

Breathe Freely Exercise

We do, of course, encourage you to seek reassurance from your doctor or medical practitioner if you have any concerns whatsoever before proceeding with this method.

Introduction

If you find that you sometimes have difficulty breathing as well as you might like to, or you suffer from hay fever, allergies, sleep apnea, anxiety, panic attacks, blocked nose and other similar debilitating conditions, then you are going to soon discover an amazing, revolutionary method of gradually improving your breathing by regularly practising a simple exercise designed to help you take control of your breathing.

We will teach you how to use a highly effective, yet simple breathing technique which will, over time, retrain you how to relax and breathe better. You can use our progressive audio exercise to gauge your condition and log your improvement over the days and weeks ahead.

But first, we want to be completely honest and warn you - you must make a commitment to actually follow through and do what is laid out here. We won't mislead you and pretend that it's going to be easy for everyone to get the results they want. It WILL take work on your part, but we know that if you put the time and effort in, you WILL experience great results, but it will, like all good things, take time to achieve.

That said, the principles here are very simple. So if you do find it difficult, stick with it and keep going. You WILL get there eventually if you put in the time and effort required!

So, what's involved?

We have discovered something that many people who suffer from breathing related issues have in common. Most of them over-breathe and importantly, tend to breathe for much of the time through their mouth instead of their nose. Notice how you are breathing right now. Is your mouth open or closed?

As you go about your daily life, whilst sitting, walking, exercising, notice if your mouth is open or closed. You must start to retrain yourself to keep your mouth closed and breathe gently, only through your nose.

What happens if people tend to breathe through their mouth is that they take too much cold air into the lungs and exhale too much carbon dioxide when they breathe out. Breathing in through the nose gently heats and allows the air to take on moisture, which makes it easier to process, as well as allowing the nostrils to filter out many of the airborne contaminants that may agitate the lungs. What you may not realise is that it is actually beneficial to retain a level of carbon dioxide instead of expelling it all. This is why, when people over-breathe to the extreme, otherwise known as hyperventilation, doctors may give patients a paper bag to breathe into, with the hope of normalising the carbon dioxide levels by re-breathing some of the carbon dioxide. Breathing in and out **ONLY** through the nose is the correct way to avoid exhaling too much carbon dioxide and retaining the correct levels of moisture.

What we aim to achieve with this method is to simply re-balance the level of carbon dioxide that you retain so that it adjusts back to levels more in-line with healthy living. As you begin to retrain yourself to breathe like this you will slowly begin to notice an improvement in how easy you find your breathing. To start with, you may find it a little difficult to get used to breathing in a different way. It is your body re-adjusting and reacclimating to the new levels of carbon dioxide it is receiving. It's just like changing diet. Obviously, don't over-do it! Take things very slowly, one step at a time. This is intended to be a gentle treatment so give it time. If, at any time you feel unwell or struggle with the technique, stop immediately and try another day. This isn't intended to replace any advice or medical treatment that your doctor may have prescribed, so if you're at all concerned, check with them before proceeding.

There are many excellent books and papers available which go into much, much more detail than we will here. We'll mention some of them at the end of this guide for your reference, but, for now, you're probably eager to get started!

Getting started - Is your nose blocked?

As we mentioned earlier, this method requires that you breathe through your nose and keep your mouth closed. Now, we realise that that might sound easier than it actually is. Many sufferers find that their nose is partially or even completely blocked, especially at night when they are trying to sleep.

Close your mouth now and see if you can breathe only through your nose.

If you can't breathe at all through your nose we'll need to unblock it. Gently hold your nostrils and keep your mouth shut and sway your head from side-to-side and back-and-forth. Release your nose, keep your mouth closed and gently breathe. Even if the airflow feels restricted, do your best. Remember, this may take time. Every little step helps.

Once you have some airflow through the nose you may notice that one nostril remains completely or partially blocked. To check this, gently hold one nostril closed then breathe. Try the same process with the other nostril. If you do notice that one nostril is blocked this is also completely normal. The nose tends to go through a self-cleaning cycle where each nostril may be congested for a time. A few hours later you should notice that the congestion swaps over to the other nostril.

