

# BREATHE

**BONUS**



**BREATHE IN TO A NEW LIFE...**

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# Medical Disclaimer

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# Introduction

It's time you finally learn how to breathe in a new life!

In this book, I will teach you everything I've learned from a Russian Breathing Master who has successfully treated thousands of patients of all sorts of conditions with breathing alone.

His discovery is nothing short of a breakthrough that will transform your life if you give it a chance.

Most people think breathing is automatic – something you do day and night without giving it a second thought. But I'm here to tell you that the majority of people are NOT breathing correctly.

And when you breathe incorrectly, your stress levels go up, your cells don't get enough oxygen, your blood becomes thicker, and you have poor blood circulation. And this affects the health of every cell in your body.

Breathing correctly is probably one of the most important things you could do to improve your health. That's why I've turned everything I know about proper breathing into the easy-to-understand book you now hold in your hands.

Just follow the exercises for a few days, and you'll be shocked at how much energy you gain simply from breathing. Continue with the exercises, and watch your health literally transform.

In addition to breathing properly, I'll introduce you to some simple meditation techniques that will melt away any remaining stress.

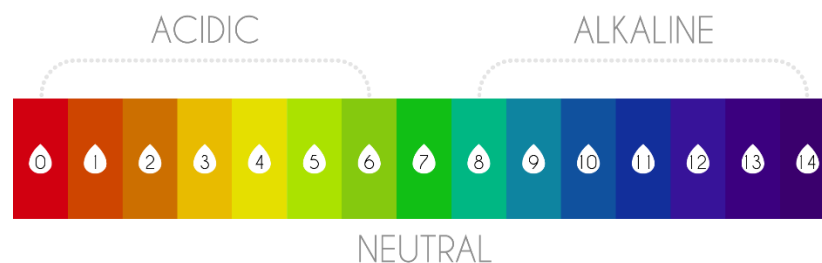
I can't wait to hear how all this has changed your life!

# Importance of Breathing

I think we can all agree that breathing is important. I mean, without oxygen, we would die within a few minutes. Oxygen is, by far, the most important nutrient for health.

There are a few reasons why breathing is so important. Here are the main ones:

1. First, it regulates the pH of your blood. pH stands for potential of hydrogen. It's basically a scale from 1 to 14 showing how acidic or alkaline something is.



The cells in your body need to live in an environment where the pH is constant. The ideal blood pH is approximately 7.4 or slightly alkaline.

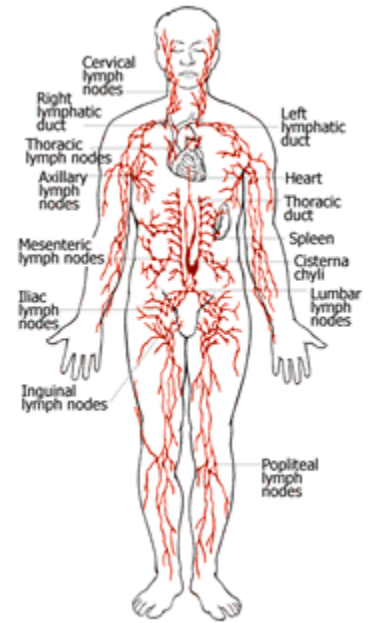
As you breathe in, oxygen alkalizes your body. As you exhale, carbon dioxide releases acids. Your body automatically changes your breathing to regulate your blood pH levels. This is the primary reason you can't live for more than a few minutes without breathing.

2. Second, every cell in your body needs oxygen to metabolize molecules such as fatty acids and glucose. Just like a fire, our body needs oxygen to burn up food in order to have energy.
3. Third, it's critical to the functioning of your circulatory, nervous, digestive, and most importantly ... your lymphatic system.

The lymphatic system is not well known, and its existence is often suppressed by the medical industry. But it holds the key to vibrant health.

It looks just like the circulatory system except it's 2x's larger, and its main function is to remove toxins from the body. The lymph system is commonly referred to as the body's sewerage system.

