

BREATHING

You can live two months without
food and two weeks without water.

You'll only live a few minutes without air.

UNCONSCIOUS BREATHING

We breathe automatically every day without thinking. But are we doing it properly? Are we using our breathing muscle (diaphragm) effectively? Are we getting the oxygen that we need to every single cell of our body for optimum health?

BREATHING AND STRESS

Life in the fast lane can put our body into full alert for danger. Our stress is quite different to our ancestors who dealt with more obvious danger. Our stressors are related to rogue viruses, finances, being time poor, a poor diet, noise, pollution and more. This can put our bodies under tremendous pressure and one of the ways we can deal with stress is to breathe consciously.

BENEFITS OF CONSCIOUS BREATHING

- When the diaphragm moves upwards and downwards it massages the organs and stretches the muscle attachments.
- It promotes detoxification and blood flow and moves other fluids around the body more efficiently.
- It reduces anxiety, agitation and stress by promoting relaxation and a feeling of calmness.
- It increases and promotes good health.

MINDFULL FOCUS

What we think will influence how our body reacts to a situation. If we perceive something to be stressful, it will provoke a stress response. This leads to shallow breathing and an increase in heart rate. Our thoughts are extremely powerful. We need to bring our attention back to our breathing and change our perception.

BREATHING TO REDUCE STRESS

- Place the tip of your tongue against the ridge of tissue just behind your upper front teeth for the entire exercise.
- Exhale completely through your mouth, making a whoosh sound.
- Close your mouth and inhale quietly through your nose for a count of four. Hold your breath for a count of seven.
- Exhale completely through your mouth, making a whoosh sound for a count of eight.
- Repeat this sequence four times.

BELLY BREATHING FOR RELAXATION

- This can be done lying down or sitting up. Place one hand on your abdomen and the other on your chest. Breathe into the lower lungs and push your hand up covering your abdomen. Your chest should stay as still as possible.
- Exhale through pursed lips, allowing your abdomen to fall back into place. Your chest should stay as still as possible. It does take practice!

OTHER TIPS

- Try and practice every day in a special place and be mindful of your breathing. Is it shallow? Are you using your diaphragm to breathe?
- Change your perception of stress.



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