



# Healthy is controlling your breath, part three.

Breathing is not “binary” any more than eating food is binary. Yet, treating it that way when it comes to taking control of your health may be the missing piece for achieving your wellness goals!

## WHY IT MATTERS

You can use your breath to heal your body and mind. Unfortunately, though, breathing has been viewed by many of us as “binary.” In other words, breathing = a “good” thing because it means you’re alive. And not breathing = “not good” because you are either dead or unconscious. But that’s not the reality. The reality is that **how** you breathe actually impacts your health significantly.

This is just like food. Food is not binary. You can’t say eating food = “good” because it means you’re alive and not eating food = “bad.” We all know that what **type** of food you’re eating greatly influences your health. In other words, **how** you eat matters to your health. So much so, in fact, that it has been scientifically proven that how you eat can actually cause or cure disease.

This is the same for breathing. It’s not just whether you’re breathing or not, it’s **how** you’re breathing that matters most.





WEIGHT LOSS



CARDIOVASCULAR



ALZHEIMERS & MEMORY LOSS



MENTAL HEALTH



ENERGY



MUSCLE



IMMUNE SYSTEM



INFLAMMATION



PAIN

# Breathe to enhance your health.

Given that we take in 20,000-25,000 breaths per day, if you're doing that in a dysfunctional way, it's going to affect your health. So this month, we'll help you turn every one of those breaths into 25,000 opportunities to make your health better, every day! Just follow these 3 easy steps.



## STEP 1

Breathe in through your nose.



## STEP 2

Activate your diaphragm by expanding your entire ribcage. It should feel like your ribcage is an umbrella opening up, expanding on all sides when you inhale.



## STEP 3

Make it one continuous breath from every inhale to every exhale. Imagine the waves of an ocean smoothly coming onto a beach, then receding, then pushing onto the beach again, then receding. This is the sort of smooth, continuous rhythm you are trying to create.

“For me, the perfect breath is this: inhale for about 5.5 seconds, then exhale for 5.5 seconds. That’s 5.5 breaths a minute for about a total of 5.5 liters of air. You can practice this perfect breathing for a few minutes, or a few hours. When we breathe like this...circulation in the brain and body will increase while the burden on the heart decreases.”

- James Nestor, *Breath: the new science of a lost art*