It works by acting in harmony with the blood, surrounding every cell in the body and protecting each one by removing dead cells, blood proteins, and any other toxins, and excreting them from the body.



The body is hugely dependent upon the lymph system to the point where if the lymph system were to shut down for 24 hours, you would die because of the trapped toxins and proteins surrounding your cells.

Deep breathing is so important, because unlike our circulatory system which has the heart, the lymph system does not have a "pump" to push the lymph fluids around our bodies. Instead, the lymph system requires the muscular movement created by breathing.

The lymph that is collected around the body drains through two ducts located at the base of the neck (around the thoracic duct) into the blood. By breathing, we stimulate the flow of the lymph, and through deep breathing, we can encourage the flow to be both cleansing and powerful.

Once we breathe, the duct sends the lymph into our blood flow. It then goes to the liver where it is metabolized and sent to the kidneys where the toxins are filtered.

Along with acting as a filter, the lymph system is also able to destroy bacteria, viruses, and abnormal cells, such as cancer cells. The lymphatic system also plays a huge role in the effectiveness of our immune system.

By keeping your lymphatic system moving, you'll help your body remove unwanted toxins which is the most important factor for health. These are the main reasons why proper breathing is so important.

# Buteyko Method

In the 1950s, a doctor by the name of Konstantin Buteyko (1923-2003) made a startling discovery that led to the Buteyko Method.

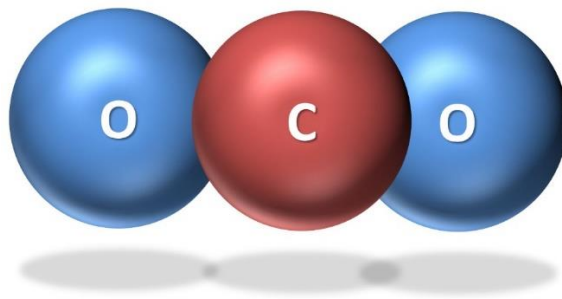
During a practical assignment as a medical student, he was to monitor the breathing of terminally ill patients prior to death.

He observed that when approaching death, patient's respirations got heavier. By visual observation of the patient's breathing, Buteyko could predict how many days or hours of life were left.



After graduation with honors, Buteyko continued his experiments. He learned that deliberate and acute hyperventilation quickly worsened the health of patients, while breathing less caused elimination of their symptoms.

His breakthrough discover was the role of  $\text{CO}^2$  in the body.



Most people consider Carbon Dioxide ( $\text{CO}^2$ ) a useless gas that we make when we exhale, or at least this is what we were taught in school.

The truth is, without Carbon Dioxide, oxygen isn't usable in the body. Carbon Dioxide helps transport oxygen into your cells, and it's just as important as oxygen.

It is known as the Bohr Effect – an increase in blood  $\text{CO}_2$  concentrations leads to a decrease in blood pH which results in your blood releasing more oxygen to your cells.

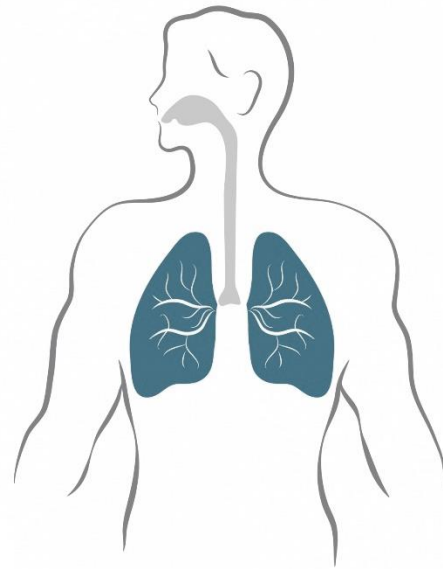
Also, Carbon Dioxide is a powerful vasodilator. This means that Carbon Dioxide expands the blood vessels to allow more blood and oxygen to flow in.

