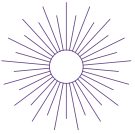




The Fundamentals of Health:

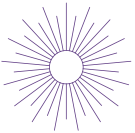
Breathing

With each breath, we supply the lungs with oxygen, which is eventually transported to every part of the body. There are two basic types of breathing: **diaphragmatic** (abdominal breathing) and **thoracic** (chest breathing). Thoracic breathing is commonly shallow and can create stress and tension in the body. These uncomfortable feelings result when the maximum capacity for air or oxygen is not reached. Conversely, diaphragmatic breathing fills your body with oxygen and helps calm the nervous system.



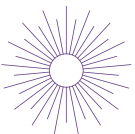
DIAPHRAGMATIC (ABDOMINAL) BREATHING

By placing more emphasis on diaphragmatic (abdominal) breathing, you can alleviate restricted breathing. Just as fully filled tires are vital to your car performing its best, a full inhalation and exhalation will have a strong influence on the performance of all internal organs. Learning to use diaphragmatic breathing will help integrate the body and the mind, improve your health, and help calm you. The benefits are endless!



HOW TO START A DAILY BREATHING PRACTICE

- The most important thing to remember is to **be mindful**, simply by paying attention to the breath, without judging.
- Start off by just **taking a few moments each day to stop and pay attention to how you are breathing**. Is your breath shallow, in your chest or deep, from your belly?
- The next step is to **try diaphragmatic breathing**, gradually increasing your awareness and the time you spend breathing more deeply.
- With time and practice, you can begin to use more regular diaphragmatic breathing throughout your day.



START WITH THIS DIAPHRAGMATIC BREATHING EXERCISE

1. Close your eyes and place one hand on the lower abdomen.
2. Breathe deeply, feeling your breath fill your body down to your lower belly.
3. Focus on the hand as it rises with each inhalation and falls with each exhalation.
4. Practice each day for a few minutes, working your way up to 10 to 20 minutes.
5. Try to consistently practice at a set time to develop a positive health pattern.
6. As this breathing becomes natural, you will be able to call upon it throughout your day to calm yourself and provide a more relaxed and healthy environment.

"Life is in the breath. He who half breaths, half lives."