



Relaxation: Breathing to a Count - June 2017

Holistic nutrition includes body, mind and spirit.

Breathing to a count increases your ability to breathe slower and deeper. Sit or lie down comfortably.

Inhale for a count of two seconds, then exhale for a count of two seconds, saying to yourself inhale one, two, exhale one, two.

Once you get the idea of breathing in rhythm, start an increasing progression; inhale for a count of three seconds and then exhale for three seconds. Next, inhale for a count of four seconds and then exhale for four seconds. Continue, increasing the number of seconds, until you reach a comfortable limit, then work your way back down.

If you got as high as inhaling and exhaling to a count of twelve seconds, go back to eleven, then back to ten, and so on, until you reach a very comfortable pace, maybe five seconds and maintain that pace.

In one or two weeks you will notice a measurable increase in the number of seconds to your inhale and exhale, and a deeper sense of relaxation each time you practice this.

Try breathing to a count for five minutes. How did it feel? Write down the date and how it felt.

You can do this breathing sitting, laying down or mindfully walking. Breathing to a count can be a simple meditation. The more you practice it the easier it becomes to do it without thinking about it. You will naturally breathe more fully not just into the top of your lungs, but gently down into your diaphragm as well. This helps you get more oxygen into your body and helps you exhale more toxins.

**Be healthy 4 life,
Cathy Ferren RHN**

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