A lot of people are shallow breathers, and this keeps Carbon Dioxide levels too low.

As Buteyko kept experimenting, he realized that over breathing was the main problem. He developed a method to correct over breathing. He tested his theory on thousands of patients and found it could reverse all kinds of diseases.

I'm going to show you, step-by-step, how to correct your breathing to increase Carbon Dioxide levels and restore your health.

But before I show you this technique, we need to find out how good your breathing is now.





# Breath Control Test

The first thing you need to do is figure out how much oxygen you have in your body. The good news is that you'll need nothing more than a timer (most smartphones have a stopwatch).

Grab your timer or stopwatch and find a comfortable place to do this exercise.

## What to do

1. Take a normal inhalation through your nose.
2. Exhale all the air out of your mouth and then hold your breath.
3. Time how long it takes before you need to inhale.

For most people, this will be around 20-30 seconds, and for others with above-average oxygen-carrying capacity, it will be 30-60 seconds. For optimal health, your control breath time should be 2 minutes or more according to Dr. Buteyko. But this will take some training.

Don't feel badly if you have a low score. Most people have low scores, and that's why we need to improve our breathing.

Mark down your initial Breath Control Score and keep it handy. In the next section, I'm going to give you some simple exercises you can do to drastically improve your score.

# Re-training Your Breathing

If you were unable to hold your breath for at least one minute, you need to start these exercises as soon as possible.

There are a lot of free exercise you can find online, but in my opinion, none of them are as effective as what I'm about to show you. If you want to try those free methods first, just Google "Buteyko Breathing Exercises".

The easiest and most effect method of retraining your breathing is with a device called BreathSlim™. You'll need to purchase the device either directly from the manufacture at [www.breathslim.com](http://www.breathslim.com) or from Amazon. It comes with an instructional DVD that explains exactly how to use it.



BreathSlim™ works by training your lungs to improve their oxygen carrying capacity. Just as you'd use a barbell to strengthen your biceps, you use a breathing trainer to strengthen your lungs.

Dumbbells work by creating resistance for your muscles to work against. This is the same idea behind breathing devices.

Using a breathing device may feel hard at first, but don't give up. You've probably been breathing the same way for decades, and changes don't just happen overnight.



You need to commit to using your breathing device for at least 20 minutes per day. In just a few weeks, you'll soon notice a big difference in your health, plus you'll have more energy, better sleep, less anxiety, and improvements in many other health conditions.

Here are a few tips to keep in mind when using the device:

- 1. Control Pause and Pulse Check** – To begin each breathing exercise, we encourage you to check your pulse and control pause time and write down your results. At the end of each exercise, check your pulse and control pause time again. Your pulse should be lower, and your control pause time should be longer.
- 2. Posture** – Good posture is important while performing the breathing exercises. It ensures you are performing the exercises correctly and helps to successfully enhance your breathing. You may sit or stand. If seated, make sure your back is tall and straight. Make sure your feet rest comfortably on the ground while your back is against the chair.

- 3. Relax** – Allowing your mind and body to relax is key to improving your breathing. Your shoulders hold stress, and you need to relax them in order to breathe properly. Allow your shoulders to relax into their natural position during each breath.
- 4. Find the Right Time and Place** – It's best to do these exercises every single day and ideally at the same time each day so you can get into a schedule. Also, it may be helpful to find a space where you won't be distracted. For best results, wait 90 minutes after finishing a meal.
- 5. Be Patient** – It takes time to retrain your breathing. It may take several weeks before you see some noticeable improvements, but don't worry, after some time this new breathing method becomes automatic. Having said that, I find it good to set "Control Pause" goals to help stay motivated.

