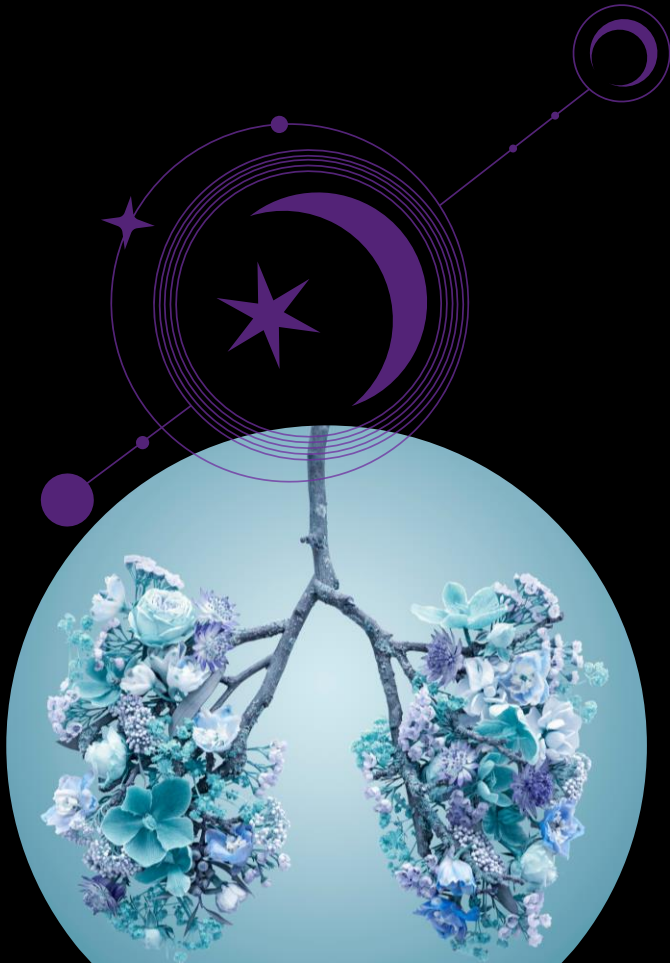


IMPORTANCE OF BREATHING

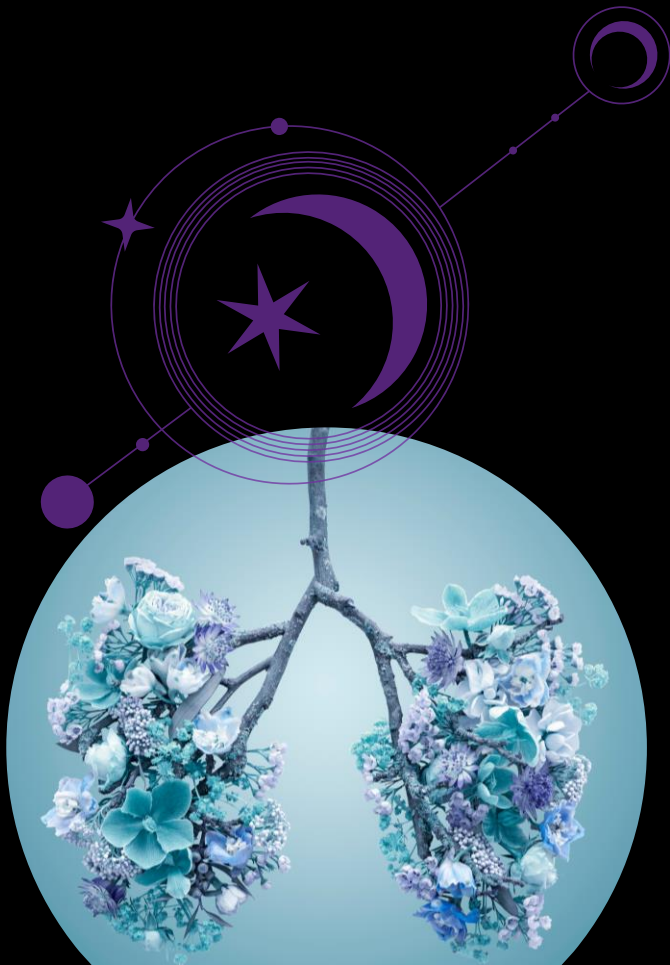
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OUR MIRACULOUS LUNGS



- Your lungs are the pair of spongy, pinkish-gray organs in your chest.
- When you inhale (breathe in), air enters your lungs, and **oxygen from that air moves to your blood**. At the same time, carbon dioxide, a **waste gas, moves from your blood to the lungs and is exhaled** (breathed out). This process, called gas exchange, is **essential to life**.
- The lungs are the **centerpiece of your respiratory system**, which also includes the trachea (windpipe), muscles of the chest wall and diaphragm, blood vessels, and other tissues.

OUR MIRACULOUS LUNGS



- All these parts make breathing and gas exchange possible.
- From the time you are born until the physical death of your body, **your lungs work 24/7 without you even thinking about it!**
- Your **brain controls your breathing rate** (how fast or slow you breathe), by sensing your body's need to get oxygen and get rid of carbon dioxide.
- For a short video, click [here](#).

THE CALMING (4-7-8) BREATH

- The 4-7-8 breathing technique is **based on exercises from pranayama**, which is the ancient yogic practice of controlling your breath.
- The 4-7-8 breathing technique was **developed by Andrew Weil, MD**, and he refers to it as a "natural tranquilizer for the nervous system."
- Benefits of slow, deep, intentional breathing include **reduced anxiety, lower blood pressure, slower heart rate, improved sleep, less pain, and improved concentration**. See WebMD [source](#) for more detail.



THE CALMING (4-7-8) BREATH

- 4-7-8 breathing involves positioning your tongue against the front roof of your mouth, **breathing in through the nose for a count of four, holding that breath for a count of seven, and exhaling through the mouth for a count of eight** (making a “whoosh” sound).
- You can practice 4-7-8 breathing anywhere and at any time. When you're first learning, try to **practice at least twice a day**, but you can do it as often as you want. Only do it for four cycles in a row in the beginning. After you get used to it, you can work up to eight cycles. You may feel lightheaded at first, but this will pass.



Watch this brief video of the creator of 4-7-8 breathing, Dr. Andrew Weil, instruct how to do it. Click above or [here](#).

The more you practice something, the more quickly it becomes a [good] habit.

Feed your body and mind with the oxygen it deserves.

Good luck!

