

Age-Defying & Disease Defence Plan

Strategy #1 – Practice Deep Breathing

Shallow breathing and daily stresses increase the production of adrenalin, cortisol and norepinephrine in the blood. These hormones cause your blood pressure to rise, your immune system function to fail, and brain functioning (memory, learning, and mood) to decline.

Deep Breathing - To understand the mechanics of deep breathing, the most common breath used in yoga, take a look at a sleeping baby. Watch her abdomen rise effortlessly on the inhale and fall on the exhale. This is our natural, inborn way of breathing. Realize that you have known this way of breathing and it is preserved in your cell memory. If you have forgotten how, here is your chance to re-train yourself.

Practice the following deep breathing exercise at least once a day and you'll improve your health age by 6 years.

1. Lie on your back with your knees bent. Place one hand on your abdomen and the other on your upper chest. Exhale all of your breath out. Make a conscious effort to push the remaining breath out with your abdominal muscles, creating a vacuum for a deep breath to enter.

2. As you begin to inhale, your abdominal muscles will relax and expand outward to allow the diaphragm to drop. Hold the breath for 1-2 seconds at the end of your inhalation. As you exhale, your abdominal muscles will naturally move inward to press the diaphragm up against the lungs. Notice the breath leaving the upper chest first. Continue exhaling smoothly and completely, and feel the abdominal muscles press slightly toward the spine. Pause the breath then begin another deep inhalation.

Repeat this process nine more times. Work up to longer intervals and at high times of stress spend 5-10 minutes focused on your breathing to help impose relaxation, promote clarity, and rejuvenate energy.

