DISCLAIMER

Nothing in this book is intended to diagnose, prescribe, or treat any ailment, nor is it intended in any way as a replacement for medical consultation when needed. At the first suspicion of any disease or disorder please consult a licensed primary health care professional. Bring this manual with you.

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CALL ME.

Congratulations on your choice. This manual is an ongoing study that will probably never end. I am updating it once or twice yearly. The date at the bottom of the page is the latest version. You are encouraged to obtain another in six months to a year. Owning this version qualifies you to updates. The cost will be much less for the updates. The A-Z Programs section updates will be FREE on the web site.

Now that you have the manual and after you have read it AT LEAST TWICE you are welcome to call me at 866 My Inhale with any questions.

DEDICATION

When fear or confusion would challenge me or cause me to “lose my breath”, there were those who appeared in my life and guided me in ways that kept the “wind beneath my wings.”

I gratefully acknowledge:

Reverends Shari Culliver and Max Lafser, Lynda Brockmann, Dr. Alexander Lowen, Margaret Leong, Gary Hagman, Nicolai Massenkoff, Faith Winthrop, Stanley Keleman, Dr. Gerald Frank, John Bradshaw, Dr. Kathryn Hendricks, Tartang Tulku, Swami Chetanananda, Jocelyn Olivier, Pamela Reynolds, Stanley White, Pearl White, Dr. David Miller, Serena Dossenko, Michael Mayer, Senior Pastor Kirk Bowman, and Dr. Len Saputo.
Fond appreciation to Brenda Hortobagyi for being the model for most of the pictures. Her genuine warmth, inner strength and sense of ease are a constant inspiration to me.

Deepest thanks to Theo S., my fifth grade school teacher in Long Beach California. Hardly a week goes by that I do not thank the Lord for her kindness, insight and sensitivity.

The deepest, easiest **BREATHING REFLEX** is something **NO-ONE** should live without experiencing, again and again, day in and day out, moment to moment. Thank you Carola Speads, Margaret Leong and Carl Stough for leading me to such a wonderful experience. Thank you Dennis Lewis and Ilsa Middendorf for expanding my awareness of more sensing and kinesthetic feedback of one’s breathing experience.

My audios, visuals, booklets, nutritional/cleansing, exercise, ergonomic products and videos add important directions and insights to every aspect of this manual.

**QUOTES AND SIDEBARS**

In the foundation of our inner strength and awareness, insights are direct links to the depths of our understanding. What follows will give one more familiarity with the relationship of the breath and breathing to life and living. Hold these thoughts in your hearts and minds and borrow some for side-bars in your books, themes for articles and talks about the breath and life.

Incorporate them as did Gay Hendricks in his Conscious Breathing book. Acknowledge them as being first read in this book. Credit other appropriate author and publications. Help the world of “breathers” join together and be heard as one voice.
READING and COMPREHENDING THE CONTENT

This manual is in many ways not organized as you might have expected. If I had a spiritual agenda it would be easy but there is often dogma in spiritual agenda and I did not want any restrictions or bias in the way we open our minds to more direct ways of looking at the breath and breathing. Certainly breathing is a spiritual act. But this manual is not about spirit, it is about breathing. The subject of breathing is HUGE. I am approaching it for the sake of breathing. Nothing else. This often forces me as well as my readers to go outside the box of a predictable ways of thinking about breathing. If you read the entire manual TWICE you should start to get intuitively what I am trying to say. The many contexts that you come across will hopefully open your mindset to a simpler, more direct way of looking at breathing. It will begin to give you a new vocabulary for breathing. If you want to read some good non dogmatic spiritual oriented breathwork then I highly recommend The Art of Breathing by Frederick Leboyer, anything written by Dan Btrule, or .

Outline that which catches your attention. Then focus on any relevant programs in the PROGRAM THEMES A-Z section.

Health professionals and care givers are encouraged to attend our school to learn better how each facet of breathing development is related to their specific population and to all populations.

THE BEGINNING

MY PATH TOWARD OPTIMAL BREATHING

Many years ago I was swimming with the sharks as a commercial real estate broker. I did very well but I also pulled a lot of metaphoric shark’s teeth out of my backside. The stress and competition was excruciating but I knew of no other way. I had not found my breath.

Salesmen in the company I worked with had settled disputes with each other by meeting on a vacant lot to fight it out. I didn’t know that I hated that business until a visit to Tahiti for two weeks put me in touch with part of myself that only extended quiet or catastrophe seem to allow. I really understood how swimming with the sharks had been quite a bit less than nurturing and satisfying. I began to look elsewhere for ways of self-expression and what I felt were healthier, more lasting ways of relating to others. Money was not an issue since I had had plenty of money and that had not made me any happier.

Time away from the real estate shark tank I began to remember the pure joy of being alive; remembering my youth when I was happy, safe, and full of new experiences. I was excited about learning and sharing new and useful information. Long before I’d ever heard of and come to admire author speaker John Bradshaw, I began a quest to reunite with what I sometimes called my eleven year old.

I promised myself that I was not going to let anything get in the way of my path towards wholeness, passion and purpose. I estimate that in terms of the money I made plus the moneymaking deals I let pass me by that I spent more than three million dollars on personal growth programs. I want to use that investment to help millions of people find their breath and all the health, vitality, and life extending benefits that stem from that.

I was a very happy one-year-old. You can see it in my baby pictures. My mother told me that she witnessed my father terrifying me with a vacuum cleaner when I was about two years old. As he laughingly taunted me with something that I was obviously frightened of, he informed my mother that he was doing this to "make a man out of me." At seven I took the "wrong" street home from Sunday school, arriving home on time. An hour later my paternal grandmother returned after going up the "right" street to meet me. She went to the
cupboard, returned with a double razor strap, and beat me with it for a very long time. She yelled something about paying attention to instructions. I never returned to Sunday school. “Normal” childhood occurred with many other intimidating incidences, and by age 10 I had developed into a frightened, lonely child with few pleasant memories of earlier years.

During my eleventh year my fifth grade teacher (God bless Theo S.) had the class sing every morning for 45 minutes. School life slowly blossomed into fun and adventure with exciting new experiences every day. I began to change from a frightened child to a joyful, happy child. My teacher had me sing for the entire student body and faculty. My voice could fill a large auditorium. Life was exciting. My girlfriend was chosen to be on television, my grades in school were nearly all A’s. I loved learning. I became joyfully expressive. I have many pleasant memories of that year.

A year later, my father, a policeman, was supporting a wife with a ten years life expectancy due to Parkinson’s disease, a retarded two year old son, a bad back, a bone growing out of the bottom of his foot, impending deafness, and a 12 year old (me) growing one inch per month with unbridled curiosity about life.

As fathers (and policemen) will do, he sought to put some controls into his environment. Over the next few years, between ages 12 and 16, as a result of accumulating demerits by not making my bed, taking out the trash, feeding the dog or doing the dishes, I received from my father several beatings that went beyond the point where I could scream. I also experienced several random traumatic incidents involving my ability to breathe. I lost interest in school, could no longer sing, became shy and nervous, and almost constantly in a hurry.

Age 33 after enduring a numbing sense of loss from a devastating divorce and loss of the presence of my beautiful three-year-old son, I realized that my life felt very empty and I was at an all-time low. I remembered that singing used to make me feel great, but I could no longer hold or match a tone vocally. I instinctively sensed this might connect to my emptiness and confusion so I sought a singing teacher. This began my return to the breath. Sadly, she wasn’t a very good singing teacher for me. What I really needed was to re-learn how to breathe, and then singing would become easy again. It wasn’t till 20 years later that I discovered that breathing was the key.

“When the deepest parts of you become engaged in what you are doing, when what you do serves both yourself and others, when you do not tire within but seek the sweet satisfaction of your life and work, you are doing what you were meant to be doing”.

Gary Zukav

REGAINING MY “ELEVEN YEAR OLD”.

Years later, I feel much younger than my age. I am energetic and full of plans for the future. Relationships, passion and a sense of purpose guide my priorities. I feel worthwhile and am treating myself accordingly. Though some hearing loss challenges my patience, I am most often at peace, even when those near me are not. I’ve even learned to like myself. I’ve also forgiven my father who is gone now, to his next expression. I know that he loved me. Through the breath I have grieved my unmet needs as his son. What he did was done to him, I have grieved the loss and now there’s no one left to blame. His ring is one of my most valued possessions.

The breath has healed me. Twice.
SECRETS
What follows will unlock some of the mysteries of breathing that have been well kept secrets long cloaked in psychological jargon, eastern esoterica, spiritual abstractions, and new age hyperbole. By unlocking these secrets, you have the opportunity of self-healing, self-discovery, self-empowerment, and self-transformation limited before to only a chosen few.

Better breathing cannot suddenly give you fully developed talents you do not have, nor imbue you with genius. It can, however, raise your IQ several points and be an invaluable aid in focusing. Better breathing will aid or increase whatever talents you do have, as well as strengthen your insights and intuitiveness.

Observe happy, healthy, vital octo and nono genarians and see if you do not observe larger than usual chests and good to excellent postures, daily exercise habits and copious live nutrition. Look at the postures and chest sizes of 2 incredibly vibrant long living roll models. Paul Bragg at age 95 and Gypsy Boots at age 92; The lung volume related to body mass of certain sea turtles, an average life span of 100+ years. Now think of what kind of metabolism a sea turtle must have to dive underwater for 15-20 minutes without breathing. Their lungs are nearly 50% of their total body volume.

The Framingham study http://www.breathing.com/articles/clinical-studies.htm quantified the health and longevity secrets of the breath but they did not quite know what to do with it or to take full advantage of its relevance. But I do and so will you.

The keys to optimal breathing are Accuracy, VARIETY, Repetition, Maintenance; what you do to your breathing, on an ongoing basis, is big, deep, effortless, strong and safe, repeatedly strengthens existing capabilities, offsets weaknesses, and expands your natural creativity and options in life.
I. WHAT IS OPTIMAL NATURAL BREATHING?

Ways Optimal Breathing can affect your health and life:  

II. FEELING, MEASURING, ASSESSING YOUR BREATHING  

III. SCIENCE AND CLINICAL STUDIES  

IV. BASIC BREATHING ANATOMY & NERVOUS SYSTEM FUNCTION  

V. RESPIRATORY FUNCTION AND OXYGEN  

VI. DAY TO DAY FACTORS THAT SUPPORT OPTIMAL BREATHING  

VII. BREATHING EXERCISES & DEVELOPMENTAL SUPPORT  

VIII. BREATHING REFLEX DEVELOPMENT TECHNIQUES & EXERCISES  

IX. SINGING, SPEAKING, CHANTING TONING  

X. THOUGHTS, ATTITUDE & BREATHING  

XI. BENEFITS & TESTIMONIALS  

XII. GLOSSARIES – ALTERNATIVE MODALITIES PROGRAM THEMES A-Z  

XIII. BREATHING.COM WEB SITE ARTICLES  

XIV. GOING DEEPER  

XV. APPENDIX  

XVI. THE OPTIMAL BREATHING SCHOOL  

Section 2  

BUILDING HEALTHY LUNGS, NATURALLY  

Mechanical Breathing Function - Posture - Movement and lung function - Breathing Exercises  

Squeeze and breathe - Diet & Nutrition - Digestion and elimination - just as important as healthy eating  

Sunshine - Water - Supplements - including 55 lung friendly ones - Hair, Urine & Blood Testing - Save a lot of money -  

Fasting, cleansing - Detoxification – Food, air, environment, cosmetics - Weight control  

Secrets of Optimal Natural Breathing  
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Lung Diseases - 300 meds that can harm the lungs - Oxygen therapies
INTRODUCTION

The Main Points Of This Manual Are.

1. Optimal Natural Breathing/Breath is life.
2. The Deep And Easy Breathing Reflex.
3. Specific Breathing Exercises In Order
5. Optimal Measurements In ALL Those Areas Simultaneously Almost Guarantees That You Will Experience More Of Practically Everything Good In Life And Rarely, If Ever, Get Sick

Ever hear or say the expressions “get a life”? “Take a breath”?

In this manual you will examine key points of your own breathing and use those insights in every aspect of your life. The DIRECT AND INDIRECT CONDITIONS RELATED TO THE WAY YOU BREATHE help you choose and track what is most important to you. In the breathing CONDITIONS AND SUGGESTED PROGRAMS section you can create your very own exercise program.

“Breath is life”. It is an ancient axiom. Why so?

After years of studying different spiritual and psychological disciplines I discovered that almost every well known or broadly accepted spiritual approach, had hidden within it one or more specific ways of addressing the way that someone used the breath and breathing. If they had one thing in common it was a strong respect for prana, chi, ki, elan vital, spiritus, pneuma, kundalini or what I call Optimal Life Force. If it was so important to all those spiritual disciplines, there must be many secrets kept about it that could benefit the human condition.

My father was a police detective and always counseled me to look for the common denominators. The common denominator became more then the simple fact we breathe, but rather why, how and in what way? This idea of the way, the how and the why pointed me towards something I could, without expensive science and distorted opinion, feel and measure on my own giving me a sense of tangible evidence

Eventually I realized there was something terribly wrong with the way I was breathing. It has taken almost 25 years to discover what was wrong and how to make it better. During that time I spent a fortune looking for answers in all the wrong places. I discovered what did NOT work. Having had this book from the beginning would have shortened that time considerably and saved me a lot of frustration, confusion, relationship problems and money. Breath really IS life. A strong, deep, natural, easy, free and coordinated breath truly is a metaphor for life.

From my research I found that the breath affects every aspect of our existence. Learning this opened my mind to personal change and gave me valuable life enhancing insights. One cannot understand the breath without making a study of it. And to know the breath, one must experience it directly.

Breath is somatic, kinesthetic, insightful, emotional, and spiritual as well as physical, mechanical and biochemical. I suggest you use this book as a beginning, like a basic tool kit you keep in the trunk of your car.
ROSETTA STONE; A STORY OF A KEY
A slab of black basalt found in 1799 near the mouth of the Nile. A decree carved in it in hieroglyphic and demotic ancient Egyptian writing and Greek provided the key to deciphering of Egyptian hieroglyphics.

Just as the Rosetta Stone was a key to enabling modern people for the first time to translate ancient Egyptian language, key breathing development techniques and exercises contained guided me into simultaneously combined states of increased energy, mental clarity, emotional calm, physical ease, and expanded breathing freedom. This new way of breathing helped re-establish internal integration and breathing coordination that had eluded me for over forty years; secrets well worth learning.

I. WHAT IS OPTIMAL NATURAL BREATHING?
Optimal Breathing Can Be In Many Ways Senior To Thinking.

As children we hold or suppress our breath. Trauma and bad habit also makes it shallow or distorted. Many of us reach adulthood with unbalanced or distorted breathing. This can distort our view of the world, keep us out of touch with our feelings and emotions, cause problems in our personal relationships, make us sick and sometimes want to die. Breathing depth, ease and awareness are the foundation of your healthy "feelback" (instead of "feedback") system. In this state of being, all too often "well meaning helpers" can tell us what to think and feel.

From studying hypnosis we already know that reality is often what we think is so. Maybe always. But another level of awareness is how we feel, and what we intuit. Intuition requires body mind connection and optimal body mind connection requires balanced breathing lest a disturbed nervous system distort our sensibilities, thoughts and emotions. ESP is a matter of extra sensitivity. Watch the feeling sensing antenna of the breathing and see how it is connected to the sensing and feeling of the body as it interacts with the ANS (Autonomic Nervous System).

Optimal Breathing® addresses a Utopian or non-Utopian world in the best way possible; the way I believe God intended us to breathe. Ease, flow and balance, the absences of which causes tension that also cause weakness.

It is a qualified and quantified look and feel that is reflective of the best that can be had in the moment. It stems from a strong foundation and allows for freedom and depth and range of maximal experience. It allows for singing, athletics, meditating, laughing, bliss, crying, speaking out, performing delicate tasks, recovering from stress(s) of habituated activities that cause shallow or distorted breathing, the quickest and most thorough healing of wounds, illnesses, physical as well as emotional/spiritual.

It allows us to run the full range of emotions, and yet come back to deep peace, etc. "Reasonable" is defined by our individual values. Hopefully we seek those values that support our highest way of being.
This can take time to learn and practice on a day-to-day basis. If it not achieved then it is not optimal because states of peace, love and joy are what my research has lead me to believe is the physical body's natural state of being and allows for the longest and most satisfying life.

Secrets of Optimal Natural Breathing
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Major principles underlying breathing development:
1. Posture
2. Ease of breathing
3. Volume of breathing
4. Efficiency of breathing volume usage
5. Gas exchange and respiration chemistry
6. Maintaining a steady flow of air on inhale and exhale
7. Controlling expiration
8. Breathing related to movement
9. Depth combined with ease
10. Isolation of abdominal muscles from diaphragm
11. Stamina without breathing volume restriction
12. Integrating breathing with performance
13. Breathing and sleeping
14. Breathing and relaxation
15. Breathing and diet, nutritional supplements, detoxification, environment
16. Qualifying various mechanical devices for breathing measurement and development
17. Adjusting to higher altitudes
18. Handling respiratory illnesses
19. Attitude and self image
20. Self help for breathing development
21. Assisted breathing development through a trained Optimal Breathing School practitioner

If it is not addressed in the manual it will be addressed over time at the school

Body systems affected by better breathing.

