

### **Three Breathing Exercises...**

from Andrew Weil, MD at [drweil.com](http://drweil.com) website...

"Practicing regular, mindful breathing can be calming and energizing and can even help with stress-related health problems ranging from panic attacks to digestive disorders." Andrew Weil, M.D. Since breathing is something we can control and regulate, it is a useful tool for achieving a relaxed and clear state of mind. I recommend three breathing exercises to help relax and reduce stress: The Stimulating Breath, The 4-7-8 Breathing Exercise (also called the Relaxing Breath), and Breath Counting. Try each of these breathing techniques and see how they affect your stress and anxiety levels.

**Exercise 1: The Stimulating Breath (also called the Bellows Breath)** The Stimulating Breath is adapted from yogic breathing techniques. Its aim is to raise energy and increase alertness...

Inhale and exhale rapidly through your nose, keeping your mouth closed but relaxed. Your breaths in and out should be equal in duration, but as short as possible. This is a noisy breathing exercise.

Try for three in-and-out breath cycles per second. This produces a quick movement of the diaphragm, suggesting a bellows. Breathe normally after each cycle.

Do not do for more than 15 seconds on your first try. Each time you practice the Stimulating Breath, you can increase your time by five seconds or so, until you reach a full minute.

If done properly, you may feel invigorated, comparable to the heightened awareness you feel after a good workout. You should feel the effort at the back of the neck, the diaphragm, the chest and the abdomen. Try this diaphragmatic breathing exercise the next time you need an energy boost and feel yourself reaching for a cup of coffee.

**Exercise 2: The 4-7-8 (or Relaxing Breath) Exercise...**

This breathing exercise is utterly simple, takes almost no time, requires no equipment and can be done anywhere. Although you can do the exercise in any position, sit with your back straight while learning the exercise. Place the tip of your tongue against the ridge of tissue just behind your upper front teeth, and keep it there through the entire exercise. You will be exhaling through your mouth around your tongue; try pursing your lips slightly if this seems awkward.

Exhale completely through your mouth, making a whoosh sound.

Close your mouth and inhale quietly through your nose to a mental count of four.

Hold your breath for a count of seven.

Exhale completely through your mouth, making a whoosh sound to a count of eight.

This is one breath. Now inhale again and repeat the cycle three more times for a total of four breaths.

Note that you always inhale quietly through your nose and exhale audibly through your mouth. The tip of your tongue stays in position the whole time. Exhalation takes twice as long as inhalation. The absolute time you spend on each phase is not important; the ratio of 4:7:8 is important. If you have trouble holding your breath, speed the exercise up but keep to the ratio of 4:7:8 for the three phases. With practice you can slow it all down and get used to inhaling and exhaling more and more deeply. This exercise is a natural tranquilizer for the nervous system. Unlike tranquilizing drugs, which are often effective when you first take them but then lose their

power over time, this exercise is subtle when you first try it but gains in power with repetition and practice. Do it at least twice a day. You cannot do it too frequently. Do not do more than four breaths at one time for the first month of practice. Later, if you wish, you can extend it to eight breaths. If you feel a little lightheaded when you first breathe this way, do not be concerned; it will pass. Once you develop this technique by practicing it every day, it will be a very useful tool that you will always have with you. Use it whenever anything upsetting happens - before you react. Use it whenever you are aware of internal tension. Use it to help you fall asleep. This exercise cannot be recommended too highly. Everyone can benefit from it.

### Exercise 3: Breath Counting...

If you want to get a feel for this challenging work, try your hand at breath counting, a deceptively simple technique much used in Zen practice. Sit in a comfortable position with the spine straight and head inclined slightly forward. Gently close your eyes and take a few deep breaths. Then let the breath come naturally without trying to influence it. Ideally it will be quiet and slow, but depth and rhythm may vary.

To begin the exercise, count "one" to yourself as you exhale.

The next time you exhale, count "two," and so on up to "five."

Then begin a new cycle, counting "one" on the next exhalation.

Never count higher than "five," and count only when you exhale. You will know your attention has wandered when you find yourself up to "eight," "12," even "19." Try to do 10 minutes of this form of meditation.

### **Exercise (from Survive Cancer Web Pages)...**

Article excerpts from web site: [canceraction.org.gg/](http://canceraction.org.gg/)

At least 3 times a week, medically permitting, for a minimum of half an hour at a time, ideally in the fresh air. The simplest thing to do is to walk. If you have the energy, walk briskly for half an hour at a time. If you can do more, try alternating brisk walking with mild running, then walk, then run. Apparently this is what the Roman Army did to conquer the world! However, be careful never to overdo it. Never push or exhaust yourself. Work within your limits, however modest these may be. The main thing is to choose a form of exercise you like and can do easily, and at home if necessary. Try putting on music and dancing; rebounding, (mini-trampolines); swimming; tennis; golf. Start slowly, and build up. Stay with it. Exercise gives you energy over time. If aerobic, it raises "endorphin" levels - the pleasure hormones - and therefore counters depression. It oxygenates your body properly, and, since cancer cells are anaerobic, they hate oxygen. For this reason, breathing exercises are also beneficial, and can be done even when exercise is impossible. If you are not in great pain and/or discomfort, you can do the following even while bed-bound:

### Deep Breathing Exercise...

Lie your back, as flat as possible.

Breathing through your nose, very slowly fill first your tummy with as much air as it will hold, then go on to fill your chest cavity with the same breath.

At the height of the breath, hold it for a count of 1 to 2 seconds.

## *BREATH & DE-STRESS EXERCISES... via FactorReady.com...Spring 2016*

Slowly, and in a controlled fashion, release the air through your open mouth. (This can be noisy).

Before beginning again, pause once more for another count of 1 to 2.

Carry on for as long as you feel the need. A minimum of 10 such deep breaths is recommended. The pauses are essential to avoid hyperventilating. The body takes these pauses naturally when you are not controlling your breath.

If you also count the breaths the concentration required is a form of meditation. Deep breathing exercises for 5, 10 to 20 minutes are an instant tonic, both calming and energizing. They are good to do before sleep, or if insomnia is a problem. You can follow the deep breathing with a total body relaxation and visualization session.

### 10 Minute De-stressing Exercise...

Sit in a comfortable armchair, lounge on a sofa, or lie on the floor/bed. Close your eyes. Take a deep breath and let it go. Feel all your tension and tiredness flow out with the breath, feel it drain down and out through your limbs, feel yourself growing warm and very heavy all over. Sink into the ground or chair. Now work round your body and feel each part grow warm and very heavy, feet to knees, thighs, lower back, chest, arms, head. Drop/relax your jaw. Feel your forehead smoothen. Now go round again tightening groups of muscles, as hard as possible. Hold for 10 to 20 seconds then release and relax. Repeat this several times till you feel really free of tension. Finish with a good cat stretch. Go back to what you were doing. Repeat the exercise as needed. This is good also last thing at night.

PS from [FactorReady.com](http://FactorReady.com): Cancer reportedly does not thrive well in oxygen and alkaline pH environments, therefore it highly behooves most of us to perform reasonable amounts of deep breathing as well as avoiding excessive acidity in our food or liquids. Please read our Health tab article at [FactorReady.com](http://FactorReady.com) as well as various pdf specific health articles under Downloads (in the health Tips folders). Note: The Budwig Health Mix will synergistically place oxygen into body cells and is very beneficial to help prevent and/or aid in deleting cancers. Of course any physical exercise, including deep breathing and/or efforts to raise body pH should be discussed and approved by your health care provider. Stay Well, Stay Prepared and Stay Prayed Up!

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