



Healthy is controlling your breath, part one.

Breathing is a vital part of well-being. Even more important than food and water, it is air that is the primary source of energy for the human body.

WHY IT MATTERS

How you breathe affects your body's ability to use the air it takes in from your environment, and it affects the functioning of your entire body. In part one of this series on learning to control your breath, we teach the cornerstone method of properly breathing: learning to breathe through your nose.

There is a significant increase of nitric oxide when we breathe through the nose; mouthbreathing has no such benefits.

- Nitric oxide is a vasodilator: it widens the arteries, decreases blood pressure, and increases blood flow to the organs.
- Your nose is the first line of defense against allergens and pathogens, and according to Nobel Prize winning science, boosts of nitric oxide from nasal breathing can help ward off viruses, including the SARS virus associated with Covid-19.
- Breathing through your nose filters, warms, and humidifies the air you breathe, making it easier for your lungs and muscles to use oxygen.
- Nasal breathing eliminates brain fog, boosts energy, and has been proven to improve learning and memory.



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Nasal breathing reduces stress.

We tend to breathe more through our mouths when we're stressed, which in turn makes us even more stressed as our bodies work harder to access oxygen from the unfiltered, non-humidified air. Start to reduce your stress and take advantage of the other benefits of nasal breathing by trying the simple techniques below.

BREATHE ONLY THROUGH YOUR NOSE FOR THE FIRST HOUR OF EACH DAY

Blood pressure is at a peak in the morning after your body releases cortisol to wake you up. Lower your blood pressure and start the day with a boost of energy by focusing on only breathing through your nose for the first hour of every morning.

TAKE A DRINK & FOLLOW IT WITH A "PHYSIOLOGICAL SIGH"

After you take a drink of water, reset your breath by taking a "physiological sigh" by taking two inhale breaths through the nose followed by an extended exhale. Really focus on the exhales, and try to extend them out for at least 5 or 6 seconds.

TRY HUMMING

Humming forces us to breathe through our nose, and by simply humming for a couple of minutes the nitric oxide that gets released from our sinus cavities has been shown to increase by 15-fold!



Step one of learning to control your breath is to breathe through your nose. Practice it anytime and everywhere!