**IMMUNE SYSTEM**
Your breath and breathing aids the immune system by:
Lessens stress responses by regulating the nervous system that staves off diverting energy from healthy immune system function while increasing oxygen to kill germs, viruses and parasites and support healthy bacteria.
Oxygen works very much like T cells in that is kills harmful bacteria, germs and viruses.
Adding copious oxygen offsets fatigue, listlessness, repeated infections, inflammations, allergic reactions, slow would healing, chronic diarrhea and infections that represent an overgrowth of some normally present organism, such as oral thrush, systemic candidiasis, or vaginal yeast infections;
Extra oxygen molecules attach to toxins and pollution and form toxic waste that is excreted from the body via the breath and other means of elimination which lessens work for immune system.
Accelerating regeneration of tissues by allowing the regenerative systems of the body to heal/regenerate instead of fight off invaders.
It is not thought of that way but it really is a primary component of the immune system. People often die in hospitals of the combination or pneumonia and immune system weakness. Oxygen levels and the immune system are completely interdependent.

**THE RESPIRATORY SYSTEM**
Dramatically aids in relief of many long term respiratory difficulties such as asthma, bronchitis, COPD
Reduces chest pains due to tight muscles thus the tension causing anxiety of "heart attack potential" is reduced
Opens up the chest to make breathing easier and fuller, which facilitates strengthening of the life force, emotional stability and mental clarity to feel more energetic.
Maintains blood acid alkaline balance which supports optimal cellular function

**CIRCULATORY SYSTEM**
Improves blood circulation and relieves congestion
Increases supply of oxygen and nutrients to cells throughout the body
Increases flow of oxygen-to-oxygen loving organs such as the brain and eyes
Eases the strain on the heart by increasing oxygen to the heart

**THE NERVOUS SYSTEM**
Calm a chronic "fright or flight" anxiety state by reversing the breathing patterns which began at the time of the original trauma
Healthfully stimulates the nervous system when fatigue is present
Helps reduce overeating response to stress
Depending on the technique used, healthy breathing can balance brain hemispheres

**THE DIGESTIVE SYSTEM**
Proper diaphragmatic action acts as a pump to massage the internal organs, significantly aiding their function
Optimal breathing calms the emotions which in turn allow the digestive system to stay in a stronger expression of parasympathetic rest, digest and heal.

**URINARY SYSTEM**
Excess water (in the form of vapor) is expelled
Reduces swelling of the body (edema)
Decreases stress on organs of elimination, thus helping the body to naturally cleanse and tonify

**THE LYMPHATIC SYSTEM**
Increases depth and continuity of lymphatic fluid circulation which plays a crucial role in eliminating toxic wastes and strengthening the immune system
Helps speed recovery after major illnesses

**MUSCULAR/LIGAMENTS**
Relaxes muscle spasm and relieves tension. Tension that often causes muscle weakness
Helps increase the supply of blood and nutrients to muscle
Upper body strength is directly affected by proper breathing
Feeling better and more "present" in your body naturally lead to a greater desire to exercise for health and enjoyment
Offsets and prevents formation of adhesions
Improves coordination and grace via greater relaxation and self-awareness

**STRUCTURAL**
Invites internal sensing of optimal posturing
Helps prevent muscle adhesions
Releases and reduces muscular tension that eventually may cause structural problems
Helps increase flexibility and strength of joints; when you breathe easier you move easier
Can partially compensate for lack of exercise and inactivity due to habit, illness or injury

**ATHLETIC PERFORMANCE**
Enhance endurance
Shorten recovery times.
Smooth out running styles creating grace, ease and more efficient movement
Sharpen mental clarity

**PHYSICAL APPEARANCE**
Healthy breathers look more rested and vibrant
Reduces wrinkles due to improved circulation and blood oxygen flow
Results in radiant skin at any age
Replaces energy lost during the natural process of growth and aging

**MENTAL**
Improves power of mental concentration and observation
The brain is an oxygen-loving organ; supplying greater oxygen to the brain naturally enhances its performance
Lower stress levels lead to higher productivity, greater learning capacity, better decision making

**EMOTIONAL**
Increases feelings of safety, nurturing and self-acceptance
Produces profound relaxation and inner peace (think: grace under pressure and courage under fire)
Reverses effects of stress related to self-defeating habits and tendencies, including childhood traumas, religious programming and cultural conditioning
Strengthens coping skills
Increases positive energy
Enhances sense of self and inner power
Produces heightened self-awareness and self-love, which leads to healthier life choices about self-care, relationships, work, environment, etc.

SPIRITUAL
Deepens meditation or spiritual connection
Heightens intuition
Balances subtle energy systems affecting all the bodies: physical, emotional, mental, spiritual
Enhances creativity

INTERPERSONAL RELATIONSHIPS
Relaxation, self-love and self-acceptance enhanced by optimal breathing leads to greater compassion for others
Helps clarify and strengthen boundaries and take responsibility for their role in relationships
Increases awareness and management of subtle energies within and around you and others

SEXUAL ENJOYMENT
Regulates intensity of orgasm
Higher relaxation levels and self-love lead to more compatible partner choices

I have found 10 major obstructions to optimal breathing:
Physical/mechanical constriction & poor internal breathing coordination including but not limited to chronic tensions throughout any portion legs, pelvis, abdomen, chest, shoulders, throat and head.
Airborne allergy or pollutants
Food based allergies including all grains
Prescription drug side affects
Non-activity
Unresolved emotions
Posture
Poor attitude
Stress

There is no program to develop optimal breathing until now
KEYS TO OPTIMAL BREATHING DEVELOPMENT

Breathing reflex development, Posture, Kinesthetic Breathing Awareness, Endogenous (gas exchange efficiency) NOTE: Endogenous breathing occurs largely as a result of pressure within the lungs and may or may not be beneficial depending upon the force applied making some aspects of deep breathing quite negative. Physical Measurements (such as chest expansion, the number count, breathing rate, extended breathing exhale length, Sound Production Quality And Quantity, breathing coordination, emotional balance, daily tasks and developing life skills are primary markers for positive change of the breath.

The NATURAL BREATHING REFLEX, like the Rosetta Stone, A Key, must be developed, and an improved sensory awareness with it.

DEFINITION OF “THE BREATHING REFLEX”. The BREATHING REFLEX is at the bottom of the exhale and immediately following the pause, if there is one. There is a natural autonomic reflex that is triggered to ‘breathe the body so to speak’. The BREATHING REFLEX is or becomes a “non-pulled-in” inhale that occurs when the body “decides” it needs more oxygen and/or nervous system balance. It can be triggered/induced or completely passive depending on the state of body oxygen, depths of rest or release of tensions needed for recovery of energy and nervous system balance. The BREATHING REFLEX will be addressed throughout the manual, videos and recorded exercises to assist its discovery and development. Please note that much of breathing awareness must be addressed via a video or audio guide to have any real depth of meaning. Reading about the breathing is helpful and lends deeper insights but the breathing MUST be experienced to be properly learned.

REPEAT: Endogenous breathing (including breath holding and extending the pause) occurs largely as a result of pressure within the lungs and may or may not be beneficial depending upon the force and length of time applied.

The keys to breathing are the:
1. Exhale - You must empty the cup full of dirty dishwater before you fill it up with tea.
2. Internal breathing coordination – all the muscles, nerves, tendons, bones accompanying the breath wave work in harmony.
3. Gas exchange. The oxygen must move from the lungs to the blood stream to the mitochondrion
4. Chemistry-Nutrient/oxygen absorption from the blood into the cells. The cells must accept the oxygen, antioxidants and cofactors.
5. Inhales per minute
6. Pauses per minute. The resting phase so that the NATURAL BREATHING REFLEX can be given time be “earned” and to occur.
7. Chest expansion at the clavicle level.
8. Posture
9. Attitude – What you see is what you get. Energy and your reactions to life’s situations most often follow thought(s) colored by depth and intensity of emotions
10. Emotions – Connect us to higher or lower state of awareness. Not always good. Not always bad.
11. Nutrition
12. Internal cleansing

OPTIMAL CHOICES?

With certain fundamentals in place, optimal breathing is often a very personal thing. But the more we do something the more it can become what we consider to be “natural”. What we presently see or feel as natural may not be optimal. You may have heard many physicians advising “learn to live with it”. We may have already learned to live with distorted breathing as it has become homeostatic and feels “natural”. Others know that something is wrong with their breathing but do not know how to improve it. Naturalness is not always good such as digesting strychnine, which is also “natural”. Primary (direct) and secondary (indirect) assessments will help one gauge how good is their breathing. Peace of mind can mean good breathing but it can also indicate ignorance or denial.

There are several masterful expressions of breathing spanning from doing nothing and simply observing the breath to conscious active intervention. There are literally thousands, perhaps millions of benefits to be received when one is taught by a teacher with sufficient experience and combine gas exchange/respiration, chemistry (cellular uptake of oxygen) and mechanical breathing work. Be mindful that many examples of...
“organic”, “natural”, “proper”, “diaphragmatic” breathing are either distorted or grossly over or underestimated due to some form of spiritual agenda or outright ignorance of the teacher.

If you do not know what healthy breathing feels, looks and sounds like, how can you show someone else? Our Optimal Breathing Computerized Trainer can lend considerable insight to some forms of hidden unbalanced deep breathing (UDB).

The natural breathing reflex (Rosetta Stone) must be developed and an improved sensory awareness with it. Much of breathing awareness must be addressed via a video or audio guide to have any real depth of meaning. Reading about the breathing is helpful and lends deeper insights but the breathing MUST be experienced to be properly learned.

Note: Endogenous breathing occurs largely as a result of pressure within the lungs and may or may not be beneficial depending upon the force in hales or exhales, breath holding and length of times applied.

WHY IS BREATHING NOT TAUGHT AT THE GRADE, MIDDLE, HIGH SCHOOL AND UNIVERSITY LEVELS

To begin to unravel the mysteries and power of the breath, we need to combine the approaches of hard science, psychological exploration, and spiritual practice.

The confusion seems to me to largely stem from:

A. Business cannot patent it.

B. Scientific research is based on using mice, monkeys, rats, cats and dogs etc. None of which breathe like healthy humans.

C. Education overlooked it - MDs study less about healthy breathing in school then they do about nutrition.

D. Reduction of autopsy rates from 40% in 1940 to 15% in 1999 effectively eliminates longitudinal studying of long-term health implications. Cost and so-called lack of need was sited. How well developed or deteriorated was the person's diaphragm at time of death? No autopsy makes it far too easy for MDs get to bury their mistakes and miss out on the lessons of post mortem investigation.

"Advances in diagnostic technology have not diminished the value of autopsy. The discordance between the clinical cause of death and postmortem diagnosis was 19.8%. In 44.4% of the discordant cases, knowledge of the correct diagnosis would have altered therapy. Postmortem study can serve as a valuable monitor of quality control in diagnostic accuracy of MICU patients. CHEST 119(2):530-536, 2001. © 2001 ACCP"

See the new TV program CSI - Crime Scene Investigation. Great example of the need for forensic medicine.

MAJOR ELEMENTS OF THE OPTIMAL BREATHING SYSTEM

The principals of optimal breathing are few and simple. The path to optimal breathing is littered with hidden religious agendas, aberrant medical influences, dangerous esoteric “magic”, “secret” exercises and the exaggerated promises of well meaning would be teachers. I believe that basic healthy breathing is generic to ALL humanity. It should be our God given right. From polio or emphysema victims, to opera singers and chi kung masters, ANYONE can learn to breathe better.
Our Optimal Breathing system includes elements of:

1. hard and soft style martial arts
2. massage
3. myofacial release work
4. movement and balance
5. internal breathing awareness
6. natural hygiene including vitamin supplementation, cleansing, detoxification and environmental factors
7. transformational breathwork
8. attitudinal healing
9. spiritual psychology
10. classical and popular vocal and speech training
11. athletics
12. Tibetan and Hindu Yoga
13. Kinesiology (muscle testing and balancing)
14. Inversion Traction
15. Mega nutrition
16. Rolfing (structural integration)
17. meditation

From my experience these disciplines need be more closely studied and integrated with relevant Holistic Health and Complimentary Alternative Medical Practices (CAM) that are noted in the Programs A-Z section.

AS GOOD IT GETS -
MY HYPOTHETICAL “12 CYLINDER” OPTIMAL BREATHE

I look at breathing as an automobile engine. The larger the “engine” the better the breathing. Larger is always relative to the over all height of the individual; you can’t expect someone 5 foot 5 to have the lung volume of a six foot five person but some do. According to the Voldyne 500 at 6 foot 2 and age 64 my lungs are the volume equivalent of a 6 foot 10 inch tall 20 year old.

Divide breathing into belly, back, ribs and chest In this way we see a potentially twelve cylinder breathing engine (1 cylinder high chest breath, 3 cylinders rib breath, 3 cylinder low back breath, 3 cylinders belly breath, 2 cylinders high back breath). If one or more cylinders ceases to function, we have to run the engine faster to produce the same torque or horse power. It also runs poorly sequenced and balanced. The extra speed mostly over-stimulates causes excessive oil (surfactant) use as well as over-stimulation of the sympathetic fight, flight, freeze or fake or fumble aspect of the Autonomic Nervous System.

The larger 12 cylinder engine works slower and easier and can cruise so to speak at 140 miles per hour. The smaller 2 cylinder one would vibrate and self destruct itself much beyond 50 miles per hour. It also would collect excess byproducts of emission in the form of toxic residue causing fatigue, mental dysfunction and immune system weakness.

With few exceptions, unless it is deficient in the first place, increase of the high chest portion invites a faster tendency towards stress and ill health due to sympathetic nervous system fight, flight, freeze fake it or fun energetic excesses.
BREATHING MECHANICS OR BREATHING CHEMISTRY. Which is more important?

Improved respiration/gas exchange/entidal CO2 levels and chemistry are going to influence, chemistry and
focus but I have observed that balanced optimal breathing mechanics must be in place for healthy
BREATHING REFLEXES, relaxation, digestion, a more calm form of chemistry, and recovery from healthy
or unhealthy stress. Balanced breathing may be senior or more necessary to health in many ways to optimal
breathing chemistry and sometimes visa versa. Breathing chemistry seems more necessary when high stress
levels are sustained for long periods of time. BOTH must be in place for optimal breathing.

MEASURABLE CRITERIA FOR
OPTIMAL BREATHING DEVELOPMENT
AND MAINTENANCE.

- The BREATHING SELF TEST - Number Count consistently to 175 or more
- Your high chest rib expansion exceeds three inches if you are above 5’2” inches; four inches if you
  are over 6 feet tall; 5 inches if you are over 7 feet tall. Cloth measuring rape included with 176
  video.
- That you have received OBR’s and Strapping Techniques by a trained professional and learned to do
  some of them on yourself via our Video #176.
- You can spontaneously in most positions and medium stress activities demonstrate a deep reflexive
  in breath.
- Your breath rate is 7 per minute or less
- Resting pauses are three seconds or more
- You can move your belly in and out while making a sustained tone and that tone will waver not at all
  or very little.
- Our Computerized Breathing Trainer reading shows 38 –50 entidal CO2
- A oxymeter measured 98-100 blood oxygen level.
- Your extended exhale can comfortably last 60 seconds or more.
- Your posture is upright and your movement grounded and free.

From Carl Stough:
An excerpt taken from a lecture given by Carl Stough at the Institute of Alexander Teaching (July
23, 1997):

"Perfect breathing occurs when the diaphragm is strong enough to sit high inside the ribcage, so that at the
end of the exhale there is a very low residual volume of air left in the lungs. The volume of the reflexive*
inhale which follows is the result of the body's demand for oxygen (or need for parasympathetic balance**).
But regardless of this demand, large or small, diaphragmatic exhale still rises high enough to maintain the
minimum residual volume."

*I use “reflexive” instead. mgw
** added by mgw
MUCH MORE abut the diaphragm later in this manual.

TAKE A SHORT BREAK.

"TRIGGERING” or STIMULATING THE NATURAL BREATHING REFLEX -
The “Rosetta Stone” of Breathing

I inserted it here for a small break in reading this manual.
Sit or stand “tallest” and without taking a deep breath, slowly force all the air out of your lungs by
extending your exhale until you no longer can not breathe out. Then let an effortless deep breath (the
natural breathing reflex) enter (hopefully) and be felt in your entire body. The result should be a
significantly deepened state of relaxation. Any inhibition of the natural breathing reflex stems from the probability the rib cage got too stiff or improperly postured to expand and contract. Years of this and the diaphragm gets weaker and will begin to sink and shrink lower in height and reducing its air drawing and relaxing capabilities. Mild cases look like anxiety. Extreme examples of this are panic attacks, seizures, emphysema, sports induced asthma, hyper vigilance and many other chronic illnesses. See the 176 video for more on developing the reflex. [http://www.breathing.com/video-strap.htm](http://www.breathing.com/video-strap.htm)

II. FEELING, MEASURING, ASSESSING YOUR BREATHING.
Assessing for Unbalanced Dysfunctional Breathing . UDB

The latest version of this part of Section II is included with all 176 DVD orders.

a. The main reason you want to improve your breathing is most likely to improve your quality of life. You must then ask yourself the questions below. They will help you establish relevant insights across a wide variety of real life subjects so that you might easily tell when improvement occurs in one or more of those areas.

