

Breathing

Breathing correctly is the simplest and most powerful technique for improving health. You cannot reach a true healthy state without proper breathing as it regulates the heart, circulation, nervous system, digestion and other vital functions.

Breathing is the bridge between the body, mind and consciousness. Proper breathing helps us to become more aware of how they are all interrelated. Breathing is usually rhythmic, slow and balanced when people are happy and content. It becomes shallow, rapid and irregular at times of stress and anxiety.

Benefits of Breath Work

- 🌿 Proper breathing has an important role in physical and emotional health, as well as spiritual awareness.
- 🌿 Breath control affects every aspect of health. It can lower blood pressure, improve digestion, increase blood circulation and balance the nervous system.
- 🌿 Regular deep breathing can decrease anxiety, improve sleep, increase energy and reduce stress.

TECHNIQUES FOR PROPER BREATHING

Observe your Breath

- 🌿 Consciously following your breath is the simplest and often most powerful form of breathwork because it puts your body and mind in harmony. If your mind starts to wander, gently bring it back to your breathing.
- 🌿 For about 5 minutes a day, sit or lie with your spine straight, close your eyes, and focus your attention on your breathing. Do not try to influence it.
- 🌿 Simply observing your breath will naturally return it to a more healthy breathing pattern.

Slow Down your Breathing

- 🌿 Slow, deep, quiet, regular breathing is more efficient, delivers more oxygen to your cells and balances the nervous system.
- 🌿 When you slow down your breathing you make it easier for the body to handle stress.
- 🌿 When you are stopped at a red light, waiting in a supermarket line or have a free moment, practice taking a series of breaths that are slower, deeper, quieter and more regular.

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Breathe into your Lower Abdomen

🕯 Abdominal breathing ensures optimal use of your respiratory system and aids in improving the efficiency of your breathing.

🕯 When you take a breath in, you should see and feel expansion in your lower abdomen rather than in your chest.

🕯 Breathing into your lower abdomen will strengthen the muscles associated with breathing and allow you to take a breath that is more full and complete.

Lengthen your Exhalation

🕯 Respiration is deepened by actively exhaling more air, not by inhaling more air.

🕯 Pushing more air out of your lungs automatically triggers your lungs to take more in.

🕯 Take a deep breath, let it out effortlessly, and then actively squeeze more air out of your lungs by contracting your lower abdominal muscles.

SPECIFIC BREATHING TECHNIQUES

Relaxing Breath

🕯 When the exhalation is twice as long as the inhalation, you release more toxins and stress from the body.

🕯 This is a very effective and time-efficient method of breathing to aid in general relaxation. It also can help you fall asleep, decrease anger or anxiety and can reduce physical discomfort or pain.

Stimulating Breath

🕯 The stimulating breath is beneficial for a quick pick me up, when you are drowsy or find yourself in a mid-day slump.

🕯 Rapid breathing, through your nose stimulates your nervous system and delivers more oxygen to the cells, helping them function more efficiently.

🕯 Your inhalations and exhalations should be of equal length and as short as possible.

Alternate Nostril Breathing

🕯 This is a simple and effective breathing technique for calming the nervous system.

🕯 Alternate closing one nostril and then breathing into one nostril and exhaling from the other.

🕯 Benefits includes relaxation, overcoming insomnia and fatigue, decreasing severity and frequency of headaches, improving digestion and appetite and decreasing anxiety and depression.

Work with your Naturopathic Doctor

🕯 to determine what specific breathing techniques are the most beneficial

🕯 to address any underlying health conditions that may be affecting your breathing

🕯 to identify specific naturopathic treatments that can support your body's ability to optimize your breathing.