



FUNCTIONAL WELLNESS AND CHIROPRACTIC CENTER

Breathing Exercise

Breathing correctly is something people tend not do, because people breathe too shallow and therefore aren't getting enough oxygen to reach certain tissues optimally. Many reasons why people breathe too shallow is because they have improper acid/alkaline balance, physical dysfunction (rib subluxation or hiatal hernia), or are stressed. Any one of those, or a combination, throws off our breathing and in turn our biochemistry.

The main reasons why this exercise is prescribed is to do a combination of things, which include: increase oxygen saturation to tissue, make your body more alkaline (by getting rid of CO₂/carbonic acid), and decrease systemic cortisol (stress hormone). Since this is a breathing exercise, there is going to be a "meditation" aspect to it

Directions:

1. Inhale and exhale 15 times each. Focus on breathing as deep as you can with your belly (chest breathing is the incorrect way to breathe).
2. After that 15th exhale, hold your breath on that exhale as long as you can (you don't need to struggle to hold the exhale, but it should force you to concentrate and focus on holding that breath in). Ideally, you should be able to hold that for over a minute for this first bout (someone can time you if you really want to know).
3. When holding that exhale starts to become a challenge, start the next bout of inhaling and exhaling again for 15 more times (making sure that first inhale and exhale are really deep).
4. Be sure to hold your breath as long as you can again after that 15th exhale. You should be able to hold your breath for a longer time than that first time.
5. Repeat all steps for a third bout.