Check the most important issue to you presently. Work with the breath and retake the test in a month or so to see how many are no longer a concern or you have already attained your chosen breathing development goal.

Use a 1-5 importance scale. 1= Zero importance; 2= A little importance; 3= moderate importance 4= Significant importance; 5.= Extreme importance

**Life skills:**
- Increased self understanding
- Better decision-making
- Greater motivation
- Expanded options
- More comfortable with change
- Releasing mental ruts
- Improved creativity
- Improved inner strength
- Opening to the state of flow
- New concepts readily integrated
- Less Perfectionism
- Being a self-starter
- Peace of Mind
- Focused thinking
- Spiritual growth
- Alignment between inner drives and outer expression
- Increased productivity
- More stamina
- More Joy
- Personal power
- Self awareness
- Sports performance
- Greater enthusiasm
- Greater sense of belonging
- Acting on authentic self
- Comfort with personal expression
- Contribute to the greater good

**Bowel or rectum disorder**
- Bronchitis or history of
- Can’t catch breath
- Can’t cry
- Can’t laugh
- Can’t relax
- Chest pains
- Chronic fatigue
- Clears throat often
- Climbing stairs difficult
- Colds and flu a lot
- Concentration
- Constipation frequently
- COPD or history of
- Coughs a lot
- Cramps in neck, back, shoulders
- Crave sweets, alcohol or soda
- Cries a lot
- Deep peace within
- Deviated septum
- Don’t breathe
- Digestion
- Dizziness
- Drowsiness-fatigue
- Dry mouth
- Eating disorders
- Energy increase
- Environmental influence
- Fainting
- Fear of
- Emphysema
- Fall asleep watching TV when you had rather have watched the program?
- Family history of lung prob.
- Feeling __chilly__ __hot
- Finish other people’s sentences for them?
- Flushes
- Frequent illness
- Gas
- Grief
- Grind teeth at night
- Guilt
- Headaches
- Hearing
- Heart rate too fast
- Hot Flashes
- Hypertension
- Hyperventilation
- Immune system strengthening
- Improper diet
- Incompetence
- Irritability
- Irritable bowel
- Lump in throat
- Meditation
- Memory
- Mouth breathing
- Nightmares
- Night sweats
- No second wind
- Nostril(s) stuffy or plugged
- Is Nutrition and cellular strength and function important to you?
- Often find your tongue pressed to the roof of your mouth?
- Pain chronic or acute
- Palpitations
- Panic attacks
- Phobias
- Pneumonia or history of
- Poor posture
- Raw_cooked_food ratio in % points
- Recent anesthesia

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b. TRUE DEEP BREATHING IS DEEP AND EASY

Try this again. Take a deep breath. Wait a few breaths and take another deep breath. Note how you feel. A little relaxed? Should be so.

Take a minute and try this now.

Wherever your breathing is now, make a strong Shhhhh sound like asking someone to be quiet. Keep producing that sound until you have no air left. Let the inhale come in without pulling it in. It should come in deeper and easier.

Try it again.
Wherever your breathing is now, make a strong Shhhhh sound like asking someone to be quiet. Keep producing that sound until you have no air left. Let the inhale come in without pulling it in. It should come in deeper and easier.

How do you feel now? Do you feel more relaxed then when you “took a deep, breath? You should. What you again just did was what I call “TRIGGER THE REFLEX”. It is a technique and insight I use throughout my work. It is one of the secrets of optimal breathing.

“Taking a deep breath” is quite helpful but still to me the quick fix of modern stress management. It has many fine qualities but may divert the individual from an even deeper place of breathing depth and ease such as you just experienced. It also sets up an internal confusion or mask as to what deeper states of calm really feel like.

*You need to breathe slow enough and pay enough attention to really get into what is going on in your breathing system.*

http://www.breathing.com/tests.htm “Physical restrictions” is a pretty good way do to do that. (This gets updated frequently so the best source is the web site at www.breathing.com/tests.htm)

They are listed below.

**Physical restrictions and sensations indicative of possible UDB Unbalanced Deep Breathing.**

**Stand easy and erect or sit out on the edge of a chair.** Close your eyes, go within and take the deepest in and out breath you can take, now. do another in and out breath, now. Then allow yourself to breathe normally, and open your eyes and reflect on:

Did you experience one or more of the following conditions?

- ✔ 1a Unsatisfying or shortness of breath
- ✔ 1b Can't catch breath or deep breathing curtailed
- ✔ 1c. Tightness, soreness or pressure in the chest or below breast bone?
- ✔ 1d. Breathing feels stuck?
- ✔ 1e. Feel a hitch, bump or lump right below your breastbone when you try to take a deep breath?
- ✔ 1f. Breathing feels like a series of events instead of one smooth internally coordinated, continuous ease and flow?
- ✔ 1g. Breathing is labored or restricted?
- ✔ 1h. Breathing is shallow?
- ✔ 1i. Pain between the shoulder blades?
- ✔ 1j. Stiff neck?
- ✔ 1k. Lump in throat
- ✔ 1l. Shoulder tension?
- ✔ 1m. Jaw tension
- ✔ 1n. Tension around the eyes
- ✔ 1o. Do you find that you are often pressing your tongue to the top of your mouth?
- ✔ 1p. Are you a mouth breather
- ✔ 1q. Do you often sigh or yawn?
- ✔ 1r. Do you snore?
- ✔ 1s. Confusion or sense of losing normal contact with surroundings
- ✔ 1t. Poor physical fitness
- ✔ 1u. Scoliosis or abnormal curvature of the spine.
- ✔ 1v. Air hunger -
- ✔ 1w. Tightness around the mouth
- ✔ 1x. Aching & stiff limbs
- ✔ 1y. Limb weakness
- ✔ 1z. Cramps
- ✔ 1aa. Lower chest, upper abdominal pain
- ✔ 1bb. Chest wall tenderness
- ✔ 1cc. Wheezing

#2. Do you often experience:

- ✔ 2a. Pulsing or stabbing feeling in and around ribs?
- ✔ 2b. Sore deep pain feeling like a band across the legs?
2c. Resting pulse rate over 62?
2d. Side stitches?
2e. Dizzy spells or pass out?
2f. Shivering
2g. Can't walk uphill and talk at the same time without getting short of breath?
2h. Get tired from reading out loud?
2i. Sleep on a soft mattress
2j. Sleep on your stomach
2k. Chronic pain
2l. Clamy hands and or feet.
2m. Light headedness or feeling spaced out
2n. Upset stomach or irritable bowl syndrome
2o. Muscle spasms
2p. Stiffness
2q. Abdominal cramps
2r. Bloating
2s. Headache
2t. Trembling
2u. Twitching
2v. Shivering
2w. Muscle tensions
2x. Can't hear associated with any of this list?
2y. Difficulty singing or playing wind instruments?
2z. Dizziness
3a. Black-out
3b. Breathlessness
3c. Blurred vision
3d. Chest pain
3e. Feelings of suffocation
3f. Sweaty palms
3g. Cold hands
3h. Tingling in the hands & around the mouth
3i. Numbness
3j. Heart palpitations
3k. Irregular heart beats
3l. Anxiety
3m. Apprehension
3n. Hyperventilation
3o. Stress
3p. Tenseness
3q. Fatigue
3r. Weakness
3s. Exhaustion
3t. Dry mouth
3u. Nausea
3v. Lightheadedness
3w. Dizziness
3x. Fainting
3y. Panic attacks
3z. Sleep disorder
3aa. Esophageal reflux, heartburn
3bb. Abnormal ECG changes

4. Do you often experience ANY of the following?
4a. Confusion
4b. Disorientation
4c. Attention span trouble
4d. Poor thinking

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4e. hormonal fluctuations
4f. poor concentration
4g. anxiety
4h. problem solving deficit
4i. drowsiness while sitting
4j. too many thoughts that will not stop when you would like them to
4k. seizures
4l. high blood pressure
4m. can't meditate
4n. waken from sleep suddenly not breathing.
4o. nausea

Repeat the experiment. Stand erect or sit out on the edge of a chair. Close your eyes, go within and take the deepest in and out breath you can take, now do another in and out breath. Then allow yourself to breathe normally, and open your eyes and reflect on:

c. Did you experience one or more of the relevant choices above?

OR does your breathing somehow worsen

1. During or after excessive stress
2. When I become too tired.
3. When I sit in my easy chair
4. When I sit in my office chair
5. When I sit in my car seat, bus or airplane seat
6. When I am lying in bed.
7. When I stand
8. When danger threatens me
9. When a loved one approaches me
10. When I am startled
11. When I laugh
12. When I cry.
13. When I feel depressed
14. When there is humidity in the air.
15. When I go into cold weather from a warm place.
16. When I go up stairs too fast.
17. When I try to deny that I have respiratory difficulties.
18. When around cigarette smoke.
19. When I become angry.
20. When I exercise or physically exert myself.
21. When I feel distressed about my life.
22. When I feel sexually inadequate or impotent.
23. When I am frustrated.
24. When I lift heavy objects.
25. When I begin to feel that someone is out to get me.
26. When I yell or scream.
27. During very hot or very cold weather,
28. When I laugh a lot.
29. When I do not follow a proper diet
30. When I feel helpless.
31. When I drink alcoholic beverages
32. When I get an infection (throat, sinus, colds, the flu, etc),
33. When I feel disconnected from everything and everyone
34. When I experience anxiety.
35. When I am around pollution.
36. When I overeat
37. When I feel down or depressed.
38. When I breathe improperly
39. When I exercise in a room that is poorly ventilated.
40. When I am afraid.
41. When I experience the loss of a valued object or a loved one.
42. When there are problems in the home
43. When I smile.
44. When I Share a feeling
45. When I feel love for someone
46. When I try to sing better or at all
47. Play sports hard
48. When I try to speak better
49. When I try to sleep
50. When I have too much weight
51. If I have had an abuse history
52. Traumatized - past or present

The latest version of this a,b,c part of Section II is included with all 176 DVD orders.
MEASURING DEEPEST, EASIEST and STRONGEST BREATHING

The height of diaphragm rise (excursion) or passive exhale is often directly proportionate to one’s ability to relax and expand the chest simultaneously. The strength of the diaphragm is a primary factor in states of personal power and expression. The smoothness and coordination of its pathway up and down inside the chest actually drives the nervous system, inviting smoothness or inconsistency.

An example of a strong diaphragm is in one’s ability to focus. I read a recent article about an opera singer who during an aria, slipped and fell flat on her back in front of several thousand viewers. She didn’t miss a note. Then during her bows she got hit in the face with a solid piece of bouquet holder and maintained her composure as blood trickled down her face. The crowd went wild at such a show of dedication and focus.

From a martial arts perspective, the fully rounded front, side and back lowest breath plays the strongest part in ones ability to relax and stay the course under severe stress. Women giving birth know well what it means to let go and become more relaxed. During birthing they are taught to “push, push, push” but that often causes tension and restriction.

FORCED DEEP BREATHING IN is not a long-term answer. It may or may not help initially but if prolonged, it invites rib cage restriction in later years and teaches one's breathing system to tighten up instead of let go which is where volume and deepest relaxation and nervous system and balance abide. Letting go and producing audible sound when the breath volume is largest is a primary key to developing volume and longevity. Easy relaxed humming is a variation of that.

Learn how to develop the breath without inhibiting rib cage expansion and you most often concurrently learn how to develop the diaphragm. It is relatively easy if approached from the proper perspective but often like a rocket ship just one degree off course, the further it travels, the further away it becomes from its intended destination.

EMOTIONS – Do we have them or do they have us?

The intensity and toleration of emotion is directly interdependent with the depth, ease and balance of the breath. Try holding your breath and try to feel intense joy or happiness.

Impossible isn't it?

With the unobstructed breath there is "freedom or experience and expression". Breathing free really is another breathing metaphor for life. Breathing strong is another.

See http://www.breathing.com/articles/emotionsandbreathing.htm for more about this.

SELF DETERMINATION

"The word proactive means more than merely taking initiative. It means that as human beings, we are responsible for our own lives. Our behavior is a function of our decisions, not our conditions. We can subordinate feelings to values. We have the initiative and responsibility to make things happen". Steven Covey, The Seven habits of highly Effective People"

Restrictive breathing patterns also support subconscious defense mechanisms in "stuffing down" unpleasant emotions. In fact, such unhealthy breathing patterns such as UDB www.breathing.com/articles/udb.htm are often the result of previous attempts to cope with traumatic emotional or physical events dating back as early as or even before birth. When feelings go unexpressed they are consciously repressed or subconsciously "suppressed" (i.e., stored in the body-mind as chronic tension or filters for our expressions. It is almost inevitable that unexpressed feelings/emotions are eventually expressed as distorted responses, pain and or disease. Since feelings are a form of energy, which cannot be destroyed (as Einstein proved years ago), but can only change form, it is our responsibility to transform this energy before it causes disease in our bodies, and/or minds and our interpersonal relationships.

We all have the power to create the life we really want to have. The key is finding the tools, beliefs and support systems that will help us to most easily and quickly bring forth, from within, our highest and best. We CAN be the way we want to be. See Program Themes A-Z

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There is no question that emotions greatly influence hormone secretions and nerve activities, which will either strengthen or weaken the immune system. This affects every physiological and metabolic function in our bodies. It is vital to work on eliminating resentment, anger, hate, fear, guilt, depression, greed and other negative emotions. I have found that visualizing one's self as perfectly healthy and happy can be very effective. Many healings (or spontaneous remissions) of death dealing illnesses have occurred just from either breathing better and or attitudinal changes that have evened out and strengthened foundational breathing, supported balanced emotions, and helped sustain them as they changed to consistent positive spontaneous attitudes/reactions/energy. The more you develop and get in touch with your breathing and its relationship with your entire body the healthier you can become and the more you can stay in touch with yourself and others.

The hierarchy of ones experience of emotions is

1. Breathing
2. Body sensations.
3. Feelings
3. Emotions.(body sensations plus thoughts/ideas)
4. Expressions

SEPARATE REALITIES

Love--THE FEELING -- is the fruit of love, the verb.

Reactive people make it a feeling. Hollywood has generally scripted us to believe that we are not responsible, that we are a product of our feelings. But the Hollywood script does not describe the reality. If our feelings control our actions, it is because we have abdicated our responsibility and empowered them to do so. Steven Covey, "The Seven habits of highly Effective People"

I agree except in the case where the breathing is out of balance. Some might say it is our thoughts alone that drive or dominate us. If our body permits it we can hold several different realities concurrently. Our focus or lack of focus, feelings, emotions, consciousness, internal sensing, unconscious agenda, intention or attention will choose which one or ones become dominant. If our breathing, the link to the mind-body-spirit integration, is somehow compromised, our connection to our mind-body-spirit center or wholeness becomes limited and even distorted. This is often because our nervous system has been pulled off balance or misdirected by our unbalanced ANS.

FEELBACK?

Anger is largely held in the shoulders. Depression /sadness can be observed as a depressed or sunken upper chest. Fear is often focused in the belly. Breathing is also shallow, excessive high chest or erratic.

From Dennis Lewis.

Impatience can look like short, jerky, uncoordinated breaths and tension in the front of the chest with a slight bending forward of the upper body.

Guilt may appear as a restricted or suffocating, shallow breath and an overall sensation of being weighed down

Boredom might be associated with a shallow lifeless breath and little sensation anywhere in one's body.

Grief can be associated with a sort of spasmodic-sobbing-superficial breath and a hollow empty feeling in pit of the stomach or the belly.

Love, compassion kindness, wonder are associated with deep, expansive comfortable breathing and an open energized receptive feeling throughout the entire body. Each of us will discover variations in his or her own physical and emotional world. Italics refer to quote material from The Tao of Natural Breathing by Dennis Lewis. Used with permission.
Restrictive breathing patterns also support subconscious defense mechanisms in "stuffing or holding back" unpleasant emotions. In fact, such unhealthy breathing patterns are often the result of previous attempts to cope with traumatic emotional or physical events dating back as early as or before birth. When feelings go unexpressed they are consciously repressed or subconsciously "suppressed" (i.e., stored in the mind and body as chronic tension). It is inevitable that unexpressed feelings/emotions are eventually expressed as anger, pain and disease. Kathryn Hendricks, a leading psychologist calls this "coming out crooked".

To not engage the breath, when attempting to change our ways of thinking, is to overlook the primary link to our mind body spirit connection and relationship, the bellows behind the fire of our lives. This over-site actually invites frustration and re-enforces failure just as much as if we had wanted to fail in the first place. No wonder some of us really believe we are destined for a life of negative experiences. Expand your breathing (in balance) and you expand your creativity and possibilities. Integrate that with spiritual principles and develop a healthy respect for the idea that “energy follows thought”.

Do we need to pay a lot of attention to WHY we do these things that do not serve us? Perhaps but not necessarily so. Some aspects of UDB can be changed with focus and intention; the deeper ones can not. Quite often the more dependable/responsible and satisfying ways of being are in choosing the way we want to be - the wellness model, not the way we do not want to be - the illness model. But in order to do that, we must know what healthy breathing looks, feels and sounds like and breathe through any resistance to our changing. New ways of feeling unfamiliar territory within our body can cause anxiety, as the energy created from the new experience is "intolerable" (Wilhelm Reich's way of putting it). Be the way you want to be with spiritual principles and balanced coordinated breathing.