Keep your mouth closed whenever possible and you will eventually notice that any restriction in breathing that you did experience will gradually lessen and your breathing will begin to be easier through the nose.

Try to notice whether or not you are breathing through your nose or your mouth during the day. Just the act of closing your mouth as much as possible will slowly lead to the airflow through your nose becoming much easier. Again, give this time - it WILL improve. Don't overdo things.

Progressive Breathing Exercise

When you feel comfortable with breathing through the nose with your mouth closed you can start to measure your improvement with the help of our Progressive Breathing Exercise (the audio file that accompanies these instructions).

The exercise works like this;

- **First, sit down in a comfortable, upright chair.**
- **Position yourself so that your spine is straight and allow yourself a moment to relax.**
- **Notice your arms, shoulders and neck muscles and allow any tension to melt away.**
- **Once you are comfortable and relaxed, ensure that your mouth is closed. It should remain closed throughout this exercise.**

The exercise is very easy to carry out. It is organised into eight different levels, each level getting progressively harder to complete. Don't expect to be able to complete all eight levels straight away - it will take time. Think of it like any other exercise. The more training time you devote, the better the results you will experience.

Continue through as far as you can comfortably go on. When you feel the need to breathe, do so gently and calmly. **Don't force anything.** It's not a race or a competition. At this point, turn off the audio recording and make a note of the level number / time count that you are able to reach, along with your pulse rate, in the results chart towards the end of this guide. Using this chart you can monitor your progress and see, at a glance, how the quality of your breathing is improving.

So, let's get on with the breathing exercise now..

Start The Breathing Exercise

Once you are ready, gently **breathe in** through your nose for **2 seconds**.

Count.. 1 - 2.

Gently **breathe out** through your nose for **3 seconds**.

Count.. 1 - 2 - 3.

Hold your nose closed.

Count.. 1 - 2 - 3 - 4 - 5.

Release your nose and gently **breathe in**.

Make sure your mouth remains closed throughout.

Now as we recover, we are going to sit here and notice our breathing. Try to breathe slowly and gently. Keep your mouth closed.

Measure your pulse during the recovery period.

Completing Level 1 indicates that your lung CO₂% is 3.50%

Each subsequent level progressively increases the breath-hold count by five seconds until it reaches a time count of forty seconds at level eight.

Completing Level 2 indicates that your lung CO₂% is 4.00%

Completing Level 3 indicates that your lung CO₂% is 4.25%

Completing Level 4 indicates that your lung CO₂% is 4.50%

Completing Level 5 indicates that your lung CO₂% is 4.75%

Completing Level 6 indicates that your lung CO₂% is 5.00%

Completing Level 7 indicates that your lung CO₂% is 5.25%

Completing Level 8 indicates that your lung CO₂% is 5.50%
You have reached your goal and attained the required level for what is considered to be a healthy person.

How to measure your progress

The aim is to comfortably reach Level 8. You should notice that your resting pulse rate decreases the further you are able to progress. Upon reaching Level 8, you will have reached your goal and your lung CO₂% appears to be well balanced and within the range of good health. Even when you can comfortably reach the end of this exercise, you can continue to use it to ensure that the quality of your breathing remains at the optimum level. You should start to notice huge improvements in how you feel by the time you reach this level.

<u>Level completed</u>	<u>Time</u>	<u>CO₂%</u>
Level 1	5 seconds	3.50%
Level 2	10 seconds	4.00%
Level 3	15 seconds	4.25%
Level 4	20 seconds	4.50%
Level 5	25 seconds	4.75%
Level 6	30 seconds	5.00%
Level 7	35 seconds	5.25%
Level 8	40 seconds	5.50%

Thanks and Good Luck!

Thank you for giving this breathing technique your attention. We are sure that you will see a marked improvement and by following these instructions you will be able to chart these improvements over time. Remember, this might take time, but it will eventually happen if you put in the time and effort.

We hope that you found this material useful and you enjoy the journey toward breathing easily and freely and a long and healthy life!