



## Module Three: BREATHING

Breathing is something we all do and rarely think about, but the majority of us are NOT breathing properly at all! Breathing affects every single organ and cell in the body, this is why its up there in the top three things to focus on as a KEY to whole person health and fitness for life.

First you to be aware of how you are currently breathing. Are you a mouth breather? Or a nose breather?

Many of us aren't aware of how we breathe, now I've just asked you to be aware and that's a great first step.

Next a quick look at posture and how we need to breathe in terms of getting enough oxygen into the bottom of our lungs.

Why does it matter HOW you may be asking...from a health perspective it matters hugely.

Nasal breathers take in 20% more oxygen than mouth breathers.

Nasal breathing allows you to filter, humidify and warm up the air so we can access is more.

We all need to aim to exhale less, that means breathing slower and therefore fewer times a minute than the average 12-18 times that most people do.

Aim for 6 breaths a minute.

Nasal breathing is better for blood pressure and just by breathing better especially many people can stop taking asthma meds and high blood pressure meds.

This is why THIS module is a **GAME CHANGER** for health and total wellbeing.

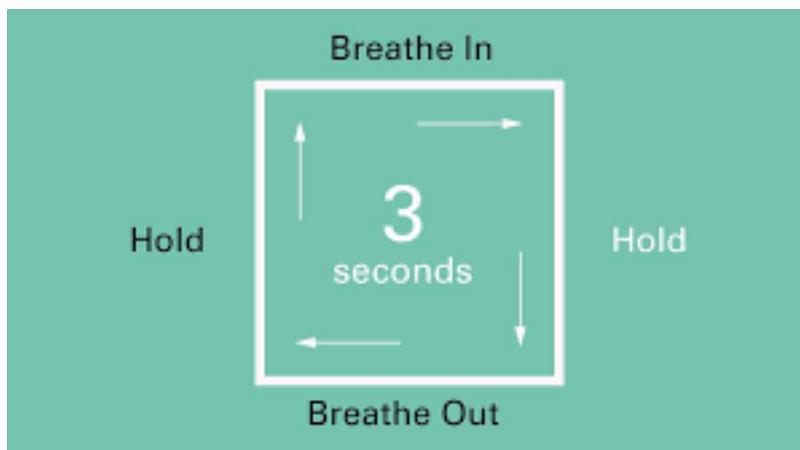
## STOP & BREATHE

When you feel your energy dipping, your focus going or you begin to feel anxiety your brain WILL tell you to self-sabotage, whether it's with food, alcohol, or your phone to shop, gamble or just scroll...the best simple step is to physically move from where you are sitting or standing if possible

Move to another room, go outside (barefoot if possible) or just stand up if you were sitting down and just breathe!

**RHYTHMIC BREATHING** -Breathe 5 counts in through your nose, 5 counts out through your mouth for 1-2 minutes.

**BOX BREATHING** – 3 counts to breathe in through your nose. Hold for 3 counts. Breathe out 3 counts. Hold 3 counts.



**7-11 BREATHING** – Breathe in through your nose for 7 counts and out through your mouth for 11 counts (feels like you are running out of breath)

All three methods will change your energy, shift your focus to breathing and counting and, most importantly switch your body into its parasympathetic nervous system (rest, digest and calm)

This means that you are now in a better position to make nourishing food choices and avoid the high carb, high sugar, high fat, high salt foods that hit your dopamine



receptors and send your blood sugars through the roof, boost your energy fast, make you feel calmer (thanks serotonin) but leaving your crashing and craving an hour or two later!

**SLEEP** – Training yourself to be a nasal breather when you sleep has so many health benefits. It can help improve blood pressure, hormone function, immune system, asthma, sleep apnoea, snoring, sinus problems.

Taping your mouth may sound drastic but it really does help until you become a natural night-time nasal breather!

Video on practicing the breathing techniques: <https://youtu.be/LHcfa7WpShU>

How to incorporate breathing techniques or any of the habits covered so far

## **MAKING SLOW BREATHING A HABIT**

Creating a brand-new habit does take conscious effort, but if we can stack a new habit onto something we are already doing regularly it makes it faster and easier to become automatic.

The 5 in 5 out x 6 breathing can be stacked onto mealtimes very easily

The slower 7-11 breathing works well **in bed at night** BEFORE taping your mouth if you know you are a night-time mouth breather!

**At every STOP sign when driving** you can do 1 minute of 5/5 breathing too, simple fast and easy to implement but hugely beneficial on so many levels!

Drinking a **large glass of water on waking** is simple and can be done straight after visiting the bathroom first thing every morning, another simple one is to **drink water when preparing food** before sitting down to eat and this will stop you nibbling while you prep your food.



## **KEY TAKE AWAYS**

Be more conscious of your breathing.

Breath slow

Breath less (6 times a minute rather than 12)

Breath in through your nose out through your mouth

Sit upright and allow space for your rib cage to expand sideways.

Imagine the oxygen going down all the way to the bottom of your lungs on every 'in' breath.

### **Finally - Slower breathing helps:**

Memory, digestion, focus, endocrine system function, cell health, bone density, blood pressure, asthma, immune system function, sinus issues, sleep apnoea, snoring, tingling fingers and toes, improves circulation, helps with anxiety and stress management and blood sugar balance!

Making great breathing a priority is a **GAME CHANGER** when it comes to health in every possible sense of the word, its no surprise, after all yogi's have been practicing different breathing techniques it for hundreds of thousands of years, its time you and I did too!

*Vicky xx*