Our body's resistance to excessive energy is, to us, often scary and unsettling. Our toleration for joy and happiness is limited and needs gradual increasing, a gradient approach. This has been called "raising one's energy thermostat". But when we do address it we can change the way we think and feel so quickly that even one session of consciously directed breathing can be equal to years of formal psychotherapy. This is another reason why therapists are fast learning how to use the breath as a tool for transformation. The Breathing Exercise Number 2 aka Tibetan Caffeine is a dependable way to increase one's energy without it causing problems with energy overload. See Product #130 http://www.breathing.com/exercise2.htm

Krishnamurti said, “Meditation is easy we just complicate it”. And it is the same for feeling the way we want to feel. Ease, flow, balance and calm are good words for that. You CAN choose the way you want to be. This takes time and intention. One's "nature" stems from the idea of natural but as I said before strychnine is a "natural" deadly poison and natural breathing is not necessarily healthy; It can be distorted, un balanced and underdeveloped. With conscious ACCURATE development of your breathing, the lead horse in your team of horses called your autonomic nervous system, becomes more aligned with your "healthy" nature. This nature needs the support of healthy breathing lest the lead horse guide the others towards the perils of mountain chasms or the glue factory. The primary secret of self directed states of mind and being, lies in choosing our thoughts and the way we use our breathing.

AWARENESS, PERCEPTION and ALIVENESS

Saying the same thing in slightly different terms. To function optimally in our world we need to be aware of how it is affecting us, moment to moment. This is greatly aided by balanced mechanical function of the breath to support that awareness. If the breath is distorted, our perceptions are as well distorted, along with, quite possibly, our conclusions, judgments, values and actions. Our sense of self and the very core of our wholeness becomes integrated or distorted by virtue of balanced or unbalanced breathing. The field of respiratory psychophysiology may address this someday but sadly, much of it will probably be based upon the illness model of western medicine. A separate study of how the breath feeds and affects the chakra system would shed a lot of light on the entire subject. Anodea Judith might be a good choice for this. Amazing woman.

There is a direct relationship between breathing and aliveness. Just sensing is not enough. Most breathe too little or too much in the high chest and We need to get in touch with our breathing and body sensations and develop our breathing as well. A colleague named Dennis Lewis says it this way “we must undertake an experimental study of breathing in the laboratory of our own body...The re-education of our internal perception1. I just love that.
Our videos and recorded trainings include insights that engage the body’s sensing mechanisms and also monitor excessive breathing energy. See our Perceiving and Sensing Product http://www.breathing.com/perceiving-sensing.htm

SQUEEZE AND BREATHE -
A great stress buster. My favorite one for quick energy or less anxiety
To better familiarize you with the 360-degree diaphragmatic breath and for breathing that is centering and calmly energizing.

1. Sit supported by a small round pillow as above or out near the edge of a fairly hard surfaced chair, stool or arm of a couch, with feet flat on the floor, or stand. Both of these positions need an erect but not so stiff posture. Be “tallest” with your chin slightly above the horizon. If you stand, bend your knees slightly so as to unlock them. Place your thumbs over your kidneys (below your back ribs and above your pelvis). Wrap your fingers around your sides towards your belly button. Squeeze your fingers together gently as you nose breathe long slow deep breaths into your squeezed fingers and thumbs.

Let your tongue lightly touch the roof or your mouth and your jaw relax.

Take 5 slow complete in and out breathes.

Did that feel good? Try bringing your shoulders back about two to three inches as you breathe in. NOT UP, but BACK. Was it easier to breathe that way? It often is. Do it THAT way then.

Repeat 5 -10 10-second breathing cycles with a few seconds rest in between or for as long as it feels good.

TAKE A BREAK TO TRIGGER THE NATURAL BREATHING REFLEX
To introduce one to the natural breathing reflex and what it should begin to feel like.
Sit or stand tall with your chin slightly above the horizon. Where ever your breathing is now breathe out (exhale) until all the air is gone; Use your stomach muscles to squish your belly inward to force most of the breath out. No pain though.
Allow a deep breath to enter filling up the belly and chest. Do Not force inhale.

That is triggering the reflex. Do it again.
Sit or stand tall with your chin slightly above the horizon. Where ever your breathing is now breathe out (exhale) until all the air is gone; Use your stomach muscles to squish your belly inward to force most of the breath out. No pain though.
Allow a deep breath to enter filling up the belly and chest. Do Not force inhale.

Notice how relaxed you get. Do it again.
Sit or stand tall with your chin slightly above the horizon. Where ever your breathing is now breathe out (exhale) until all the air is gone; Use your stomach muscles to squish your belly inward to force most of the breath out. No pain though.
Allow a deep breath to enter filling up the belly and chest. Do Not force inhale.
Take a few moments and feel how relaxed you feel. Go deeper with this in the 176 video where you learn to actually deepen the reflex so it works better at everything it is supposed to do.

MORE PRIMARY ASSESSMENTS
To help you choose what to do and why. In addition to # 1-3 directly preceding this sentence.

1. TAKE A DEEP BREATH and PRODUCE A CONTINUOUS VOCAL TONE AND SIMULTANEOUSLY MOVE YOUR BELLY IN AND OUT. Does the tone waver much or at all?
It shouldn’t. Try it a few more times to see if you can improve on it. Many of your breathing muscles must be inter-dependent but not “co-dependent”. Accessory but not enmeshed.

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2. BREATHING PAUSE EXTENSION
Let a natural exhale occur. At the bottom or end of a natural exhale, time resisting breathing in as long as you can. Time it in seconds. Answer_____. Should be at least 45 seconds

3. UPPER CHEST EXPANSION TAPE MEASUREMENT - CHEST SIZE.
The more you try to increase the chest size and diaphragm strength by the effort of expelling the air, pursed lips exhale or blowing air exercises, wind instruments, and over exertion/breath heaving, the more the breathing system can become improved somewhat, but still stiff, and lacking in expandability. The negative aspects are hardly noticed if at all because they occur in such small increments. If you have emphysema you will probably notice the difference immediately.

The rib, chest and shoulder muscles play almost as important a part in lung squeezing as the diaphragm; they passively support or in most cases inhibit optimal breathing. Movement and breathing are joined at the hip; pun intended. If you are not walking, moving, bending and breathing such as with Yoga, Tai Chi, Feldenkrais, Alexander Technique, Butoh, modern dance etc, you had better have someone helping you flex and stretch your rib cage. Pilates is especially helpful for geriatrics and those unable to move freely on their own.

To better gauge your rib flexibility. The more extensive version of the breathing tests will almost always be on the web site at http://www.breathing.com/tests.htm I suggest you to check in occasionally for new insights.

Included with each 176 video is a 12 foot long strap for wrapping around the chest to facilitate chest expansion, diaphragmatic excursion and increase in breathing ease and volume; the difference between a maximum inhale and maximum exhale. Do this now. Take the cloth tape measure included with the manual and wrap it around your upper chest as high up into your armpit s you can. Exhale fully and measure the distance. Inhale fully and measure that distance. What is the difference between the two measurements? (It may be more accurate if someone else does it to you but if you do it on yourself all the time it will at least hopefully be consistent). The key is the increase from each time..

First make the TWO measurements.
a. Exhale as much as you can and take that measurement.
b. Inhale then as much as you can and take that measurement.
c. Subtract the smaller one from the larger one and you have your chest expansion.
Record that here____________
Example:
Fully Exhaled = 35 in.
Fully inhaled 37 1/4/in.

High chest expansion is 2.25 inches.

This measurement is also useful for measuring change every 3 months or so. During multi session intensives I sometimes measure the client’s chest expansion every day and have added up to ½ inch in a single session. It most often STAYS added.

Between 1 & 2 inches is average. My educated guess is that if you are 5’2” and have one inch that is ok. Not good but ok. If you are 6’2” and have less than 2” that is not ok, a 5’2” singing client has a 3.5-inch expansion. For her size this is excellent. Another client is 5’10” and had a 3/4-inch expansion. She is in big trouble. She also weighs 325 lbs.

Mine is 4.25 inches I am 6’2”. I weigh 180.

Dr. Len Saputo advises me that many insurance companies use the upper chest expansion as a simple field test to gauge your breathing. It signals them to look into increasing your insurance rate/cost or declining you altogether.

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Spirometer is used for that. But I believe it is bad for breathing development as it constricts the chest with the forced breathing. I prefer the number count. It is also an exercise for many. The Volynne 5000 would be my second choice but it has often failed to measure progress and so I suspect many are depending too much on its results. I also use a newly designed capnograph, a biofeedback device to measure carbon dioxide in the exhalation.

CHEST PAINS AND BREATHING:
Another way of measuring breathing is via feedback called pain

In many cases anxiety related chest pain is not due to heart disease. I have found that retraining the mechanical breathing response deals with many of these types of pain sources. Due to breathing’s influence on the oxygen levels the heart must have to function optimally, it may well be a potential heart issue instead of an immanent one. If the breathing becomes restricted it makes the heart work harder to get the body its needed oxygen supply. This suggests an interdependence of the heart to how well you breathe.

The American Heart Association and other medical experts say the body likely will send one or more of these warning signals of a heart attack:

Uncomfortable pressure, fullness, squeezing or pain in the center of the chest lasting more than a few minutes.

Pain spreading to the shoulders, neck or arms it may be mild to intense. It may feel like pressure, tightness, burning, or heavy weight. It may be located in the chest, upper abdomen, neck, jaw, or inside the arms or shoulders.

Chest discomfort with light-headedness, fainting, sweating, nausea or shortness of breath

Anxiety, nervousness and/or cold, sweaty skin

Paleness or pallor

Increased or irregular heart rate

Feeling of impending doom.

Shortness of breath was NOT included in the above list

If you are experiencing chest pains coupled with breathlessness call 911 or go to an emergency room.

CHEST PAINS
Chest pains are often signs of labored breathing. Doctors are finally discovering that shortness of breath can be a sign of a pending heart attack. The sobering thought is that "A Third of Heart Attack Patients Do Not Experience Chest Pains." A new study says heart attack patients who do not experience chest pains are more than twice as likely to die than those who experience chest pains. (FPG International)" They call the shortness of breath aspect atypical. I don't. It is very typical in that it is a precursor and occurs with much more regularity than widely thought.

The big question is when will the attack occur or can it be forestalled by learning how to breathe better? A recent study showed post heart attack victims that practiced a breathing exercise did not have a heart attack again, and those that did no breathing exercise did have a heart attack.

OXYGEN AND THE HEART
All these factors should be considered regarding our understanding of the importance of enough oxygen to have a healthy heart. You breathe 10-30 thousand times daily. Even a 5% increase inO2 can reap tremendous rewards. Your heart requires oxygen and can spasm or malfunction if there is too short a supply. Shallow respiration is another major cause of heart conditions due to the heart's need for oxygen. Germs, bacteria, viruses and cancer (other causes of heart conditions) are anaerobic and can't survive if there is a high concentration of oxygen.
If the breathing is out of balance it overtaxes the nervous system and causes thickening and acidifying of the blood. When the blood is too acid or thick that encourages deposits on the arterial walls restricting blood flow. This also adversely affects all the other healthy biochemical reactions.

Choosing the wrong breathing exercise can actually increase the possibility of shortness of breath due to the way the breathing drives the nervous system. Your blood oxygen may increase by doing aerobic or breathing exercises, but the blood oxygen can rapidly be lost when breathing ease and volume are not maintained; during sleep for instance. Sleep is A if not THE leading time of natural body death.

**LUNG/RIBS/DIAPHRAGM AND THE HEART**

The animated lungs logo at [www.breathing.com](http://www.breathing.com) shows how the ribs must expand when the diaphragm (red) lowers to draw air into the lungs. This relationship between heart, lungs, rib cage and diaphragm is the primary relationship to life. It is in many ways senior to the brain. The diaphragm and lungs are in fact the primary source of energy for the brain and heart. I have reason to believe that they have their own private stimulus response activity completely separate from any brain involvement.

Your heart is not the primary muscle organ, the diaphragm is. The diaphragm weakens and shrinks for many reasons (age, stress, illness, injury, posture, diet), the weaker and smaller your diaphragm becomes the harder your heart has to work. There have been only a few clinical studies related to development of the diaphragm and most of the research has been done on rats and primates, which breathe quite differently than humans. It is I believe, because of this, much of the medical community is not aware of the importance of the diaphragm and your health.

I have collected video fluoroscopes of diaphragms in action, including my own. These fluoroscope videos give a deeper understanding of what breathing should look like and how it should function. I share them with students and clients.

**NON-CARDIAC CHEST PAIN:**

A person may experience chest pain even if heart illness has been ruled out. Non-cardiac chest pain can be the result of muscle spasms, onset of shingles (painful condition of the sensory nerves), or different types of neuralgia or nerve irritation (causes a band of pain radiating from the spine to the front of the chest or other areas). Those with osteoporosis may develop compression fractures of the spine, which can cause chest pain as well. Patients can develop prolonged chest pain after surgery on the lungs or having bronchitis or pneumonia accompanied by a temperature of one hundred degrees Fahrenheit or above. See the Physical portion of the Tests page for more about this.

[http://www.breathing.com/tests/htm](http://www.breathing.com/tests/htm)

**BREATHING AND DIET**

Changing your diet will most likely help, though it can take days, weeks, months to years to have an affect. Increasing the diaphragm rise and expanding lung volume and breathing ease will show results much sooner, sometimes in a few minutes. Without this as the first choice, the rest of the systems of the body are a greater or lesser degree distorted by unbalanced breathing. Learning how to make the breathing easier and deeper, enables effortless natural breathing to fill the lungs with increased vital capacity, facilitates stress reduction, heightens the relaxation response, stimulates natural healing and works as a breath/oxygen therapy.

You owe it to yourself to do as leading physician Len Saputo suggests: "When conventional therapies have little or nothing to offer, searching for additional possibilities becomes our responsibility."
III. SCIENCE AND CLINICAL STUDIES

Breathing is the first place, not the last, one should look when fatigue, disease or other evidence of disordered energy presents itself.
Dr. Sheldon Hendler, “The Oxygen Breakthrough”

I read where somebody sat a graduate student in a medical doctor’s office and simply asked them to watch breathing patterns in the waiting room. They found that something like 84 percent of the people in the waiting room had disturbed breathing patterns indicative of potential UDB. Regardless of their medical problem, they seemed to have disturbed breathing. That was one of the most fascinating things I’ve ever read. Probably none of those people were going to go in there and have something done about their breathing.

Though breathing exercise are no guarantee of optimal breathing, Drs. Dean Ornish, Andrew Weil, Len Saputo, Sheldon Hendler, and Gabriel Cousens highly recommend them. There are at least a five thousand published papers on influences of the way we breathe. In addition, many studies on the more then 1,400 varieties of the Chinese Qi Gong art of manipulating the life-force plus the Hindu school of pranayama are rapidly entering mainstream scientific consciousness. That’s welcome news. However it’s no surprise because singing, chanting and toning have been health, personal or spiritual growth tools for thousands of years.

A major issue is that many people, even the breathing trainers, have chronic Unbalanced Deep Breathing aka UDB often called over-breathing and sometimes labeled hyperventilation, that continues even with the best of intentions of the breathing paradigms.

KEY STUDIES & THE FUTURE
My work hopes to inspire clearly detailed, statistically supported mainstream clinical studies on the value and importance of breathing optimally.

Meanwhile several excellent examples exist of a more general nature. They include thousands of participants spanning a 30 year period proving that the most significant factor in health and longevity is how well you develop your breathing. So much for little time and effort.

1. The Framingham study focused on the long term predictive power of vital capacity and forced exhalation volume as the primary markers for life span. "This pulmonary function measurement appears to be an indicator of general health and vigor and literally a measure of living capacity". Wm B. Kannel and Helen Hubert.

They were able to foretell how long a person was going to live by measuring their forced exhalation breathing volume, FEV1 and hypertension. We know that much of hypertension is controlled by the way we breathe.

"Long before a person becomes terminally ill, vital capacity can predict life span". Stated William B. Kannel of Boston School of Medicine (1981) "The Framingham exam’s predictive powers were as accurate over the 30 year period as were more recent exams." The study concluded that vital capacity falls with age 9 percent to 27 percent each decade depending on age, sex and the time the test is given. Where it failed was in suggesting that vital capacity cannot be maintained and or increased, even in severe cases of chronic obstructive pulmonary disease.

Most voice teachers will support the idea that breathing volume can be increased. Though often mostly beneficial, athletics or singing is no guarantee of optimal breathing and in fact at times even invites breathing blocks from gasping, forcing the exhale and breath heaving. You don't have to learn how to sing to have a huge pair of lungs with a flexible rib cage. But you DO need to know how to breathe. I maintain that if you train someone to breathe right, they will naturally know how to sing. It has never failed.

You can get the complete Framingham study over the net at the National Institute of Health's Database. http://www.ncbi.nlm.nih.gov/PubMed/

REMINDER:
Most of scientific research was/is done with rats and primates who do not breathe the same as humans.

2. Years after the 1981 Framingham study the same conclusions prevail.
Lung Function May Predict Long Life Or Early Death

How well your lungs function may predict how long you live. This finding is the result of a nearly 30-year follow-up of the association between impaired pulmonary function and all causes of mortality, conducted by researchers at the University at Buffalo. Results of the study appear in the September issue of Chest.

