



Breathing

Incorrect breathing patterns will likely interfere with normal bodily functions, Without knowing it, improper breathing might interrupt sleep, mood, digestion, heart, nervous system, muscles, brain, and even teeth and face structure development.

On the flip side are all the benefits of learning a few simple principles for proper breathing. These would be more energy, improved health, greater harmony, less anxiety, less fear, better relationships, and happier life.

We cannot go without water for three days, food for maybe three weeks, and oxygen for maybe three minutes. It is essential, and we cannot live without it; it can even prevent cancer if done correctly.

How Does Oxygen Affect Cancer?

Healthy cells thrive in oxygen-rich environments, while cancer cells prefer oxygen-poor environments. Other terms that describe a low oxygen environment are "hypoxic" and "anaerobic."

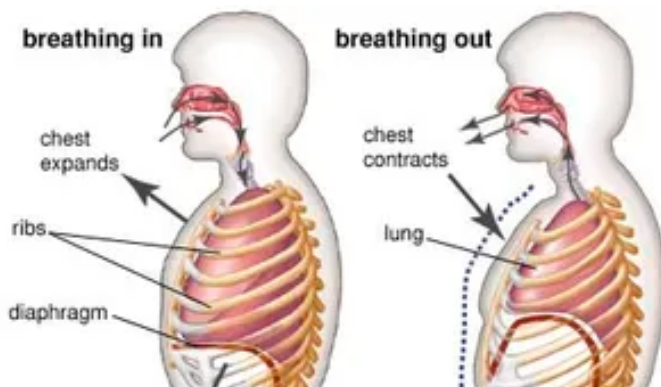
In the 1930s, Nobel Prize winner Dr. Otto Warburg hypothesized, "Cancer has only one prime cause. The prime cause of cancer is the replacement of normal oxygen respiration of

body cells by an anaerobic (oxygen-less) cell respiration."

When the body has sufficient oxygen, cells remain healthy. Insufficient oxygen can open the door for disease to set in. Optimum oxygen levels prevent toxic buildup and keep bacteria, viruses, and cancer cells in check.

Correct breathing?

In short, it means breathing in a physiologically optimal way. Some examples of improper breathing include over-breathing, holding our breath, and shallow breathing.



These breathing patterns are very stressful for the body and lead to a shortage of oxygen and energy. The solution to these issues is to become highly conscious of breathing and reshape the habitual way of breathing.

Why is this important?

The consequences of bad breathing habits can give rise to many unexpected adverse effects on our health and well-being. Some of the most crucial ones are:

Principles of Proper Breathing

Below are a few exercises to make everyday breaths more relaxed and harmonic:

- The nose is a factory that refines air coming in to be used by the body as effectively as possible.
- When breathing through the mouth, the lungs receive unfiltered air that is raw, cold, dry, and full of viruses and bacteria. Be kind to the lungs and breathe through the nose. A stuffy nostril is a sign of mouth breathing. Usually, it will not take more than a couple of days of nose breathing to open the nostrils again.
- Breathe with the diaphragm. The breathing muscles consist of the diaphragm and muscles in the abdomen, chest, neck, and shoulders. 70-80% of the inhaling should be done by the diaphragm so that the breathing is nice and deep. The air breathed in through the nose should go down to the belly. Breathing with the diaphragm helps the lungs with gas exchange, a more effective way down in the lungs. The diaphragm massages the liver, stomach, and intestines and gives these organs a rhythm. The lymphatic system, which is essential for our immune system, gets the help it needs to eliminate the waste products from the bowels. The pressure in the chest and belly decreases so that the heart will not have to work as hard. As the chest relaxes, so do the neck and shoulders.

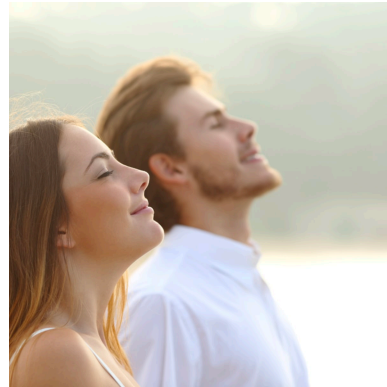
- Breathe relaxed. No matter what we want to do, we do it better if we are relaxed. Since our breathing reflects our thoughts, feelings, and physical body, situations that have us feeling tense also lead to tense and stressed breathing. This way of breathing then leads to a lack of oxygen, which makes the body and brain even more stressed. By taking control of our breathing and making it more relaxed, our body tunes in and becomes relaxed, leading to better functioning in general. When the body is relaxed, health is good, energy is high, and it becomes easier to be happy and loving toward others.

- Breathe rhythmically, everything has a natural rhythm – the ocean waves, the seasons, the moon. The body is no different.

- Breathe silently. Coughing, snoring, sniffing, and are suboptimal breaths in disguise. It is easy to neglect all these sounds we are making, but a breathing pattern containing many of these elements is a considerable strain on the body. The natural breath falls out of its rhythm, and we mess up principle number 4.

Before we sigh or cough, we usually take a big breath, leading to irregular breathing. Snoring means we have to compensate by breathing faster.

Many of us breathe quickly and even loudly



when we talk—all these noises and talking lead to incorrect breathing.

Ways to Proper Breathing

1. Conscious breathing – Become aware of breathing during the day.
2. Breathe through the nose and a closed mouth.
3. Extended exhale – An extended exhale increases the relaxation and makes the inhale more profound and rhythmical.
4. Straight posture – An upright posture gives deeper breathing where the diaphragm gets more space to work.
5. Body consciousness – Be aware of the body and tense or relaxed in different situations. A relaxed body makes it easier to keep rhythmical and relaxed breathing.

Overload wears out the body.

Several Swedish studies made an exciting contribution to a better understanding of the different aspects of monotonous work. They analyzed the catecholamine excretion in the urine. They found that the most diverse physical and emotional stress situations led to a measurable increase in the adrenalin excreted in the urine, which mobilized the performance reserves and yielded the following results:

1. Overload, created by a long-lasting serial reaction time test, produced an increased adrenalin flow (about 9.5 ng/min).
2. A moderate load as reading a newspaper gave only a tiny increase in adrenalin excretion (about 4ng/min).
3. An underload produced a higher flow of adrenalin, amounting to about 5.7 ng/min, falling between the levels of 'overload' and 'moderate load.'