

Breathing Technic

Physical, Chemical and Emotional stresses will slow the body down and breathing plays an important role in this. Most of us will slow and shorten our breathing when we are under stress. This in turn will cause our lymph system to clog up, causing more congestion, soreness and pain in the joints and body parts. So it's vitally important to breathe properly.

We normally breathe by inhaling, a small amount of holding and then exhale. This technic will expand these three areas so that air (life force of the body) will get shot into the body to get the lymph system moving again, with more oxygen and less congestion. We will use a 142 count. The 142 count with a common denominator being used with 1 being the inhale times a number. The 4 number being the holding of the breathe, times a number. The 2 being the exhale of the breath times a number. An example is in order.....

BREATHING COUNT		COMMON DENOMINATOR		BREATHING PART
1	X	5	=	5 second inhale
4	X	5	=	20 second hold
2	X	5	=	10 second exhale

The common denominator can be any number. Average adults should have a common denominator of 7 which would cause the inhale to be $1 \times 7 = 7$ second inhale, $4 \times 7 = 28$ second hold and a $2 \times 7 = 14$ second exhale. It's important to breathe in with your nose and exhale either through your nose or mouth. Whichever is comfortable. Start off with a smaller count and build up to the 7 count and beyond.

This breathing technic should be done 10X daily. That is easily done while driving around town, resting after meal time and just taking time in your day to observe and relax.

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