The purpose of the current study was to investigate the association between pulmonary function and mortality for periods that extended past 25 years, the limit of previous studies. Dr. Schünemann and colleagues also wanted to determine for how long pulmonary function is a significant predictor of mortality.

Results showed that lung function was a significant predictor of longevity in the whole group for the full 29 years of follow-up. "It is important to note that the risk of death was increased for participants with moderately impaired lung function, not merely those in the lowest quintile," Dr. Schünemann said. "This suggests that the increased risk isn't confined to a small fraction of the population with severely impaired lung function."

The reasons lung function may predict mortality are not clear, Dr. Schünemann said, noting that increased risk is found in persons who never smoked, as well as among smokers.

"The lung is a primary defense organism against environmental toxins. It could be that impaired pulmonary function could lead to decreased tolerance against these toxins. Researchers also have speculated that decreased pulmonary function could underlie an increase in oxidative stress from free radicals, and we know that oxidative stress plays a role in the development of many diseases."

Dr. Schünemann said the fact that relationships do exist between lung function and risk of death should motivate physicians to screen patients for pulmonary function, even if more research is needed to determine why. "It is surprising! that this simple measurement has not gained more importance as a general health assessment tool," he noted.

For the complete article http://www.docguide.com

Search for "Lung Function May Predict Long Life Or Early Death"

3. Decline in FEV1 (breathing volume) by age and smoking status: facts, figures and fallacies. Thorax 1997 52:820-827. This study shows the importance of longitudinal studies as opposed to cross sectional ones."

This published article focused on a compilation of 83 published reports and clinical studies showing clearly that the primary measurement for lung function - FEV1 - is based on cross sectional data instead of longitudinal data. This means essentially that they include sick people or those with widely diverse circumstances in their statistics and lump everyone's data into a sort of stew pot for mass diagnosis.

This 1997 research paper points out that; "from one low measurement of FEV1 (forced exhalation volume) in an adult, it is impossible to determine whether the reduced lung function is due to not having achieved a high maximum during early adulthood, or to having an accelerated rate of decline or to any combination of these." "Western medical studies, via cross sectioning, continues to look for role modeling epidemiological "norms" that include the ranks of the ill. Cross sectional testing is 60% effective and proven by many to be ineffective over the last 40 years."

The health professional’s opinion can have immense personal, social, legal, and economic consequences. When it is based on information colored by sick or otherwise non optimum healthy or inappropriately chosen individuals the statistic(s) become weighted in favor of, or excessively influenced by, illness or what is perceived as illness, and may well be in reality, simple mechanical dysfunction. Cross sectional studies can bring the averages down and cause many who do not need the intensity, duration or style of treatment recommended by many health practitioners, to be over or under medicated, or inappropriately fed, exercised, massaged or educated.

My opinion:

So my take on this is to study how to improve breathing and not so much how it got the way it is. Dwelling too much on the past can lock up our ideas in a paradigm that does not allow creativity or flexibility.
4. The von Ardenne studies focused on oxygen’s relationship to most major categories of illness. When your blood oxygen goes way down, you get sick, die or at best shorten your life span. Real simple

5. OBESITY AND BREATHING

Effects of Obesity on Respiratory Resistance (increased force required to breathe and shortness of breath). Chest 1993 May, 103(5): 1470-1476

....these findings suggest that in addition to the elastic load, obese subjects have to overcome increased respiratory resistance from the reduction in lung volumes related to being overweight

6. Numerous measurements have shown that the low pO2art resulting from stressful events of following degeneration of the lung heart system (LHS) in old age can be re-elevated up to high values. Manfred von Ardenne - Stress 1981 Vol. 2 autumn. Many of these measurements were included in is book called Oxygen Multi-step therapy.

7. Self-evaluation of respiratory deterioration was significantly predictive of death from all causes. Kauffmann F, Annesi I, Chwalow J -Epidemiological Research Unit INSERM U 169, Villejuif, France. European Respiratory Journal 1997 Nov; 10(11): 2508-2514

In other words there are ways of your telling yourself how good your breathing is and the relationship to how long you may live due to good or bad breathing.

8. Breathe Well Be Well, Robert Fried, Ph D. A masterful collection summarizing 18 years working with correlating hyperventilation and its relationship to many illnesses never before linked to poor breathing.


10. See several studies from India in Appendix

CURRENT RESEARCH

Originally designed as a personal growth development technique, Optimal Breathing® realizes a much wider potential for accelerating many self-healing processes as well as being an important adjunct to almost any therapy or personal growth modality.

Today, I am working with some of our Nation's top physicians, behavioral, educational, and alternative health specialists to expand the use of Optimal Breathing® in new and exciting areas of therapy, wellness and personal growth.

Colleague Dennis Lewis said it so perfectly. “Breathing is a metaphor for life”. Just as Optimal Breathing® removes the barriers that prevent vocalists from reaching or recapturing their performance potential, it also can remove constrictions to our deepest personal power and creativity, allowing us to achieve our maximum potential in whatever it is we aspire. When we breathe easier, stronger, deeper, and longer, we demonstrate astonishing healing factors in various health conditions.
Deeper BALANCED and COORDINATED breathing fills the lungs with increased vital capacity, facilitates stress reduction, heightens the relaxation response, works as a sort of breath oxygen therapy and ensures longevity or life extension. Your skin becomes more radiant looking and full of life giving energy, your brain works better, eyes have more life to them and you often see better, your heart function becomes easier and more efficient, and every cell in your body operates better.

The danger is that if done incorrectly one can invite arrested personal improvement, restrictive lung disease, lack of oxygen, insufficient carbon dioxide levels, an increase in difficulty breathing and shortened life span.

Barring lifeless/toxic foods, poor posture, polluted water and air, physical or emotional trauma, unhealthy stress and congenital malformation, healthy lung function should, with moderate exercise, take care of itself and become “normal” until the breather wishes to optimize his or her breathing and use it for some specific purpose, including longevity. But “normal” will not become optimal without directed exercise and key nutritional factors. If you don’t use it you lose it.

The keys to breathing are the:
1. **Exhale** - You must empty the cup full of dirty dishwater before you fill it up with tea.  
2. **Internal breathing coordination** - all the muscles, nerves, tendons, bones accompanying the breath wave work in harmony.  
3. **Gas exchange**. The oxygen must move from the lungs to the blood stream.  
4. **Chemistry-Nutrient/oxygen absorption from the blood into the cells**. The cells must accept the oxygen, antioxidants and cofactors.  
5. **Inhale**. Clean air must be taken in efficiently.  
6. **Pause**. The resting phase and NATURAL BREATHING REFLEX must be given time to occur.  
7. **Attitude** – What you see is what you get. Energy most often follows thought. Colored by depth and intensity of emotions  
8. **Emotions** – Connect us to higher or lower state of awareness. Not always good. Not always bad.

**Good posture** is indispensable to developing Optimal Breathing. Due to posture, tensions, and poor breathing coordination, many people cannot expand their chest to receive the extra breath they must have to get “over the hump”. Muscles that go across and between the ribs either contract or expand. When you try to inhale or exhale an especially large forced breath, these muscles and connective tissues work against each other, like a tug of war.

Massage, Rolfing, Hellerwork, or physical therapy can help the chronic tensions that stems from or causes improper breathing. But these tensions most often recur due to habituated & poor breathing coordination. Long-term relief/maintenance must include simple breathing, postural, attitudinal and vocal development that re-form the breathing system from the inside out.

**AUTONOMIC NERVOUS SYSTEM (ANS) FUNCTION AND THE BREATH**

The ANS has the job to perceive the internal environment and - after processing the information in the Central Nervous System - regulate the functions of the internal environment. We go into more detail in our teacher trainings.

Autonomic implies “independent” of the conscious mind. But it is not entirely independent. It is likened to a team of horses. It will follow the leader. The breath is the only part of the ANS that is consciously controllable so we put the breath as lead horse and the rest of the team, given adequate nutrition and lack of mechanical or surgical interference, will follow.

**WHO IS IN YOUR DRIVER’S SEAT?**

Due to breathing’s potent influence and frequent dominance of the autonomic nervous system anything you do 5,000 to 30,000 times a day or two to five hundred million times per life time will influence you positively or negatively in many ways.

The (ANS) follows a leader. Your breathing is the only part of the ANS that you can consciously control. Make it your lead horse and the rest of the team; your nervous system will eventually follow. Your breathing can be out of control like a blind three-year-old child trying to drive an automobile down a straight road as in a panic attack. Or it can be a balanced combination of skillful and spontaneous action that propels, and guides you towards the directions in life that you care most to go, like a skilled race car driver driving 200 miles per hour. Life seems to be more or less in between

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those extremes. Which end of the spectrum most resembles YOUR life? Perhaps life is pretty good and there are just some things you want to make better?

Used appropriately, the breath and breathing can help the ANS maintain levels of function that, baring accident, or poor nutrition, never need doctors or hospitals. Prescription drugs may well be reduced to levels of rational emergency support instead of disease and death dealing dependencies. You can use your breathing to detect hidden signs of potential illness, key blocks in your internal power and a compromised ability to get what you want in life, and whether or not you are feeling your feelings and in touch with your emotions and experiencing the fullness of your life. Proprioceptiveness is instantaneous feedback from your sensing and feeling self to your conscious awareness; the link between your thoughts and your sensing and feeling ……is your breathing.

The “magic” of breathing is not merely in proper input of oxygen and balance of carbon dioxide. Poorly chosen breathing exercises will set up physical blocks and or too-wide swings of energy experiences that disturb and distort rather than facilitate easier, more calm, coordinated, integrated, and strengthened states of breathing and being.

**Primary Functions of the Autonomic Nervous System**

The autonomic nervous system is a set of neurons controlling the heart, intestines and other organs. The autonomic nervous system has two parts - the sympathetic and parasympathetic. The sympathetic has two paired chains of ganglia (collections of neuron cell bodies). Axons extend from the sympathetic nervous system to the organs.

The **sympathetic** system increases heart and breathing rates and decreases digestive activity. Since all sympathetic ganglia are linked, they act together "in sympathy" with one another.

The **parasympathetic** nervous system has functions related to, but generally opposite from, those of the sympathetic system. Although these systems oppose each other, they usually act simultaneously. However, the balance of activity may sometimes tilt more toward one system or the other, resulting in one side overtaking the other temporarily or continuously.

Parasympathetic activity decreases heart rate, increases digestive rate, and generally promotes energy-conserving, non-emergency functions. Energy conservation means slow fat burn but efficient fat storage, making consistently parasympathetic people more prone to weight problems... more than sympathetic people.

**Affected by the PARASYMPATHETIC Nervous System:**

<table>
<thead>
<tr>
<th>System:</th>
<th>Immune System</th>
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<tbody>
<tr>
<td>Brain (right)</td>
<td>Lymphatic System</td>
</tr>
<tr>
<td>Hypothalamus (ant)</td>
<td>Metabolism</td>
</tr>
<tr>
<td>Pituitary Gland (post.)</td>
<td></td>
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<tr>
<td>Pineal Gland</td>
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<tr>
<td>Parotid Gland</td>
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<td>Tonsils</td>
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<td>Thymus</td>
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<td>LUNGS</td>
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<td>Liver</td>
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<td>Adrenal Cortex</td>
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<td>Stomach</td>
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<td>GallBladder</td>
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<td>Pancreas</td>
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<td>Spleen</td>
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<td>Duodenum</td>
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<td>Intestines (L &amp; S)</td>
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<td>Appendix</td>
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<td>Bone Marrow</td>
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**Affected by the SYMPATHETIC Nervous System:**

<table>
<thead>
<tr>
<th>System:</th>
<th>Brain (left)</th>
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</thead>
<tbody>
<tr>
<td>Hypothalamus (post.)</td>
<td>Thalamus</td>
</tr>
<tr>
<td>Pituitary Gland (ant.)</td>
<td>Hypothalamus (post.)</td>
</tr>
<tr>
<td>Thymus</td>
<td>Parathyroid</td>
</tr>
<tr>
<td>Heart</td>
<td>Thyroid</td>
</tr>
<tr>
<td>Adrenal Medulla</td>
<td>Kidneys</td>
</tr>
<tr>
<td>Kidneys</td>
<td>Ureter</td>
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<tr>
<td>Prostate</td>
<td>Bladder</td>
</tr>
<tr>
<td>Ovaries</td>
<td>Uterus</td>
</tr>
<tr>
<td>Urethra</td>
<td>Testes</td>
</tr>
</tbody>
</table>
More ANS functionality
1. Regulation of body temperature by a variety of mechanisms:
   Vasoconstriction or dilation, activation of sweat glands (evaporation of fluid/sweat cools the skin), regulating the
   arterial blood supply and nutrient delivery to the thyroid gland (if an organ cell i.e. a thyroid hormone producing cell, is
   exposed to a higher concentration/supply of nutrients or substrate, the cell will produce more of the substance that it is
   specialized to produce. Higher circulating levels of thyroid hormone elevate the body temperature.

2. Detoxification:
   The breath is potentially the easiest most direct means for out-gassing waste including elimination of oxidized complex
   carbohydrate foodstuffs. Fresh fruits and vegetables are extremely important to optimal ANS function. When you
   breathe right, those fruits and veggies - complex carbohydrates- are mostly expelled through the breath via carbon
   dioxide. Poor breathing means that the rest of the body must somehow deal with the debris.

   Looking at the activity of the liver cells, kidney cells and secreting cells in the gut wall; motility of the gall bladder (and
   gallbladder ducts), of the gut, the bladder; activity/contractility/vascular tone of the lymphatic; again voltage control of
   the cell walls of every body cell: opening or closing channels needed for detoxification; activation of sweat glands, and
   dilating skin vessels for out-gassing of toxins. When the breath is restricted ALL these functions are restricted reducing
   cellular activity and increasing toxic buildup.

3. Pumping:
   Think of the deeper breath as both an energy and vital fluid pump. It is actually a much larger pump than the heart is.
   This pumping action supports activation of fibroblasts in the connective tissue (Pischinger and Heine) for tissue repair;
   dilation of blood vessels in areas of need for building materials and oxygen; dilation and pulsation of lymphatic for
   transport of waste products away from the site of injury; activation of immune competent cells in the
   substances/neurotransmitters (C.Pert, H. Siegen) and more.

   Nervous system action for flight, fights, freeze, fake it or fun. Adrenaline production for emergency action, cardiac
   output, increase of muscle tone by sensitizing muscle spindles in the relevant skeletal muscles, dilating
   (parasympathetic balanced sympathetic breathing) the blood vessels and bronchial tree of the lungs for higher
   absorption of oxygen, immobilizing (or activating) the gut and all healing functions of the digestion or immune system,
   contracting the blood vessels in the skin anticipating probable impending blood loss; increasing blood supply to the
   skeletal muscles, sensitizing relevant portions of the five senses, such as hearing and eyesight, but decreasing sensitivity
   for fine touch and pain is largely controllable through the breathing pattern. If arousal of the ANS continues and
   becomes chronic, the effect on the pain receptors changes paradoxically: now the ANS has a “wind-up” effect and
   builds up negative energy, tension or stress. This may be one reason why peripheral neuropathy patients feel pain relief
   with Optimal Breathing work.

   Neurotransmitter staining techniques have added to Japanese insights of ANS function; that the ANS does NOT have
   clear border distinctions between sympathetic and parasympathetic (newspaper article). This makes perfect sense to
   me, as I think of the ANS as a teeter-totter with sympathetic on one end and parasympathetic on the other, with a
   fulcrum that raises (higher intensity’) and lowers (lower intensity). Each end of the teeter-totter is PNS and SNS
   respectively and the raising or lowering fulcrum is the “pump” or intensity of the balanced or unbalanced ANS stimulus
   response.

   The Parasympathetic nervous system (PNS) is almost always overlooked. When you see a picture of it and how
   immense and many hundreds of branches are in the chest and abdomen you have to wonder why. Even though the
   anterior portion of the hypothalamus is considered the chief-commander of the motor portion of the parasympathetic,
   the motor nucleus of the vagus (parasympathetic) and nucleus ambiguous in the brain stem are directly responsible for
   all down going signals in the portion of the ANS. You might choose to call this factor “parasympathetic inhibition”. I
   prefer “calming” and balancing (not necessarily reducing for it to allow and maintain high states of positive excitement)
   the more intense energy of the SNS. In this day and age I believe we need more opportunity for relaxing then we do
   being stimulated. Call it conscious letting go.

   The signals travel in the parasympathetic fibers of:
   1. The vagus nerve to the viscera piggyback on several cranial nerves to glands, skeletal muscles and other
   structures of the face neck, region and
2. Inside the spinal cord to the sacrum, where the fibers emerge to participate in the enervation of the bladder, rectum, and sexual organs of the pelvis. (Any good anatomy book should show this but some forget the cranial or sacral PNS)

80-90% of all vagus fibers are sensory. Conscious breathing can help bring us in direct touch with our sensory experience. It can also drive us crazy as well as cause “self conscious” breathing.

The ENS (enteric nervous system) a branch of the PNS influences the breath dependent variability of the heart rate. A new breathing training machine I use measures some of this with its Heart Rate Variability as it relates to CO2 levels in the exhaled air. Wonderful tool for assessing and training.

