

Breathing Strategies

Overview

- ▶ Natural Breathing
- ▶ Reverse Breathing
- ▶ Mind-Directed
- ▶ Embryonic Breathing
- ▶ Fire Breath
- ▶ Wim Hoff Cryo-Breathing System
- ▶ Buteyko Technique



Natural Breathing

NOSE BREATHING

- ▶ Moistens air & helps in maintaining body temperature.
- ▶ Nitric Oxide = vasodilation & increased surface area of alveoli = ↑ oxygen absorption.
- ▶ Airflow via right nostril = increased left brain activity/enhanced verbal performance.
- ▶ Airflow via left nostril = increased right brain activity/enhanced spatial performance.
- ▶ Nasal breathing increases parasympathetic dominance to reduce hypertension and stress.
- ▶ Oxygen extraction highest during exhale; nasal breathing creates a back-pressure to increase oxygen uptake.

Natural Breathing

MOUTH BREATHING

- ▶ Short durations only to reduce oxygen deficit.
- ▶ Promotes snoring, sleep apnea & weakens the diaphragm.
- ▶ Bypasses filtration of chemical and microbial pathogens.
- ▶ Associated hyperventilation causes & exacerbates asthma, high blood pressure, heart disease and other medical problems.
- ▶ Depletes carbon dioxide levels, reduced blood circulation/oxygen uptake, slows down brain & reflexes.
- ▶ Narrows nasal passages, dries lung alveoli, cardiac arrhythmias, constricts blood vessels & health of every organ system of the body & lowers IQ.

Self-Directed Energy Movement

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DIRECTED ENERGY = INTERNAL SELF-CARE

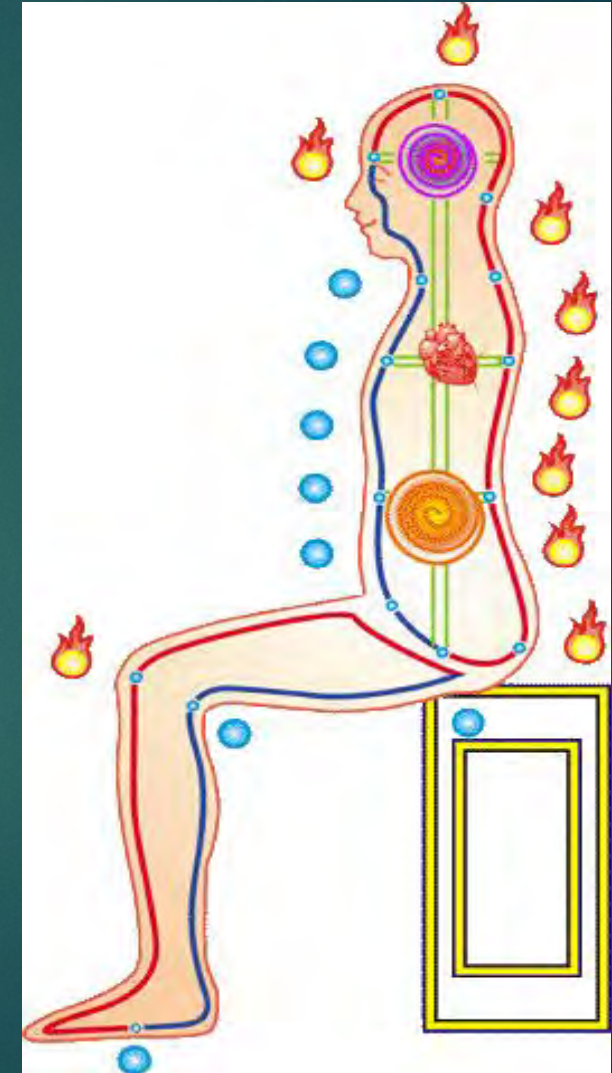
Focused mind + breathing to direct energy/chi flow
ie. Small Circulation, Grand Circulation, Four Gates etc.

- ▶ Improves circulation of lymph, blood & chi.
- ▶ Facilitates neurological communication.
- ▶ Nutritional

REVERSE ABDOMINAL BREATHING

Diaphragm-assisted increased pressure & use of energy
locks expedite & concentrate energy.

- ▶ More efficient chi transfer for enhanced strength & functional movement.
- ▶ Amplifies effects of meditative & regenerative practices.



Embryonic Breathing

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Pure Mind (Wuji) causes polarity through the initial embryological dipole consisting of the Upper Dantien/Brain, Lower Dantien/Gut connected by the thrusting channel/spinal cord.

ABOVE DIAPHRAGM = PINEAL GLAND/YIN WITHIN YANG

Locate Pineal/3rd Eye via toning.

- ▶ Inhale into Pineal, hold breath 5 seconds, shorter exhale.
- ▶ Repeated daily practice accumulates the necessary energy to reactivate true vision.

BELOW DIAPHRAGM = 2nd BRAIN/YANG WITHIN YIN

Locate 2nd brain between umbilicus & mid-lumbar with reverse breathing.

- ▶ Inhale into lower Dantien, hold breath 5 seconds, shorter exhale.
- ▶ Repeated daily practice recharges Kidney energy reserves dissipated through loss of authentic self.

