

# @STUDIO16

## Benefits of Slow Deep Breathing.

*& so on*

*Unfortunately, shallow breathing is accepted as part of the ageing process..... causing many health issues - but it does not have to be !*

*Deep Breathing will keep you healthier and younger !*

It would be strange to walk into a Doctor's office and be prescribed to go home and just practice deep breathing 2 - 3 times a day to assist you with your ailment - instead of popping a pill...

Deep breathing has been proven in scientific studies (without the need of pharmaceutical products or other interventions) to assist in:

- \* Digestion & Weight Loss.
- \* Organ functions e.g brain, heart, lungs, liver, intestines.
- \* Immune, Hormone and Nervous System.
- \* Mental & Emotional Health.
- \* Menopause Symptoms i.e. Hot flushes & Anxiety.
- \* Sleep Disorders.
- \* Posture .
- \* Clearing Your Mind of all Thoughts - (Meditative State of Mind).

It has also been noted in studies that even the expression of genes e.g. altering the pH of the blood, or changing blood pressure to a healthier level can occur - all through slow deep breathing!

**Mindfulness**

**Breathe In**

**Be Present**

**Balance**

**Breathe Out.**

*When health is absent, wisdom cannot reveal itself, art cannot manifest, strength cannot fight, wealth becomes useless, and intelligence cannot be applied."*

*Herophilus*

## Putting On The Brake

Esther Sternberg is a physician, author of several books on stress and healing, and researcher at the National Institute of Mental Health. Esther reports that: - Rapid breathing is controlled by the sympathetic nervous system. It's part of the "fight or flight" response — the part activated by stress. Slow deep breathing will calm the nervous system therefore, changing the response level of hormones.

A Further Brief Look at How Deep Breathing Assists In:

- \* **Reduction of pain** - Deep breathing can bring in more oxygen to the body that is needed by most body cells. The oxygen will help to remove the neurotransmitter within the blood and relieve pain that causing by nerve or blood circulatory problem eg. migraine/headaches.
- \* **Anxiety Relief** - Anxiety is experienced by many people nowadays (males & females / children & adults). Research found that deep breathing can help the body to relieve anxiety by promoting the production of endorphin. Endorphin is a hormone which promotes comfort feeling inside the body.
- \* **Alleviating Stress** - By relieving anxiety through deep breathing the body's stress levels can be alleviated. Through deep breathing the body can be trained to dampen the production of harmful stress hormones
- \* **Eliminating Toxins** - Our body is designed to release many of its toxins when we exhale. However, when our lungs are accustomed to carrying out quick breaths, we don't get to expel all those elements of waste such as carbon dioxide & carbon monoxide.
- \* **Strengthening Muscles** - Deep breathing will stimulate smooth and large muscles to vibrate and stay alive.
- \* **Strengthening immune system** - The more oxygen you get the stronger your body's immune system will become. Deep breathing can promotes the body to produce more healing substance and improves immune cells function in fighting disease.
- \* **Repairing of cell damage** - Everyday our bodies get exposed to many harmful substances, toxins and other things that lead to cell and tissue damage. Deep breathing exercise can facilitate the body to get more oxygen and it significantly help in repairing the cells and tissue since oxygen is the main component in the metabolism process within the cells.
- \* **Helping to regulate appetite** - If you are craving all the wrong foods try deep breathing exercise . The greater amount of oxygen will increase your metabolic rate and give you more energy as well as calm your brain from craving food by controlling the weight regulating hormone, leptin and ghrelin.
- \* **Inducing Deep Sleep** - Deep breathing method can help to calm your nerves and induce the production of melatonin, the hormone which make you sleepy.

The list goes on..... but for now - "Just Deep Breathe".....

`Rather than go through the science and other findings regarding the benefits of deep breathing - I have instead decided to go through some breathing exercises...



I do not believe you have to focus on a particular way of deep breathing to get the benefits.. and there is no evidence that one way of deep breathing is more effective than another... but exercises will force you to become more mindful about deep breathing and if it assists you to take time out to practice deep breathing then it has done its job.... Practice all of the exercises below at times throughout each day... go into a meditative state of mind and simply focus on your breathing and note how you feel afterwards... Each exercise will take 5 mins out of your day... the benefits will continue for many hours later.... Feedback will be greatly appreciated.