Vocal chords and muscles needed for swallowing are all enervated by the parasympathetic fibers coming from the nucleus ambiguous. I consider the vagus as two nerves. Spasmodic dysphonia abductor and adductor may be good examples of this.

The limbic system (survival/reptilian brain) has strong regulating influence on the ANS. Unresolved emotion can have a “windup” effect on portions of the ANS, which can express itself in a huge number of ways of undetected psychosomatic illness (caused by autonomic dysfunction). The emotional memory of an accident is a more common cause of chronic post-traumatic neck pain than the physical trauma itself. Breathing optimally moderates this influence in billions of ways that we have conscious control over. Genetics takes a way back seat to the power of the way we breathe. “and God breathed the breath of life into man”.

The sympathetic SNS component controls the delivery of oxygen and nutrients to virtually every organ, including the brain and every structure of the musculo-skelatal system. But without the PNS to balance it and help modulate CO2 levels that control vaso-dilation or vaso-constriction, it can overwhelm the system with too little or an over abundance of energy causing dizziness, spaceyness, confusion, fear, anxiety or other forms of hyper arousal.

The SNS controls body temperature, muscle tone, activity of osteoblasts, sexual arousal, activity of the thymus gland and circulation of immune cells. The PNS controls glandular activity throughout the body, secretions in the lining of the intestines, many regenerative functions (such as activity of fibroblasts and various immune cells, hormone production), the vocal chords, several muscles of mastication and swallowing, and appears to stimulate the secretion of those neuro-modulators that are responsible for our emotions.

Several publications have demonstrated that dysfunction of the ANS is common and can be responsible for many varied illnesses such as high blood pressure, kidney failure, angina, hormone dysfunction, bowel dysfunction, chronic pain and many more. ANS dysfunction can be caused by toxicity of the brain stem and/or the autonomic ganglia, infections and nutrient deficiencies, by scar tissue and mechanical compression and postures influencing ANS fibers and ganglia. But the most common aberration is I believe stemming from UDB, Unbalanced Deep Breathing.

YOU'RE MOUTH AND THE ANS

Dwight Jennings, DDS (see Breathing.com FAQ medical advisory board) can show you that a major ANS influence is how you chew; your upper respiratory functioning. Your teeth and jaw relationships can support or skewer ANS function. A great dentist can show you how important it is to make sure the handiwork of each dental specialty is integrated with work from the other specialties. When one dentist does the entire mouth may be the only rational choice for those wanting the best bite and ANS functioning. Specialization is often a sneaky form of “productionlineitis”. Give me a dentist that knows the whole mouth, not just the gums, or the bite or the whatever.

ANS imbalance can also be caused by unresolved emotional problems since the regulating center of the ANS, the hypothalamus, is in constant communication with the limbic system via the limbic-hypothalamus axis.

To repeat, the ANS is like a team of horses. Make the breath the lead horse and you establish a consistent and reliable influence of primary functions of the manageable aspect of the ANS.

CHEST DIAPHRAGM FUNCTION
Think of the chest diaphragm as a face down half-dome shaped bowl. Set a football on the ground then slice it in half from end to end and leave the flattened portion on the ground with the rounded portion sticking upward. Then imagine it shrinking downward like a plum changing to a prune, with shrink lines mostly going side to side (see the lines at the end or the “R” in the word SUPERIOR in the below drawing) as opposed to up and down. This shows that the diaphragm is affected on ALL sides of it (360 degrees) see top down drawing below. It can shrink from top to bottom like a horizontally pin stripped suit fabric draped around a fat man. The suit getting shorter and shorter in an irregular up and down pattern. Diaphragm size, strength, flexibility and movement are primary factors in how you breathe. The diaphragm is like a bicycle pump. More about that later. The idea of diaphragmatic breathing is serviceable but insufficient. An emphysema victim breathes diaphragmatically, just not very much.
Below is a side view of the diaphragm (the darkened area). See how the one on the left is larger than the one on the right.

Think of a diaphragm as a piston or bicycle pump. The further you can draw the pump handle out the more air can be put into the tire or ball. The diaphragm is the same. The HIGHER rise diaphragm above left can draw down and suck in more air into the lungs above it than can the diaphragm on the right.

Looking at the collapsed figure on page #20 it is easier to see then how if the body is so collapsed that the diaphragm can not rise as easily up into the chest to take the deeper easier breath. The same holds true in varying degrees for ANY of the other postures except the “FULL” one.

The rib cage must expand as the diaphragm draws more air into the lungs allowing the lungs to enlarge. Trying to breathe in with a restricted rib cage is like trying to blow up a two quart balloon inside of a one quart bottle.

This is why the Upper Chest expansion cloth tape measurement in the self-tests is so important.
So we get back to the below posture C. It is a very poor one for breathing. A rigid one D stems from hard physical labor as well as weight lifting and bodybuilding. It also restricts easy deep breathing.

VAGUS and PHRENIC NERVES

6.1

DIAPHRAGM - TOP-DOWN VIEW

About the relaxation response, a most important factor is the degree of rise of the diaphragm as it relates to the vagus and the phrenic nerve. I call this parasympathetic stroke because of the “massage” the diaphragm seems to give the vagus nerve and the Phrenic nerve as it rises upward and downward sort of like one might polish the barrel of a rifle or pool cue shaft. (See how close it is to the superior vena cava).

The upward stroke seems the more relevant direction as it pertains to heightened relaxation (parasympathetic response) – the drawing of the bow or pulling out of the plunger of the pump. I suspect this somehow relates to the vagatonia I learned about years ago relative to inversion traction. But that’s a whole other story.

The relaxation response is an important factor and involves the degree of rise of the diaphragm as it relates to the vagus and possibly the phrenic nerve. I call this parasympathetic stroke because of the “massage” the diaphragm seems to give the vagus nerve (and possibly the Phrenic nerve) as it rises upward and downward sort of like one might polish the barrel of a rifle or pool cue shaft. (See how close it is to the superior vena cava).
The *upward stroke* seems the more relevant direction as it pertains to heightened relaxation (parasympathetic) response

**DEEP BREATHING DO’S AND DO NOTS –**
**INCREASING EASY EXHALE and INHALE VOLUME**

“Deep breathing exercises are the most powerful and effective form of stress management”.
Dean Ornish *Reversing Heart Disease*

I agree. But WHICH exercises? Some can relax and STILL do harm.

It would have been easy to simply follow Dean’s plan. It is well balanced and full of wisdom and supportable clinical studies. But it seemed to me to be somewhat lacking in insights that went deep enough into the breathing.

I feel that breathing is even more important than he or other leading edge health professionals have had the time to fully research and understand.

*Breathing correctly is the key to better fitness, muscle strength, stamina and athletic endurance* says Dr. Michael Yessis, PhD. President, Sports Training institute, Fitness writer, Muscle and Fitness Magazine

But just what IS “correct breathing” from an optimal perspective? All books I’ve read on exercise physiology overlook the size and quality of an effortless inhale, the natural breathing reflex, as well as breathing sequencing and balance, and diaphragm excursion, as critical measures of optimal breathing. Sports performance with its ever improving times and feats of “superior” achievement actually cause a variety of shortness of breath often called asthma.

As stated before, most exercising of a muscle will stimulate sympathetic activation of complimentary or opposing muscles. It is difficult to impossible to exercise a muscle when it is relaxed. The diaphragm in the most upward excursion in the chest cavity), is completely relaxed making it at best VERY tricky to develop or cause to rise higher increasing its excursion or “stroke” But it is enormously beneficial to induce it to rise higher into the chest cavity as this will probably activate more lung tissue and increase the distance and length of time the diaphragm creates its “parasympathetic stroke”. This may well be the very breathing specific way of measuring THE key aspect of Dr. Herbert Benson’s “relaxation response”.

Donna Farhi in her wonderful “The Breathing Book” admits she taught Yoga for twenty years and didn’t know how to breathe. There may well be many of her students that are still in need of that information. A recent 2004 article included in Yoga journal about “Learn to Breathe” included a number counting inhale, hold, exhale, hold series that is supposed to create Relaxing, Balancing, or Energizing. This approach overlooks the dangers of forced breathing, emotional balance, long term physical constriction (including voice) due to that force, and restricted ways of being due to repetition of the same breathing pattern.

Yogis and Chi kung practitioners do active inhales and exhales to get at a deeper in-breathe and they say the active forced breathing gives them good benefits. I have observed many of these exercise teacher/personal trainers to have serious breathing blocks. I question the teacher more then the process. Yoga, martial arts, and weight training are most useful if the instructor teaches breathing techniques that are easy, and help the rib cage to expand, font, side and back as well as enabling the mid back to be flexible and the diaphragm to effortlessly rise higher.

Some try the forced exhale and use it to spontaneously bounce back into the deeper inhale (triggering the reflex). I like that if it is gentle. The active exhale is inappropriate for blowing out the candles on your one-hundredth birthday cake because it tightens up your rib cage. Hooting and hollering at a sporting event or being aggressive or strongly asserting yourself can be very healthy and empowering but too much continuous strained inhale or exhale will stiffen the diaphragm, set up overactive accessory breathing muscles and strangely enough, sometimes strengthen the voice. This can be misleading because a strong deep voice doesn’t guarantee strong deep lungs. Emphysema victims often have deep strong voices and large stiff chests. See *Developing The Diaphragm* later in this manual.
We all have probably been told to sit up straight but how many of us do it all that often? Good posture is indispensable to good breathing. If you stand a telephone pole straight up you need very little force to keep it that way. You could balance it upright with a piece of packaging string. Imagine tying a piece of string to the top of the pole and connecting it to the ground ten feet or so from the bottom of the pole. To the degree the telephone starts to tilt/pull away from the strings’ ground connection is the degree that the twine will have to become larger and larger to withstand the weight of the pole. The string is more and more supporting the weight of the telephone pole. To hold the increasing weight and to keep from breaking its hold, the string will have to transform to a rope and as the weight increases, eventually into a thicker and thicker steel cable.

It doesn’t work to try to make yourself stand up straight. Just about everybody that slouches has been told to “sit up straight or don’t slouch” and still hasn’t complied. The primary reason is that with continuous slouching or non optimal erectness, the muscles in your back get stretched too long and the muscles in your front get too short. You try to sit up straight and these muscles and tendons restrict what breath you did have and you intuitively do not like that. As soon as you are distracted you slouch back into your familiar and slightly more free and easier way of breathing.

POSTURE? Notice the postures in the figures below and the arrows showing the direction that the breath should go. Relate the posture to the location and number of arrows. See the relationship to the various nerve centers. Observe the emotions that accompany the postures of each style of Full, Belly, Reverse/high Chest and Collapsed breathing.

*Your breathing and posture often reveal and guide your state of mind and emotions.*
Ilse Middendorf, The Perceptible Breath”

The 2 drawings that follow help visualize postures and their relationship to the 12-cylinder breath. The arrows point toward increased and decreased aspects of “breathe” ability and its corresponding relationships to body functioning.
MAJOR POSTURAL BLOCKS TO BREATHING

FULL BREATHING

BELLY BREATHING

ABDOMINAL "BELLY" BREATH

UNBALANCED CHARGE

OVERCHARGED

REVERSE/HIGH CHEST BREATHING

HEADACHES

LUMP IN THROAT

FIGHT FLIGHT FREEZE FAKE IT TYPE A

SIGHING

PHARYNGEAL PLEXUS - CHAKRA 2

CAROTID PLEXUS - CHAKRA 4

CEREBRAL PLEXUS - TB - JAMN

SACRAL PLEXUS CHAKRA 5

COCCYGEAL PLEXUS + SCIATIC NERVE #1

OVERTIGHT ABDOMINAL MUSCLES

SOLAR PLEXUS CHAKRA 4

INCREASED BLOOD PRESSURE IN SKIN

Figure #1. Open, full, strong, balanced breathing. Three major diaphragms shown by crescent moons.

Figure #2. Belly breath shows possible lack of chest to facilitate full breath.

Figure #3. Extreme sympathetic breath with reverse abdominal breath. Stomach goes in on inhale and out on exhale. Excitement leads to breathlessness and anxiety. Fight, flight or worse than fake it...freeze.
Figure #4. Shallow, contracted or collapsed breathing. Mid and back pain adds to problem. Diaphragm connected to several vertebrae. Most will resist breathing into pain. Frozen breathing. Stooped rounded shoulders. Hang-dog expression.

Figure 5. Diagram showing major organs influenced by breathing parasymptetically or sympathetically.
POSTURES AND BREATHING
As the Major Blocks to Optimal Breathing chart showed, there are many aspects of slouching, twisting, stiffening and collapse that cause shallow or collapsed breathing.

Imagine now how when a person is “gently erect”, the ribs are slightly raised and the diaphragm can rise higher into the chest and allow the pump-like action to draw more air more easily into the lungs.

INHALE  EXHALE  NOTE: SLIGHT “SOFT” BELLY

8P1 is a fully inhaled lung. The chest is almost rounded outward. Note the inward curve of the chest in 8P2 with the lungs 7-C emptied. When they exhale they naturally collapse and less air is inside them. They have no muscle, are completely passive, and fill up with air into space allowed for by the rib cage and drawing down of the diaphragm. So if the ribs do not expand the lungs cannot fill to the fullest. Observe 8P3. The posture is optimal to support the open chest, expansion of the maximized rib cage and slightly “soft belly” to allow a deeper easier downward movement of the chest diaphragm. See plum line traveling from ear to back of knees.
Observe the pictures below for extreme examples of negative tensions, posturing and corresponding emotions. Remember the previous “soft belly”.

In 8P4 the upper chest posture has collapsed creating more of the shape of the completely exhaled lung *P2 one with little or no air left. Only this person hasn’t exhaled. They are trying to breathe and do breathe, but barely.

Another example of posture and breathing inhibition would be an overly muscled upper body that cannot easily expand as with 8P5. Stomach, chest and shoulder muscles are like the body of a man needing to carry or pull heavy loads, slouch slightly all the while or just be tight all over.

8P5 shows the hyper tense upper body and its suppression of the rib expansion. Try tightening every muscle in your body and then take a breath. Was it harder to breathe? If not, you are too tense to feel it as it must be tighter when other muscles are tighter.

Taking a breath with collapsed or over-tight chest muscles is like trying to blow up a two quart balloon inside a one pint bottle. The breath (tidal) volume is restricted if the lung housing/rib cage is restricted.

When the muscles (see 8P5 to the right) “set in cement” he never gets to and his ribcage is ALWAYS as well. This is also a chief

In Stanley Kelemen’s Emotional postural relationships and how thinking of the body as tubes and shapes and forms.

By the way, are you sitting up your chest open and your ribs squeeze the breath right out of

(=Video/DVD 176)

INFLUENCE OF LEGS ON BREATHING

Tai Chi master Jan Diepersloot of Walnut Creek California advises me that the most important part of his teaching is to make sure you bend enough at the knees. I agree. This is the reason one of my favorite exercises has little to do with breathing but it really DOES.

A special insight for you. Stand and become aware of your breathing for ten effortless breaths. Notice the depth of inhale and exhale, and length of the pause. Bend your knees as if you were going to sit down and changed your mind. Notice inside yourself if it then got a little easier or harder to breathe. If it went deeper, that is generally a sign that you stiffen your legs too much while standing or perhaps walking as well.

The downward pressure of the thoracic diaphragm meets with resistance if the knees are locked. You cannot rock your pelvis if your knees are locked. The pelvis is restricted from rolling gently out of the way as the stomach and intestines become compressed by the descending thoracic diaphragm. This causes the diaphragm to meet with resistance in its downward excursion and this inhibits its “bounce back” of deepest easiest depth of passive inhale.
Stand for 10 breaths and stiffen one knee. Notice the change in your breathing. Relax that one and tighten the other one. Do you experience even a slight restriction or shallow breath with the stiff knee? Again unlock both knees and breathe deeply. Unlocking both knees concurrently is needed to facilitate deepest, easiest breathing.

V. RESPIRATORY FUNCTION and OXYGEN

OXYGEN is LIFE!
Oxygen is like gold—it's our primary source of energy. Oxygen is free, but like gold it can be hard to find. The most efficient, economic way to get oxygen is through breathing, but most people breathe at about 25% of their potential. Our brain's main food is oxygen. It calms the mind and stabilizes our central and autonomic nervous systems. Without oxygen we cannot absorb important vitamins, minerals and nutrients. When our cells lack oxygen, they weaken and die. Without oxygen, nothing works very well at all!

Oxygen displaces harmful free radicals, neutralizes environmental toxins and destroys infectious bacteria, parasites, microbes and viruses. These invaders, along with cancer cells, are anaerobic, which means they cannot live in oxygen-rich environments. Oxygen shortage has been linked to every major illness including heart conditions, poor digestion and elimination, respiratory and sinus problems, arthritis, yeast infections and even sexual dysfunction. Some indicators of possible low-oxygen levels are muscle aches, forgetfulness, heart palpitations, poor circulation and excessive colds. (Visit www.breathing.com for more indicators and a free breathing assessment test.)

The American Heart Association states that over 1.5 million people die every year from heart conditions and that 70% of our population has some evidence of heart problems. Most heart attacks originate from the heart's failure to receive adequate oxygen. Of course, maintaining one's arteries and capillaries for easy blood passage is important, but the fastest way to get oxygen right now is to breathe easier!

