



# **B-R-E-A-T-H-E**

## **“Relax, Energize \_ Breathe”**

Reference Source “Breathe in Breathe out” by James E Loehr, Ed.D. and Jeffery A. Migdow M.D.

Breathing is much more than inhaling air containing oxygen, consuming its benefits, and exhaling carbon dioxide. There is a recognized relationship between breathing and life energy.

Slow deep breathing shifts us from the stress response to the relaxation response; this slows the heart, normalizes blood pressure, and increases blood flow to the digestive system deepens sleep, increases energy, focus, concentration, and memory.”

Most of us, inhale just enough air to keep our bodies at maintenance level. We do not provide enough energy to live up to our maximum potential. Also it’s likely we are not breathing deeply enough to remove toxic waste, the result of continual wear and tear on our body cells. This toxic load is the main reason we feel sluggish and unmotivated.

Mental or emotional tension causes constriction of the lungs, resulting in short shallow breaths. Nature has provided us with the ability to take 7 times the amount of oxygen we normally inhale!

**Do this simple exercise to help you do just that (take in twice more oxygen than you normally do)**

- A.** Take a deep full abdominal breath (like a newborn baby)
- B.** Now, exhale it **s-l-o-w-l-y**
- C.** Do it again. Take another deep full breath (your abdominal diaphragm) let it out slowly
- D.** And again

Establish a natural quiet rhythm. Always exhale more slowly than you inhale. You are feeling more calmer and more relaxed. Practice this method for 1 minute. Any time you feel tense; change your life.

**Hint:** Practice this breathing during your massage therapy. To enhance/ increase the Therapeutic effects of your massage.

**By doing this you will:**

- 1. Reduce stress**
- 2. Weight may be shed**
- 3. Sleep becomes sounder**
- 4. Mood improves**
- 5. Allergies and asthma are alleviated**
- 6. Blood pressure is lowered**
- 7. Constipation and headaches are relieved.**