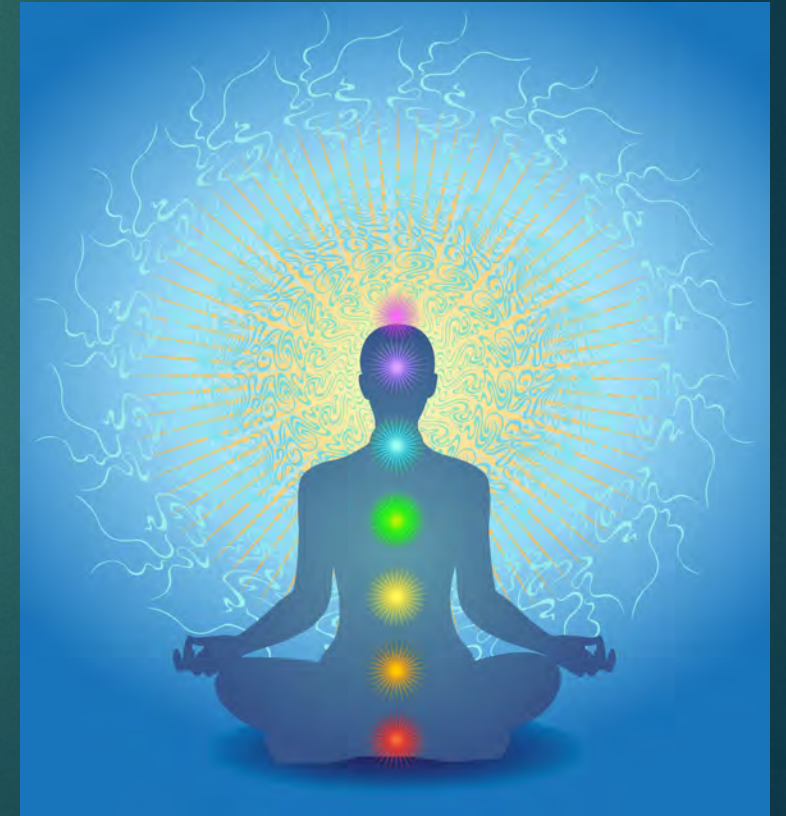


Fire Breathing

FIRE BREATHING

In Sanskrit referred to as 'kapalabhati' or 'cleansing of the mind'. Breath softly but deeply through the nose until the lungs are at full capacity. Exhale forcibly to expel all of the air, and contract abdomen through the spine to stimulate the diaphragm.

- ▶ Helps control stress & strengthens the third chakra.
- ▶ Cleanses the blood and releases toxins from the lungs.
- ▶ Improves lung capacity.
- ▶ Helps memory and concentration.
- ▶ Stimulates the functioning of the digestive system.



Wim Hof Breathing

WIM HOF BREATHING

- ▶ 30–40 rapid, deep inhalation/exhalations with emphasis on inhalation, hold breath on last exhalation, time and followed with one more inhalation and hold breath 15 seconds, breath normal for a minute & repeat 2-3 more cycles with 1 set of push-ups in last exhalation-hold breath cycle.
- ▶ In combination with cold exposure & exercise:
- ▶ ↑ oxygen = ATP (adenosine triphosphate) production, ↓ CO₂ & ↑ alkalinity, ↑ stress hormones & ↓ inflammation.
- ▶ Training of mindset & meditation/concentration.
- ▶ ↑ immunity & conscious use of autonomic function to steer cardiovascular & thermal regulation, ↑ brown fat production.



Buteyko Breathing Method

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THERAPEUTIC BREATHING

A breathing technique developed by Russian medical scientist Dr. Konstantin to normalize specific gas ratios within the lungs required for proper physiology.



- ▶ A light, calm breathing through the nose only to retrain breathing volume & reverse chronic hyperventilation/over-breathing.
- ▶ Hyperventilation = carbon dioxide depletion causing blood vessel spasm and oxygen deprivation; diseased patients exhibit a uniformed deepening of breathing.
- ▶ Oxygen deficiency is not caused by lack of oxygen, but by lack of carbon dioxide.
- ▶ Buteyko breathing encourages parasympathetic activation resulting in a reduction of blood pressure, stress ↑ immunity & the reversal of many diseases.

Buteyko Breathing Method

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The Control Pause Breathing Test

- ▶ Sit down, close your mouth and breathe normally through the nose for 30 seconds
- ▶ Take a normal breath in through your nose.
- ▶ Allow a normal breath out through your nose.
- ▶ Gently close your nose with thumb and forefinger and count the seconds.
- ▶ When you feel the first need to breathe, release the nose and take a breath in through the nose.
- ▶ The number of seconds that has passed is your control pause.

FUNCTIONAL BREATHING TRAINING

- ▶ Reduce Breathlessness
- ▶ Improve Oxygen Delivery
- ▶ Dilate your Nose & Lungs
- ▶ Improve Core Strength
- ▶ Sleep Better-Increase Energy

SIMULATION OF ALTITUDE TRAINING

- ▶ Delay Lactic Acid & Fatigue
- ▶ Improve Repeated Sprint Ability
- ▶ Prevent Gassing Out Too Soon
- ▶ Stimulate Anaerobic Glycolysis
- ▶ Increased Performance Potentials