Hypoxia (oxygen starvation) causes overstimulation of the sympathetic nervous system (the fight-or-flight response) causing heart-rate increase, adrenal activation, etc. which can invite eventual cardiac troubles. It's 24/7 moment to moment stress that never lets up. The heart must work harder to get the oxygen it needs and eventually may collapse from overwork in an oxygen-poor environment.

Emotional and physical stresses create high oxygen loss. During episodes of stress and following physical exertion, the body uses its oxygen stores to bring the nervous system back to a parasympathetic (at rest) balance. Most stressful states can be partially or completely neutralized through proper breathing development.

Fresh live foods and rainwater contain oxygen. Cooked and processed foods (and stagnant water) contain much less oxygen. I call these "negative foods" as they use up more oxygen than they give off. Processed sugars, white flour, unhealthy fats, french fries and pizza are major oxygen users. You can offset some of this loss by eating pounds of fresh fruits and vegetables daily. Not portions-POUNDS! Taking digestive enzymes and oxygen-rich nutritional supplements can also help. More about this in Building Healthy Lungs Naturally.

OXYGEN RELAXING?
Contrary to the opinions of many health professionals, oxygen does not cause the body to relax. If that were the case then anyone in a hyperbaric oxygen chamber would be extremely relaxed and that is not the case. Oxygen can however assist the blood toward alkalosis (its naturally balanced pH level), but alkalosis does not ensure relaxation. It's how the body takes in the oxygen and whether the autonomic nervous system is enervated sympathetically (upper chest breathing) or
parasympathetically (lower diaphragmatic breathing), or a combination of both, that more determines our relaxation response.

Rainforests are a significant source of oxygen (about 10%) but the oceans with their many forms of blue-green algae are the major suppliers of the earth's oxygen (about 90%). Researchers at Scripp's Institute tell us there is no atmospheric oxygen shortage. Water tests from 10,000-year-old glaciers prove that the earth's oxygen supply hasn’t changed much at all. While pollution and poorly ventilated and toxic living environments don't help, the primary cause of oxygen depletion is insufficient breathing.

For optimum health, learn to breathe better (fuller, deeper, slower, more balanced, etc.), eat more nutritious and oxygen-rich foods (with more live enzymes to make sure you digest what you eat) and exercise moderately without excessive straining, gasping or breath heaving. Oxygen is life-enjoy more of it!

TIME:
THE MOST SIGNIFICANT INFLUENCE ON BREATHING BALANCE & EFFICIENCY
We literally do not take the time to fully breathe.

When the diaphragm rises higher (the exhale) it naturally has the ability to more easily expel air, as the distance for doing so is greater like the bicycle pump drawing higher. There follows a lessened need for another breath. But stressful living causes one to take many shorter deep breaths before they really should be taken, and this does not allow the diaphragm the time it needs to rise as high as it should. Stressful circumstances dissuade taking a deep enough breath and the rise of the diaphragm and easy deeper breathing slowly shrinks and weakens. This may lead us to try to compensate with Endogenous Breathing development but I believe that EB will not adequately compensate for easy deepest breathing.

BREATHING TOO OFTEN
Many people have the tendency of exhaling “spending” all their air too quickly. Breathiness, whispers, finishing other’s people’s sentences for them (not waiting until they breathe deeply and easily and then speak) are examples of this. So the amount of air expelled becomes a relevant factor in breathing ease and efficiency. Generally the more efficient use of air the easier it is to speak. The larger the engine (the breath) the more energy it puts out with less effort. This is where the particular kind of number counting combined with some of the Optimal Breathing Exercises begin to increase the control of the outflow of air as well as creating more dependable and natural Endogenous Respiration. Gentle is as gentle does.

With proper breath conservation, each cycle of breath is longer, stronger and smoother with a lessened need to take another breath, which all too often must be active and therefore sympathetically enervating. There is more opportunity for endogenous respiration that conditions the breathing system and improves the quality of the gas exchange.

So we head towards optimal breathing with an increase of rise of the diaphragm plus maximum widening of the ribs and softening of the abdomen. The belly always stays slightly protruded. Combine this with endogenous breathing being developed to its maximum balanced potential of ease and effect and at that point you most likely have an extremely healthy and powerful breathing system.

HOW THE LUNGS LOSE THEIR FUNCTIONALITY.

1. The ribcage shrinks, becomes stiff and inflexible, or freezes in hyper-open position. (The ribs must squeeze the lungs. So must the diaphragm). People with large frozen chests may well be heart attack or lung disease prone. A sustained bear hug from big uncle Ben, or a belt or girdle, will make it harder to breathe. Pythons slowly squeeze their prey and it suffocates to death or dies of fright. Under/shallow breathing is also a lot like boiling a frog. I am told that if you place a live frog in a pot of cold water that you can raise the temperature so slowly that it will not notice the rising temperature. It will allow itself to be boiled to death.

2. The diaphragm muscle deteriorates (shrinks and shrivels like a prune) and can’t expand to push the bad air out so new air can come in. See the enclosed picture #6.2

Secrets of Optimal Natural Breathing
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6.1. Observe how the one on the left has a larger diaphragm than the one on the right. The smaller diaphragm won’t travel up into the chest as far as the other and “squeeze the sponge” of lung tissue so that new air can be exchanged for old air. The more you pull the bicycle pump out back the more air you draw in and can then push back out. It sort of looks like a toilet plunger doesn’t it? Get the idea? The higher rise/excursion moves more volume.

3. The lungs collect debris inside which displaces the life giving air and clogs up general lung functioning. Even the food we eat can clog up the respiratory/elimination system. Bad breath is often a sign of an unhealthy colon backing up waste products all the way up into our mouths and sinus cavities. Phew!!!! Yech!!!!.

6. Posture and coordination of the pelvis, abdominal, side, chest and back and neck muscles that support the breathing wave becomes compromised and we breathe in a somewhat restricted, robotic or uncoordinated manner. If you’re right handed, try to throw a ball left handed, and you have a ridiculously extreme example of improper coordination. Uncoordinated breathing is often so subtle you think it is normal. Normal may not be healthy.

5. The soft organs can swell (enlarged liver etc) and inhibit diaphragm and lung expansion. These organs are massaged by the movement of the diaphragm and ribs and the lack of diaphragmatic excursion (upward mobility) reduces the squeezing/massaging and cleansing of the heart, liver, spleen, kidneys, etc, and blood and vital fluids.

1. Poor intra-lung pressure or what some call endogenous respiration. A major indicator of this is too low carbon dioxide levels in the exhale. This may be more important then the others depending on the individual person. CARBON DIOXIDE is a key factor in how much oxygen will get transferred into the cells. If we breathe too quickly and sympathetically we cause vaso constriction that appears simultaneously with a drop of Entidal CO2. I call this UDB or Unbalanced Deep Breathing. Others call it overbreathing but overbreathing does not withstand scrutiny when the overbreather is parasympathetically dominant. This PNS dominance will most often offset the lowering of entidal CO2. There are other contributing factors such as nutrition.

Many exercises assist with this but it is very tricky to develop accurately without some manner of device such as our Optimal Breathing Computerized Trainer. For state of the art results the trainer is integrated with Optimal Breathing Development work.

PUMPING ACTION
To repeat, like a bicycle pump, you cannot draw in air to the tube of the pump unless you can first pull the plunger back all the way it will go. If you can’t draw it back, (the exhale) you can’t push it forward to introduce air into the tire (the inhale). You have, so to speak, shortened the piston stroke. Figure 6.2 shows a reduced height of a diseased person’s diaphragm. Because of its reduced height, 6.2 drew less air because its pumping stroke was less.
The more you draw the string of a bow back (breathing out – the exhale) the further or deeper the arrow will travel forward when you breathe in.

So the diaphragm loses excursion height and does not draw as much air into the lungs. (If you don’t pull the bicycle pump plunger out, you cannot force the air in. The ribs tighten up and will not expand. Poor posture compresses the whole system and inhibits full and free inhalation. Tight muscles in the back and sides add to this restriction. Asthma can stem from this.

Also, debris builds up in the lungs that cannot be squeezed out causing or contributing to emphysema and COPD. Each factor erodes the optimal breath. Endogenous breathing comes into play in varying ways.

Nevertheless, the **EXHALE IS THE KEY TO MOST BREATHING ISSUES. You can’t breathe IN unless you breathe OUT.** You can’t pull air into the pump until you push the plunger up as far as it can go.

**RELAXATION AND THE DIAPHRAGM**
World-class stress management professional Dr. Phil Nuernberger, in his excellent “Quest for Personal Power, Transforming Stress into Strength” talks about the “lack of sufficient attention paid to parasympathetic inhibition”. Dr. Neurnberger didn’t say this but I believe this inhibition stems a great deal from extending the length of the “piston stroke” aka the passive exhale. Remember the heartbeat increases speed on inhales and decreases on the passive effortless exhale.

So now we have two kinds of exhalles, active and passive. An active exhale requires some force and creates sympathetic stimulation. An active squeeze to exhale does not work as well because the force somewhat tightens the rib muscles and reduces their ability to let go and expand when the effortless -passive-inhale arrives.

Effortless, minimally sympathetic stimulation increases breathing volume quicker and easier and more efficiently than does the more labored active inhalation.

**BALANCED DEVELOPMENT**

**“REFLEXIVE BREATHING”**

*Hering-Breuer reflex* “Any of several reflexes that control inflation and deflation of the lungs, *especially:* reflex inhibition of inspiration triggered by pulmonary muscle spindles upon expansion of the lungs and mediated by the vagus nerve.”

This kind of reflex approach is to me the a backwards way of addressing the breath but it gives excellent insight as to what is going on when you approach breathing from the opposite perspective.

Poor or insufficient breathing reflex = poor breathing........period. Ease and depth are key to oxygenation and nervous system relaxation. Poor breathing reflex, poor strength, flexibility and depth of relaxation response, poor autonomic nervous system balance and poor everything else that relates to its function. This breath then IS life, a poor life.
Different external and internal states of being are what give us feedback about how we feel and sense our inner and outer world (Cold, warm, tension, pain, jittery, tightness, buzzing, streaming, breeze like sensations and so on). They are the cause or effect of nervous system function and therefore ALL influenced by how we breathe.

**DIAPHRAGMATIC PUMPING ACTION & LUNG VOLUME**

Picture 1A is an x-ray of fully inflated lung -side view- of an opera singer. Diaphragm has completely flattened to draw maximum volume of air into the lungs. 1B is the same lungs fully exhaled. The diaphragm has now relaxed and become dome shaped. Note also the collapsed/concave chest of 1B. There is much less air volume in 1B due to the shape of the chest.

1A. ![Flattened Diaphragm, Fully Inhaled Lung](image)

1B. ![Relaxed, Rounded Diaphragm, Fully Exhaled Lungs](image)

(PIC 1.C). The higher the rise the more air it can draw down into the lungs when it flattens downward. Carl Stough at http://www.carlstough.org, had an excellent video of this called “Breathing, The Source of life”. It includes a video fluoroscope of an emphysema diaphragm that hardly moves at all when the person tries to breathe. I have included my diaphragm function via video xray on the Breathing Seminar 169 video.

**“SQUEEZE THE SPONGE - FILL THE SPONGE”**

**THE MANTRA OF THE NATURAL BREATHING REFLEX**

The lungs must be squeezed (the exhale) to remove the existing air or toxic material, so that fresh, live, air can enter. Blood pressure in the lungs (endogeny) changes and the air bubbles contract and expand depending on how you breathe. When the “sponge” isn’t squeezed enough, air isn’t exchanged well enough to bring in fresh oxygen and remove enough debris and the honeycomb like air pockets begin to collect gunk and or become infected. The debris fills up the honeycomb reducing the space available to accept the new air. The next potential impediment to breathing volume is the rib cage.

An inflexible rib cage restricts full inhalation.

If the rib cage 4.1 does not expand the lungs 4.2 cannot expand to the size of 4.4 if the ribs cannot contract, the lungs cannot be squeezed as much as with just the diaphragm.
It is important to note here that the diaphragm also “squishes the sponge” but it does so almost passively. Its main purpose is to draw air in, not push it out. As it rises higher in the chest it gets more relaxed. Example, your last exhale at death would cause it to rise to its highest. Lack of autopsies - see the Clinical Studies Page suggest the need of more attention paid to this aspect of breathing.

**ILLUSION and DYNAMICS OF BELLY BREATHING**

I want to make sure that you understand this issue. As settling and centering as it can be, I believe that too much attention is being made on the belly breath.

In truth, the belly needs to enlarge only slightly but it should ALWAYS be more or less extended for maximal PNS support. Imagine looking from the top down view of picture 6.1 as a 360-degree circle. Much of popular diaphragmatic insight comes from observing an infant breathe, lying on its back with its abdomen rising. Many conclude from this that that is what adult breathing should look like and the fully circular *diaphragmatic breath* 6.1 below gets confused with the *belly breath*. With a few exceptions I am not very familiar with, MOST breathing is diaphragmatic to a greater or lesser degree depending on the rise of the diaphragm at the time of the in-breath. The real keys to full breathing are a combination of breathing mechanics (the physicality of breathing), respiration (gas exchange – transfer of oxygen from lungs to blood), chemistry (cellular oxygenation including the mitochondria).

This downward pressure needs a 360-degree expression. AS you can see, the belly breath is but 40% of that 360-degree expression. Without the 360-degree diaphragmatic action of suction that draws air down the tube of your throat and into the lungs, there is not enough force to bring “breath” into the pelvis and perineal diaphragm area and maximize the
PNS influences to their optimal potential. In addition, most of the lungs are in the back of the body, not the belly. So that makes the side and back breath even more important so far as volume is concerned.

I do not believe that endogenous breathing (intra lung pressure that packs more oxygen into the blood) is senior to large volumes of ease and depth but they both are important to a degree.

**BABY BELLY BREATHING?**

Due to gravity and perhaps lack of physical development, the baby’s upper rib cage cannot rise and expand the ribs to widen when the diaphragm descends so there is nowhere else to observe the breath than in the belly. When the lungs and ribs have further developed, you can stand the person/baby up and you remove the pressure of lying down in the upper back/ribs and the rise of the belly should lessen in proportion to the engagement of the sides and back breathing.

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I understand that breathing volume in opera singers can vary from approximately 3 liters for short women to 7 liters for tall male baritones.

Imagine the diaphragmatic dome as five inches high (figure 7B...the diaphragm) inside a larger twelve-inch dome (figure 7.C. Lungs).

Note the inward curve of the chest in 7.C. The lungs have no muscle, are for most practical purposes passive (something like the strength of a sponge expanding) and fill up with air into whatever space you allow for them.

Taking a breath with collapsed or over-tight chest muscles for example is like trying to blow up a two quart balloon inside a one quart bottle. The breath volume is restricted if the lung housing/rib cage is restricted. The thicker slightly rounded horizontal line at the bottom; Figure 7.3 shows a hypothetical diaphragmatic rise of bedridden emphysema patient.

Very little rise, very little lung (sponge) squeezing and air filling action can happen. The emphysema patient breathing volume is reduced from two quarts, say, down to a tenth of a pint or less. Again we see a “Phantom diaphragmatic breaths” as they are not “squeezing the sponge” of the lungs because the diaphragm is going belly-outward but not chest-upward as well.
Note in below 8A how the rear portion of the diaphragm is lower (B-8A) and the lungs tissue directly above is cloudy. Compare that to 7A on previous page. This would seem to indicate that the lungs above the shrunken diaphragm were not being squeezed as much as they should have and as a result collected excessive debris.

8A

MORE BREATHING INTEGRATION/COORDINATION
Ancients often refer to the breath as “nerve force”. To the degree that the breath and breathing is restricted is the degree that almost every part of the nervous system is adversely influenced.

Again please experience the Reflex right now.
Sit or stand tall. Where ever your breath is now, without breathing in, begin to extend exhale until you run out of air. Go so far as to squeeze your tummy muscles in to squish that last bit of breath out. Do not make it hurt. Now just let a big deep easy effortless in breath come on in.

Hopefully you just experienced a deeper effortless in breath along with a sensation of deeper relaxation or calm. If the muscles, nerves and bones are working in an optimally coordinated way, the experience or expression of breathing will be smooth, graceful and seemingly effortless, relaxing and often gently energizing. Experiences can result in a feeling of deep peace, ecstasy, mind-expanding visions of beauty, and oceanic feelings of unconditional love; direct results of a guided breathing experience. Many feel more “in tune” with themselves and others.

Can we be this way all the time? A few do it. Do we want to be this way? Yes, probably and as often as possible? Almost every person I have guided into a significant enough reflex has been instantly transformed into a deep peaceful state or burst out laughing for joy. Occasional tears have resulted but they do not seem absolutely necessary for catharsis. The person crying was very glad to do so. It was absolutely healing and transformational.

MORE ABOUT ENDOGENOUS BREATHING (EB), GAS EXCHANGE & CARBON DIOXIDE
Endogenic breathing, endogenous breathing, endogenic respiration
Because of its both positive and negative impact on health and well being and possible distortions of its relevance, I believe it is important to better understand the pros and cons from both a health AND a personal growth and well being perspective.

Firstly and most simply, a basic fact:

Transport of oxygen into a cell is controlled by the partial pressure of oxygen at the surface of the cell. Since air is about 21% oxygen and the normal (barometric) pressure of air is 760 mm of mercury, the partial pressure of oxygen is then 0.21*760 or about160 mm. Increasing the percentage of oxygen in the atmosphere surrounding the cell will thus increase the partial pressure of oxygen (as when breathing pure oxygen) as will increasing the total or barometric
pressure (as when breathing compressed air).
Contributed by Richard Bleam, Bioscienceinc.com

QUESTION. Is this good or bad?

