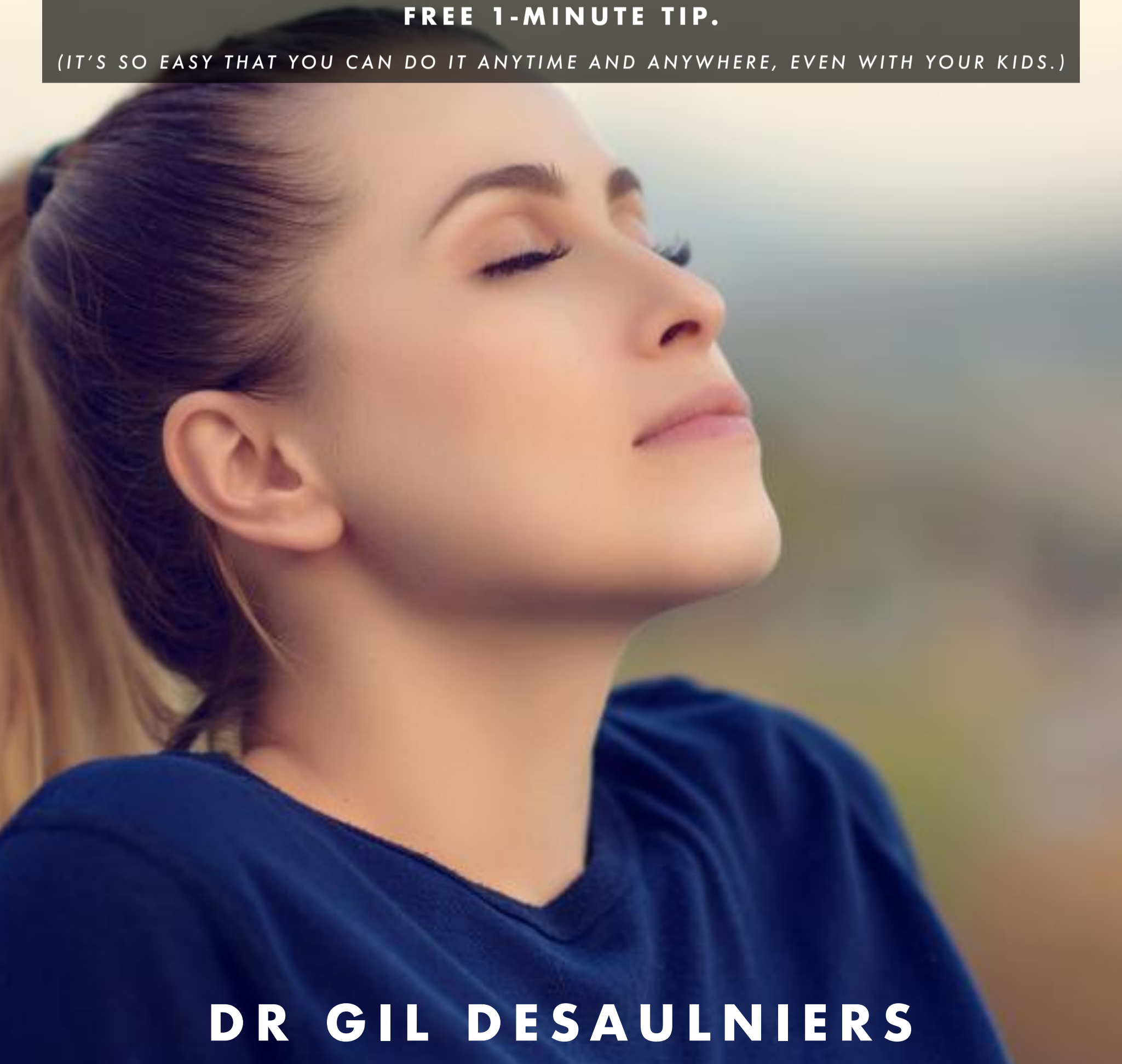


EXHAUSTED TO ENERGIZED

INCREASE YOUR ENERGY, PATIENCE AND HEALTH WITH THIS
FREE 1-MINUTE TIP.

(IT'S SO EASY THAT YOU CAN DO IT ANYTIME AND ANYWHERE, EVEN WITH YOUR KIDS.)



DR GIL DESAULNIERS

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I know how exhausting it is to be constantly caring for others. Having no time for yourself. From getting the kids ready for school, yourself out the door to work, manage and shuttle all of the after school activities, weekend birthday parties and, and, and... the list goes on.

I also know what it feels like to be broken and yet desire to do more, feeling like there is a huge gap between who you want to be and how you feel.

Unfortunately, there's no single 'silver bullet' that can save you as a fix all or cure all (sorry).

But if there was only one thing, that you could do for yourself, that would have a seriously positive impact on your overall health, energy, focus, emotional well being, stress levels and more. THIS. IS. IT. (Not to mention, it's free, easy and you can even, and should, do it with your kids around.)

Enter, CORE BREATHING.

Now I know what you're thinking.

"That won't work. It's too simple."

"How can that help my schedule is crazy. I can't do anything about that."

"I already do deep breathing when I actually do get to squeeze in a yoga class. How is this going to help me more?"

But here's the thing.

