the rib and deep into stomach, moving all of the air out
11. Repeat 10x

BREATHING PATTERNS

Try these at home- Pick one that feels best and practice daily!

BOX BREATHING



1. Inhale for the count of 4
2. Hold for 4
3. Exhale for 4
4. Hold for 4
5. Continue for as many rounds as you can

CONSCIOUS BREATHING - CO₂ TRAINING



Extend the exhale to increase CO₂
Improves circulating and relaxation

1. Inhale for 3, Exhale for 9
2. Inhale for 3, Exhale for 9
3. Continue for as long as you can

4-7-8 BREATHING

Places body in a deep state of relaxation

1. Inhale for 4
2. Hold for 7
3. Exhale for 8 with a sound of pushing air out "Whoosh"

