

## **BONUS - BREATHING TECHNIQUES**

### **4-7-8 BREATH FROM DR. ANDREW WEIL**

I learned this technique from Dr. Andrew Weil when he spoke to my nutrition school. This specific breathing pattern sends a message telling the central nervous system to calm down; perfect for moments of stress and frustration. It's quite effective, so be sure to do it no more than twice per day. I often recommend my clients practice this breathing technique if they are unable to sleep.

#### **TECHNIQUE**

- Inhale through your nose to the count of 4.
- Hold the breath to the count of 7.
- Exhale loudly through the mouth to the count of 8.
- Repeat for a total of 4 rounds.

#### **HELPFUL HINTS**

1. Inhale fully and completely in the first step. You may find that you have to force the air in through your nose – that's okay.
2. Open your mouth and let the air fall out when exhaling, and don't be afraid to make loud noises as you release the air.
3. You may find that you are slightly dizzy at the end of this exercise – that's perfectly normal and a sign that your body is absorbing the extra oxygen you are providing. Just sit quietly until you feel better, then get up slowly.

## **TWENTY CONNECTED BREATHS**

### **ADAPTED FROM LEONARD ORR, VIA DR. SONIA MADERA**

This simple exercise takes only 30 seconds to do. It is a great tool to use in today's fast-paced world, and it will enable you to press the pause button when you begin to feel frenzied. By spending just 30 seconds breathing consciously, you'll bring fresh life energy into the mind and body.

#### **TECHNIQUE**

- Take four short breaths, followed by one long, big breath
- Take the breaths in and out through your nose
- Do four sets of five breaths (4 short breaths + 1 long breath) without stopping (total = 20 breaths)
- When finished, sit with your eyes closed for a few seconds so you can absorb the peace and new energy into your system

#### **HELPFUL HINTS**

1. Merge the inhale with the exhale in an unbroken circle. One inhale connected to the one exhale is one breath. All 20 breaths are connected so that it is one connected series of twenty breaths.
2. Use the short breaths to emphasize the connecting and merging of the inhale and the exhale into unbroken circles.
3. Use the long breath to fill all the room in your lungs on the inhale, and let go completely on the exhale (deep relaxation).
4. Caution - you may find that you are slightly dizzy at the end of this exercise. That's perfectly normal and a sign that your body is absorbing the extra oxygen you are providing. Just sit quietly until you feel better, then get up slowly.

Disclaimer: This information is being provided to you for educational and informational purposes only. It is being provided to educate you about how to take care of your body and as a self-help tool for your own use so that you can reach your own health goals. It is not intended to treat or cure any specific illness and is not to replace the guidance provided by your own medical practitioner. This information is to be used at your own risk based on your own judgment. If you suspect you have a medical problem, we urge you to take appropriate action by seeking medical attention