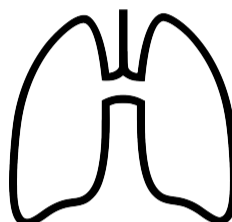
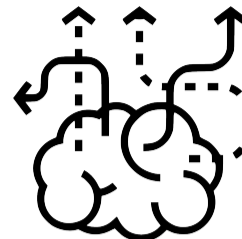
CORE BREATHING is the most researched Lifestyle practice that you can do anytime, anywhere, with huge benefits.

Here's a little taste of what I mean.



With regular CORE BREATHING, you can:

- Decrease your stress level (and the negative health effects of stress)
- Decrease your heart rate
- Decrease your blood pressure
- Increase your energy
- Increase your relaxation
- Increase your focus
- Increase your sense of well-being
- Improve your attention
- Improve your core muscles
- Improve your pelvic floor
- Improve your lung function
- Improve your oxygenation
- Improve your digestive function



... Just to name a few.

The reason CORE BREATHING can have such a wide and profound impact on your overall physical and mental health is because it is the easiest way to hack into and stimulate your Parasympathetic Nerve System. This is the part of the brain that controls the Healing/Relaxation Response of the body and balances it opposed to the Sympathetic Nerve System which initiates your Stress Response (more on that below).

Now, you might say: “I hear you but I still don’t fully get it. Obviously we breathe all day, every day. How can doing THIS practice make such a difference?”

You see, as we get older and ‘adulthood’ kicks in to high gear, a few things change.

As your responsibilities and stress levels increase and demands stay ‘on’ more often, your body’s nerve system initiates the Stress Response (also known as the Fight/Flight Response). The more we do this, the easier it is to do it again... and eventually, we stay there. This constant Stress Response shift ends up training the muscle memory of your breathing patterns to stressful breathing which is short, shallow, quick and from the chest. Do this long enough, that now becomes your ‘normal’ pattern of breathing.

Add to this, our chronic sitting and poor posture.

When we sit, especially for long periods of time, we tend to slouch, have our head forward as well as our shoulders rolled in. This creates a smaller and tighter chest cavity so our lungs don't have as much room to expand. This further engrains the stress breathing pattern we just talked about.

Now for you ladies... there's one part that you get extra (not in a good way, sorry).

When you're pregnant, you naturally will lose some of your ability to belly breathe because the baby starts taking up the space in your abdominal cavity. So if our breathing muscle memory has already been trained to chest breathe because of ongoing adulting stress as well as chronic sitting, there's slim chance you'll naturally do any CORE BREATHING during and after pregnancy.

You can last weeks without food, days without water but only a few minutes without breathing... let's make sure we're doing it right ;-)

All that said... the good news is that you can still re-train your breathing through the simple practice I am going to teach you called, CORE BREATHING.

Just like anything, the more you do it, the better and more natural it'll become and the more you'll reap the benefits.

How to do CORE BREATHING:



- 1) Sit in a comfortable position or lie flat on the floor (or any other flat surface).
- 2) Relax your shoulders and any other muscles you sense tension in.
- 3) Put a hand on your chest and a hand on your stomach.
- 4) Breathe in slowly through your nose for 3-4 seconds. Feel the air moving through your nostrils expanding your stomach. (You should only feel the hand on your stomach move. The hand on your chest should remain relatively still)
- 5) Pause for 2 seconds
- 6) Exhale slowly through your mouth while contracting your abdominal muscles as well as your pelvic floor muscles (think kegel exercises), for about 4-5 seconds, until all of the air is out and your core muscles are all contracting together.

7) Pause for 2 seconds

*Repeat these steps for a minimum of 10 breaths.

Now, as simple as this is to do. You only get the benefit by doing it.

I recommend setting alarms to remind you throughout the day to do this practice.

To think of when you can do these, here are a few examples from my life as well as the people who I've taught this to:

- First thing in the morning before getting out of bed. (the kids can wait an extra minute)
- Any time you sit down at the bathroom. (Put the phone away and simply breathe)
- As you sit down for a meal.
- Last thing before you fall asleep.



Not only are these more natural times to be able to do your CORE BREATHING, but these are key times where your body could benefit from the relaxation and energy creation that comes with proper oxygenation and engaging your Parasympathetic Nerve System.

The more you do this practice, the more conscious you'll naturally become about your breath throughout the day.

Pay attention to how you are breathing at different moments, like getting the kids ready in the morning, doing school drop off/pick up, while you're preparing meals... What does your breathing feel like? Once you notice the unconscious, shallow chest breathing, shift gears into your CORE BREATHING. You don't necessarily need to stop everything to put your hand on your belly and chest at these moments, but get into the practice nonetheless. If you've been intently practicing at the other times of day, it'll be much easier to initiate your CORE BREATHING in these more rushed and stressed times (which is exactly when you need them MORE!)

All said and done, the toughest thing about this practice is remembering to do it. But I know you can do it.

Lastly, as an important reminder, you're worth it.



You deserve to feel energized, calm and healthy.

And all you have to do to start down that path is CORE BREATHING.

It's as simple and powerful as that.

Yours in Health,

A handwritten signature in black ink, appearing to read 'Dr. Gil Desaulniers', with a dashed line trailing off to the right.

Dr Gil Desaulniers



DR GIL DESAULNIERS

2ND GENERATION FAMILY CHIROPRACTOR, HUSBAND,
FATHER OF 3, OUTDOOR JUNKIE, SCIENCE NERD AND
OPTIMUM POTENTIAL COACH.

TO LEARN MORE OR CONTACT DR GIL, GO TO
WWW.OPTIMUMFAMILY.COM