



FRANKLY SPEAKING



Total Life Chiropractic - ... educating, adjusting and inspiring

The Essentials of Breathing



Your subconscious mind takes care of your breathing while you tend to your normal activities of daily living. Sometimes while you're engaged in your computer work, phone activities, reading a book or even watching TV you may notice (or most often not notice) that your breathing is shallow and your certainly not getting enough oxygen.

The primary purpose of breathing is to get oxygen to the cells. Cells need oxygen in order to function. They take in oxygen and they produce carbon dioxide. Carbon dioxide is a waste product. If the cell is full of carbon dioxide, there isn't enough room for new oxygen. So the carbon dioxide must be eliminated. This is the purpose of breathing. Not merely to bring oxygen into your body but to get rid of waste carbon dioxide. Your blood cells can carry the greatest amount of oxygen when your internal environment is slightly alkaline. So, it's im-

portant that the carbon dioxide (which is acidic) be disposed of as quickly as possible.

Breathing exercises should be done every day not nearly to improve on oxygen but also to help you find a moment of quiet so that you can shut down your engines and relax.

If you suffer with severe respiratory allergies or respiratory disease, start easy and progress slowly.

Many authors list dozens of benefits from breathing exercises, however there's mainly one big benefit. While it is only one, the benefit it provides affects virtually every organ, tissue and gland in the body. What is it that breathing has such a great effect on? It is the **Autonomic nervous system** which is divided in two; the sympathetic (fight or flight) and the parasympathetic (rest, repair, rebuild and digest) nervous system and we function optimally when we are at balance between the two. The problem is that nowadays most are tilted toward the sympathetic side... fight or flight! This means that most people are a constant state of defense physiology as opposed to a state where their health is thriving.

Well, there are only three things that can help this; adjusting the spine and removing the nerves stress which sends balanced nerve impulses to the brain and decreases the release of stressful hormones. Secondly, improving was diet and decreasing the consumption of dairy, grains and sugar which stressed the system and finally, breathing exercises which we will discuss now.

Close your eyes and clear your mind. Inhale deeply through the nose or mouth, and exhale unforced through the mouth.

Fully inhale through the belly, then chest and then let go slowly. Repeat this 30 to 40 times

in short, powerful bursts. You may experience light-headedness, and tingling sensations in your fingers and feet. While this is normal, you should stop at this point in gradually build up to the 30 or 40 repetitions.

After the last exhalation, inhale one more time, as deeply as you can. Let the air out and stop breathing. Hold until you feel the urge to breathe again.

When you feel the urge to breathe again, take one big breath to fill your lungs. Feel your belly and chest expanding. When you are at full capacity, hold the breath for about 15 seconds, then let go. That completes round one. This cycle can be repeated 3-4 times.