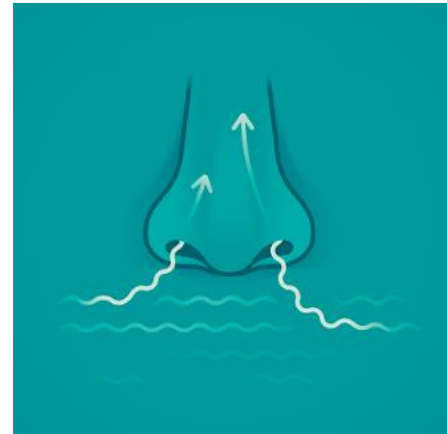
# Breathing Right All Day

## Nose Breathing

As well as doing the breathing exercises with the BreathSlim, it's important to always breathe through your nose.

This is important for two reasons:

1. Carbon Dioxide builds in your nose, so the more you breathe through your nose, the more Carbon Dioxide you will have in your blood.
2. Nitric Oxide builds in your nose, so the more you breathe through your nose, the more Nitric Oxide you will have in your blood.



So it's important to always breathe through your nose. This means even during exercise.

At first this may be hard. If you're not used to nose breathing, you'll find that your nose is stuffy, or you just can't get enough air. But if you keep doing it, your nostrils will expand and you'll start breathing properly again.

## On-the-Go Breathing Exercises

Sometimes life gets in the way of your breathing exercises. But this doesn't mean you can't continue while you're sitting in traffic. I've included a simple exercise you can do anywhere.

This is one of the best and most effective exercises you can do for free every day. You can do it on the days you miss the BreathSlim exercises or in addition to them in order to accelerate results:

- Breathe in for one count.
- Hold for four counts.
- Breathe out for two counts.

For example – if you were to breathe in for four seconds, you would hold your breath for sixteen seconds and then breathe out for eight. Don't open your mouth – use your nostrils.

If you can do this ten times, three times a day (morning, evening, and before bed), you will notice a huge difference to your energy, clarity, and ability to ward off illnesses.

I promise that if you breathe through your nose and do the exercises, you will notice a huge improvement to your overall health.

If lowering stress is important to you, the next section will be especially helpful to you. Along with proper breathing, it's important to rest your mind. A good way to do this is through meditation.

# Meditating the Stress Away

One of the most common reasons people cite for wanting to learn meditation is to reduce stress.

Stress is unavoidable, of course, and the point of stress reduction and stress management programs is not to eliminate stress, but to lower it.

Many stress therapists recognize that regular meditation can be of significant help in reducing stress to manageable and healthy levels, and relaxation and meditation exercises are now widely taught.



A considerable amount of research has shown that meditation has benefits on mental health including a reduction in depression, an increase in emotional positivity, and an increased ability to deal with life's inevitable stresses.

## Understanding Stress

Stress is triggered when pressured by such things as the demands of work, interpersonal conflicts, money worries, or family problems — and often a combination of similar factors.

It is said that a certain amount of stress is essential to wellbeing. We all probably remember times when we performed well under pressure, perhaps exceeding our own expectations.

But when we become overloaded with challenges and have insufficient time to relax and absorb change, the strains we live with can be damaging to our physical and emotional health.

Our autonomic nervous system is divided into two parts – the sympathetic and the parasympathetic autonomic nervous systems. The sympathetic nervous system is responsible in part for the “fight or flight” response. It is stimulated when you are under pressure which results in increased arousal. The parasympathetic nervous system does the opposite – it returns your system to a balanced or homeostatic state.

Normally, we would face a stressful situation, and the sympathetic nervous system would kick in and put us into a state of arousal which would help us to deal better with whatever is causing stress. Then the parasympathetic system steps in and calms us down, returning our system to a state of balance and relaxation. In this context, the stress response is a healthy and useful adaptation to our environment.

But what happens with stress is that the sympathetic nervous system is continually triggered, and our parasympathetic system doesn't have the time or opportunity to bring things back in balance.

When the sympathetic nervous system is in “always on” mode in this way, it stops being a helpful response and starts becoming a problem. When we are in “fight or flight” mode, we are more likely to respond aggressively at inappropriate times, leading to further stress due to conflicts with others.

We are also more likely to make decisions based on short-term thinking, because we are very focused on the problem right in front of us. By not paying attention to the long-view, we store up problems for the future which results in – you guessed it – more stress! What happens is our stress become self-reinforcing.