Deep breathing usually involves inhaling the clean air deeply through your nose and exhaling the bad air fully through your nose or mouth, with even lengths when breathing in and out. Deep breathing exercise can be done by anyone, anywhere and anytime. Be mindful and practice deep breathing twice a day or several times a day... (or as often as you can)... whenever you feel tired, stress or depressed in pain try deep breathing first to assist to expel the negativity from your body, mind & spirit.

***The more you practice slow deep breathing,  
the more you will get it more naturally.. and not age with shallow breathing -  
nor force ageing because of shallow breathing.***



### **Just Deep Breathe:**

In practice, start deep breathing exercises in sitting position. Sit up straight, not arching your back. First, exhale completely through your mouth. Place your hands on your stomach, just above your waist. Breathe in slowly through your nose, pushing your hands out with your stomach. This ensures that you are breathing deeply. Imagine that you are filling your body with air from the bottom up. Hold your breath to a count of two then slowly and steadily breathe out through your nose or mouth, feeling your hands move back in as you slowly contract your stomach, until most of the air is out.

After you get some experience you don't need to use your hands to check your breathing. You can also do the above breathing exercise lying on your back. Deep breathing exercises can help you to relax before you go to sleep for the night, or fall back asleep if you awaken in the middle of the night. (Deep breathing is what I always do before sleeping and when waking)...

## **Visualized breathing**

Both visualization and breathing exercises have been found to be really successful stress relief strategies. Here are some ways that you can use visualization techniques with breathing exercises to achieve quick and effective stress relief.

- \*Find a comfortable place where you can close your eyes and combine slowed breathing with your imagination.
- \*Picture relaxation entering your body and tension leaving your body. Breathe deeply, but in a natural rhythm.
- \*Visualize your breath coming into your nostrils, going to your lungs and expanding our chest.
- \*Then visualize your breath going out the same way.
- \*Continue breathing, but each time you inhale, imagine that you are breathing in more relaxation. Each time you exhale imagine that you are getting rid of a little more tension.

**Rhythmic Breathing** - If your breathing is short and hurried, slow it down by taking long, slow breaths. Inhale slowly then exhale slowly. Count slowly to five as you inhale, and then count slowly to five as you exhale. As you exhale slowly, pay attention to how your body naturally relaxes. Recognising this change will help you to relax even more.

If you want to extend you art of rhythmic breathing to the next level, you can start learning the ancient secrets of 3-steps rhythmic breathing (3 SRB), recommended by yoga masters. They claim that this way of breathing is simply the natural way we were born with and we forgot as adults. Observe the breathing pattern of a healthy newborn – it is the same rhythm of 3 SRB, but a bit faster. Somewhere along the way we lose track of this natural, rhythmic way of breathing.

A conscious and focused practice of 3 SRB will guide us back to this rhythmic way of breathing. The three steps of 3 SRB involve the technique, volume and rhythm of breathing.

### **Technique**

- While breathing, both your chest and abdomen should rise and fall simultaneously.
- The chest will require more air because of the space created by the rib cage.
- The abdomen should not be blown up unnaturally during inhalation.
- To figure out if you are breathing correctly, get a friend to observe you or lie down before a mirror with two heavy books, one on the chest and the other on the abdomen.
- Check if both move together.
- Our habit of breathing from the lower part of the chest results in shallow breathing, depriving the body of much needed oxygen.

### **Volume**

- When you breathe in, it is particularly important to note that the breath flows freely and fully from neck to navel. This simply means that the middle and lower abdomen should be filled to normal capacity.
- The volume of breath intake during 3 SRB should be the same as the intake during normal breathing.
- Continuous deep, heavy breathing can exhaust a person and is not recommended in 3 SRB.
- Initially, to establish the rhythm, your breath will be deeper, but once you are comfortable with 3 SRB and the volume of air that is to be drawn in, the breath will become normal.

### **Rhythm**

- To establish the correct rhythm of breathing, inhalation should take three seconds and exhalation two seconds.
- To keep to the pattern of rhythmic breathing, do not retain the breath between inhaling and exhaling.
- One complete breath takes five seconds or six pulse beats. The exact rhythm is to count 1-2-3 while inhaling and 5-6 while exhaling-4 is not counted.



**Thank you for training @Studio16**

[www.studio16.com.au](http://www.studio16.com.au) mobile: 0428 014 798 email: [betty.studio16@gmail.com](mailto:betty.studio16@gmail.com)

**Please do not hesitate to contact me should you wish to consider training @Studio16.**