This is when stress becomes a trap, and it's usually when we start to realize that we have to do something about it.



## How Meditation Can Help with Stress

Meditation involves taking responsibility for our own mental states and training ourselves to alter how we respond to experiences (especially difficult ones).

In meditation, we cultivate the faculty of mindfulness or awareness. Mindfulness helps us become more deeply aware of the patterns that our mind and emotions give rise to – including the patterns of responses that we experience as stress.



We might become aware of how we indulge in anxious thoughts, so a neutral thought about something we must do leads to worrying about what will happen if we don't do it. In turn, this leads to us actively seeking out things to worry about.

Once we are aware of these internal activities, we are clearly in a better position to do something about it.

With awareness comes choice. Once we have become aware of a pattern of experience, we can choose to act otherwise. No awareness = no choice.

Meditation can also help us become more aware of how to make choices that lead to outcomes that are more supportive of wellbeing and happiness.

By practicing meditation daily, we learn to let go of the unhealthy emotional states that lead to the arising of physical tensions. Meditation includes a strong element of bodily relaxation.

## How to Meditate

Meditating is easy, but sometimes you need a little help getting started. Here's a few tips on making the most out of your time in meditation.

### Preparation

1. Choose a Peaceful Environment – Meditation should be practiced somewhere calming and peaceful. Find a place where you won't be interrupted for the duration of your meditation. The space doesn't have to be large, just private. Turn off distractions such as TV and mobile phones. You may even choose to do this outside – a little background noise isn't a problem if you focus.
2. Wear Comfortable Clothes – One of the goals of meditation is to calm the mind. This can be hard if you feel physically uncomfortable due to tight or restrictive clothing. Choose loose clothing, and remove your shoes. Make sure you're not too hot or too cold – this can be a big distraction.
3. Decide How Long to Meditate – Before you start, it's a good idea to decide how long you're going to meditate. Beginners should start out doing as little as five minutes, once per day. Some people see such benefits that they meditate as much as an hour a day. Increase your time gradually. Try to meditate at the same time each day as this helps form a habit. Once you know how long you want to meditate, set a gentle alarm so you aren't constantly checking your watch.
4. Stretch Out – Meditation involves sitting in one spot for long periods of time. It's a good idea to do some light stretching to relieve tension or tightness before you begin. Stretch out your neck, shoulders, and legs.
5. Sit in a Comfortable Position – It's very important that you are comfortable, so finding the best position is essential. Sit any way you like as long as your back is straight and well supported.

## **Meditation**

Now that you've found the perfect spot and you're in a comfortable position, it's time to begin your meditation.

1. Close Your Eyes – Meditation can be performed with your eyes open or closed. However, as a beginner, you'll find it much easier with your eyes closed. This will help block any visual distractions.
2. Follow Your Breathing – As the most basic and universal of all meditation techniques, following your breath is a great place to start. Become aware of your breath as you breathe in and out. Don't worry if your mind starts to wander. If you're a beginner, it will take time for you to master stillness. Just re-focus your mind on your breath and try not to think of anything else. Don't try to change your breathing pattern – just breathe normally.
3. Clear Your Mind with a Mantra – In the beginning, it can be very hard to keep your mind focused. That's why I recommend using a mantra. A mantra is basically any sound, word, or phrase that you repeat over and over again. The mantra can be anything you choose as long as it's easy to remember. Some good words to start with are "one", "peace", "calm", and/or "silence". Again, don't worry if your mind wanders – just re-focus on your mantra. If you enter a deeper level of awareness, it may become unnecessary to continue repeating the mantra.

That's it! You've completed your first meditation. If you continue practicing these techniques daily, you'll see your stress melt away. If you really start enjoying meditation, consider reading a book to learn about more advanced topics or join a meditation class nearby.

Take advantage of the gift of breathing and the gift of meditation. Together they will bring you into a healthy, less stressful, new life!