ANSWER. It depends.

Proponents of EB train you to NOT be uncomfortable with less breathing. Sort of increase your toleration of carbon dioxide or train you to be comfortable even during periods of shortness of breath. This can reduce your anxiety and let you breathe a little easier. Also, to breathe creating more internal lung blood pressure and reduce the volume and increasing the density of air bubbles thus concentrating the oxygen that does go into the blood.

There is no mention of the fact that when you purposefully breathe less you can (not necessarily will) reduce the sympathetic enervation that causes upper airways constriction ie: asthma. All the blame is directed to carbon dioxide entidal CO2 levels and no attention is placed on HOW the breath is taken in, the role of the ANS and its sympathetic stimulation.

1. What is the impact on the nervous system during this breathing process?

There is both an emotional as well as biochemical impact. When I practiced it using my favorite Endogenous Respiration (EB) Trainer (an excellent method when being trained properly in its use, which may require a video or human guide) I was at first enthusiastic and actually excited about developing EB to the max. But after a few days of training I began to notice a constriction inside myself that felt like someone or something was not allowing me to completely relax. My focus was better but my ability to let go of that focus had been limited. I was always a little too “on” or “too tightly wired”.

For some this extra focus and oxygen and nervous system adjustment can be even life saving. Their emotions and or energy swings were so low or swinging widely that restoration of any aspect of homeostasis can be quite helpful. The keys will be the cross over points where this style of oxygenation stimulates the nervous system beyond healthy emotional connection-with-self barriers. In other words, one can still develop maximal blood oxygenation but at the expense of premature stresses and death as well as limited depth of emotions adversely affecting emotion's correlation with intuition and deepest sense of self and one’s relationships with other people.

FUTURE RESEARCH
We will be experimenting with using both CO2/O2/heart rate variability monitoring as well as endogenous breathing development to see what insights this reveals. So I suspect that endogenous respiration can in many ways add to a healthier life but not necessarily, as its proponents promise, extend it beyond one’s seventies or eighties. I believe that volume is the more important factor in life extension as volume by its very nature of slowing the entire experience of moment to moment, implies less stress and strain on the breathing body. My research leads me to believe that the keys to longevity are approximately 10% underweight, at least 75% living foods, reasonably peacefully dominant attitude, optimal detoxification, moderate exercise and large balanced breathing volume.

Would I use certain respiration training devices as a sports trainer? Perhaps because properly used, EB improves efficiency. The question is where is the cross over period where efficiency is robbing one of internal process? Where is it that we become driven instead of the driver? Is some sort of resistance to inhales and exhales good or bad? Our computerized breathing trainer can help answer this.

ATHLETIC COMPETITON & ENDOGENOUS BREATHING
Some “fierce competitors” just do not care about potential damage. But that is their choice and they should at least understand that they pay a price for that, including probable shortening of their potential life span. For more about this please refer to my article called Sports Induced Breathing problems at http://www.breathing.com/articles/sports-induced-breathing-problems.htm. It basically states that any competitive sports that requires gasping and breath heaving is another way to accelerate a shortened life span; you are in “great” condition when you have your final and death dealing heart attack. There is I believe a balance of force and ease that needs be addressed lest the force give way to internal stress.
Strictly speaking our red blood cells are the major transport vehicle of O2 into your body. Endogenous breathing (EB) helps to increase blood pressure in the lungs and concentrate the O2 in your red blood cells.

**BUTEYKO**

Dr. Buteyko recently passed away in 2003 at approximately age 80; Quite young for any historically valid breathing teacher. This leads me to believe that either he did not walk his talk or his talk was slanted towards his style of endogenous breathing training that in my opinion causes too much shortness of breath and completely overlooks any development of the natural breathing reflex. It also may exacerbate some people’s tendencies towards sleep apnea.

Don’t get me wrong, his technique saves lives. But I believe one can easily get over-trained so using a CO2 measuring breathing training device in concert with my techniques are strongly advised. A key part of optimal breathing can be under breathing without creating discomfort from shortness of breath and integrating that with reflex development and breathing coordination. You can contact me for more about this computerized training device.

I believe that the Buteyko method can eventually be overused and lead to an excess of constriction and a lack of inner sense of self. At least that is what I experienced and as well others that I trained. Optimal breathing on the other hand that includes a balance of appropriate endogenous respiration as well as natural breathing reflex development will both enhance and extend life span, without fail.

There are many other ways to effect varying percentages of EB without having to cause internal stress and constriction. Some forms of movement and breathing such as certain Yoga postures, Chi Kung, modern dance, the Ab Doer, or Pilates will help. But there are harmful stress crossover points with all of these so the Optimal Breathing Computerized Training device may well be a good way of quantifying and developing this internal gas exchange aspect for many in need of more finely tuned breathing development.

**ABOUT BREATHE HOLDING**

Because some of the endogenous breathing techniques advocate breath holding I thought it appropriate to insert the following.

It may be beneficial in putting one more in control of one's own emotions and conditioning the body to use oxygen more efficiently. The long-range negatives of holding the breath can lock up the rib cage and reduce heart massage. As well as restrict the throat in speaking and swallowing. Deep divers seem to breath hold routinely. But they really let the breath go out slowly, ever so slowly. Aside from that, check out their life-span statistics and lung issues in post age 60 years. A client came in very proud of his ability to hold his breath for 2 minutes. His chest was almost rock-solid and his breathing severely restricted.

Beware of breath holding exercises. The "hunger-for-air" approach (Buteyko) conditions the body to function with less oxygen. As long as you disregard the oxygen cost of breathing you overlook the fundamentals of enhanced reflexive breathing and its innate oxygenating and healing potential. Breath holding is "unnatural". Using breath-holding techniques will cause the body to get less oxygen, more carbon dioxide. To me it is wrong because it hurts tissue saturation and oxygen levels like an athlete getting Hypoxia or mountain climbing. This causes lactate formation and ketosis. It looks like the person breathes more but the tissues get less. Study hyperbaric oxygen phenomena and more about endogenous breathing to learn more about this.

Remember, we held our breath as children to control our experience of negative feelings and emotions. Perhaps some of us have held our breath enough for this lifetime.

**DEVELOPING ENDOGENOUS RESPIRATION FIRST.**

Daily take your pulse. This exercise should not raise your pulse more than 10 beats per minute. Retake your pulse after each practice session.

When you first begin practicing, you should take the Measurable Primary Assessments Page #10. Then:

Find a quiet place where you will not be disturbed.
Sit, stand tall, or lie on your side or back on a firm but comfortable surface.

1. Trigger the reflex i.e. where ever your breath is now breathe out (exhale) until all the air is gone. Allow a deep breath to enter filling up the belly and chest. Do Not force inhale.

2. Let exhale occur naturally. Don't hold it back.

3. At the bottom of that natural exhale there will be a natural desire to inhale. Resist that and allow only about a half to a third of that bigger inhale for just 1 breath.

4. On the very next breath extend exhale again to trigger the reflex and again resist the deeper inhale for TWO breaths.

5. Add a breath each time.

6. Do this for ten minutes or until you feel ANY discomfort at the next higher number. Which ever comes first?

7. If so go back to the last number. If that number is uncomfortable back to the next lower number and so on. Once ten minutes is comfortable and you are absolutely sure you are benefiting from the exercise then increase the time period by one-minute increments up to 30 minutes. If you go too quickly you will lose what progress you have made.

8. Your comfort zone and improvement on any or all of the assessment questions is your primary guide.

Do NOT try to increase it until you are absolutely sure your heart rate has not increased faster then 10 beats per minute. The trick is to not over stimulate your nervous system while challenging it to breathe more efficiently and to allow your rib cage to expand and become larger. Endogenous optimal breathing = two to fivefold increase of blood oxygenation.

SEE our LEASE exercise outlined in this manual in the Programs A-Z.
See also the free diving technique for increasing time underwater without breathing.
http://www.breathing.com/breath-holding-development.htm

This might be of interest at this point.
TRAFLEXIVETm BEHAVIOR*. (Trauma reflected in the breathing reflex) See Appendix
VI. DAY TO DAY FACTORS THAT SUPPORT OPTIMAL BREATHING

What you also must have to ensure rapid development and dependable maintenance of optimal breathing.

1. CLOTHING

The clothing of western cultures is primarily designed with out posture in mind or for the fully alive and breathing body. Belts, layered elastic waste bands, tight jeans, dress shirt neck sizes, neckties, and brassieres can severely restrict one's breathing. The materials they are made of also smother ease of air and moisture intake and outgo through the skin.

I recommend suspenders at [http://www.breathing.com/product-recommendations](http://www.breathing.com/product-recommendations). Stretch underwear underneath stretch wasted skirt and or panty hose is equivalent to wearing a belt. Restrictive clothing is particularly noticeable when you are sitting down in a seat or a chair that does not adequately support your low and mid-back (see airless plane seats). My breathing rules number one: never wear anything that restricts the breath-wave. Each breath has an opportunity to accumulate energy or invite a deficiency. (A suppressive relationship is like wearing restrictive clothing)

Trying to breathe deeply when your abdomen, chest and upper and lower back muscles are restricted by tension or tight fitting clothing is like trying to blow up a five quart balloon inside a 1 quart bottle.

FAT BURNING

Restrictive clothing can cut off the ability to breathe fully and burn fat. When eating a big meal (which we should not in the first place) we wait too long to loosen our belts. It reduces our breathing capacity, which means less oxygen, and oxygen burns calories. The food then converts into fat. Self-perpetuating cycle. Also makes us go to sleep after the meal.

BRASSIERES

Any tightness in the brassier can slowly constrict the upper body so that it feels normal to be squished, so women don't realize they are too tight. Loosen the bra with expanders from a fabric store if the bra is not fitting properly and leaving red marks. Check the fit of the cup size of each breast separately and if the shoulder strap needs to be loosened. Place something under the shoulder strap to deflect the weight over a larger part of the shoulder. A new study shows that wearing a bra is linked to higher incidence of breast cancer. Women who wear a bra 24 hours a day are 125 times a likely to develop cancer as women who don't wear one at all. One or two cup sizes larger then the real you is advisable. Learn more about bras and breast cancer at [http://www.breathing.com/articles/brassieres.htm](http://www.breathing.com/articles/brassieres.htm)

Shoulder strengthening weight training is outlined in the Secrets of Optimal Natural Breathing manual.

I believe that non-restrictive bras are necessary for dependable, consistent personal power. A subdued breath is always going to subdue or distort the experience or expression of the breather. Shallow breathing actually feels "normal" to many. Breathe easier and life is easier. Keep the rib cage and heart center open and be proud of who you are.

PANTS

Ever wonder why European mountain walkers wear suspenders so often? For men's pants I prefer Saville Row or Savanne No-Wrinkle pants with elastic waistbands or their equivalents). They let me breathe. Suspenders negate any tension around the belly/side/back-breath area. For those who carry a lot in their pockets you can use the suspenders or a belly bag. The belly size will increase a little as the breath fills up near the waistband. The belly muscles must work with and let go easily and not fight against the breath. If your pants are too tight, then I suggest having them altered to give you more room to breathe.

SHOES

Improper heels on shoes throw the pelvis out of front-to-back balance when standing and make the breath go shallow. High heels and platform shoes shorten the calf muscles and hamstrings, which shifts your posture. Lack of heels causes stiffening of the knees and results in restriction of pelvis and subsequent reduction of breath. Berkenstocks and sandals are my favorite shoes. Merrell’s as well.

I read in 2001 that police in Japan are taking aim at a new menace to highway driving & road safety -- platform shoes.

ERGONOMICS

CARS, CHAIRS AND AIRPLANE SEATS
What we choose to sit on at our office daily and at home while relaxing has an effect on our breathing. What is good for sitting and breath support for an overweight person may not be so for a slim person. The therapeutic norms for the average size person may work for them yet it is extremely cramped for the larger person. The slim person would sink down in a chair designed for a larger person and have his or her breath suppressed. The larger person would suffocate in a chair designed for a slimmer person. Health professionals opting to guide clients and patients to better breathing needs to address these issues.

Most cars, seats, chairs and ready made jackets are tailored for the average overweight American that slouches. We experience day-to-day "molding" of our postures due to the different types of chairs we are sitting in. When you sit partially collapsed you suppress the ease of distribution of your life giving oxygen and re-enforce the tendency to slouch when you stand.

This sitting and standing posture invites excessive accessory breathing muscles that restrict breathing and can create or compound respiratory faults. (Respiratory fault is essentially an irregularly shaped ribcage) This disturbs or distorts diaphragmatic action. This in turn distorts easy, natural breathing, reduces the vital capacity, increases oxygen deprivation and plays general havoc with one's nervous system.

Sit properly supported (posture) is important, but does not in itself guarantee easy breathing. Find what it feels like to have a larger, easier breath when sitting in a chair or car seat by developing your breathing with our Video/DVD 176. Then adjust how you sit with support (pillow, back support) to match the feeling of the deeper, easier breath. Your breathing will greatly improve in just a few hours if you have first developed it using our video and then positioned the support properly. You can better "feel" the difference with this support because you are breathing bigger and easier. See the chairs with a back support the swivels forward and back allowing you to open your chest when you lean back to take a deep breath.

Chair sitting requires support for the feet. I prefer captain’s type as I can push my rear end out a bit and feel the support in my lower back. You can get a good office chair that adjusts in every way for under $200.00.

3 Choices.

1. Office Max or Office Depot. One is called Novomex Fashion Articulating Task chair Model 391 5330. The back must swivel-Office Depot and or Office Max carry them as well as an Ergonomic with a back swivel. Cost is around $130-200 product #674-408 and 674 390. For an updated recommendation http://www.breathing.com/product-recommendations.htm

   1. Or a Nada chair in St. Paul, MN.

   2. Special props and pillows at Yoga Props Catalogue at 888 856 yoga

   3. Airplanes. Make a mid back support with one pillow or inverted T with two airplane pillows and bring a towel or air pillow for your neck.

AUTO ACCIDENTS & BREATHING

The driver's handbook for North Carolina states that: "A surprising number of serious crashes occur because a driver fell asleep at the wheel". The issue is not just sleep. There is a gradual slowing of reaction time on the way to sleep. And many might be categorized as half asleep, most of the time, without noticeable fatigue. Taking a closer look at the way they breathe could prove to the real cause of the sleepy feeling. We are working on a video around driving safely and inexpensively changing your car seat to breathe better.

From my experience, car seats should be classified as Mercedes "Bends" as in bends you forward and shuts down your breathing; Cadi"lacks" as in lacking proper breathing support; and BMW as it makes Breathing More Work. Oh yes And then we have "airless" plane seats.

There are NEW OSHA RULES regarding ergonomics. This should raise employer and employee awareness and help you get a chair that you can breathe in.
THE LIFE FORCE OF THE AIR WE BREATHE

There is a life force to the air we breathe. This life force is called a negative ion. In this case the word negative is good.

The air we breathe contains molecules with electrical charges, both positive and negative. Ancient teachers probably had other names for this energy such as Chi, Ki, prana, pneuma, élan vital and others depending upon the culture involved. Modern science is actually quantifying this form of extremely valuable and life enhancing energy.

Lack of or imbalance of minute electrified particles, called negative ions, affects the environment in which we live and breathe. Research has shown that most who live, work and travel in closed spaces, suffer some degree of negative ion starvation or positive ion overabundance. This has become extremely evident to NASA in their space travel program. I read where astronauts were experiencing space based personality/relationship problems and it came down to a lack of adequate quantity of negative ions.

We spend our lives submerged in an atmospheric ocean of nitrogen, oxygen and a small percentage of other elements, plus the toxins and pollution of our industrial world. In areas supporting strong natural electrical potential such as oceans, mountains (trees) and lightening storms, where nature is allowed to work with minimal polluting and man made buildings and construction, good electrical ion balance can usually be found 1000 - 5000 = "Country fresh air," the minimum level one should sleep, work and live in .5000 + = Exceptionally fresh, clean and invigorating air, "mountain air."50,000 + = Pure air, very stimulating, exhilarating and relaxing. Germs cannot live in this air. I live in a rain forest in North Carolina.

Most urban areas with homes and public buildings of masonry, glass, steel and plastics, built amid mazes of roads, walks and parking lots cause reduction of this healthy electromagnetic "life force" of the air. In cities like New York, Los Angeles, Hong Kong, Tokyo and many densely populated cities, there may be few or no detectable negative ions at all during heavy traffic and high pollution periods. See our Negative Ionizer recommendation at http://www.breathing.com/product-recommendations.htm

What are Ions:

When the outer electrons of two or more atoms of the same or different elements join together, the resulting particle is a molecule. Molecular oxygen is a prime example of the small gaseous molecules in the air we breathe. It remains neutral as long as the proton-electron balance is maintained. Because of an equal number of protons and electrons, atoms have no charge. However, if an electron is lost or gained, the molecule becomes positively or negatively charged respectively and an ion is created. The natural production of ions may result from solar or cosmic radiation or the more mundane friction between air masses such as between rapidly moving hot, dry air and the ground. These are the positive ion "Witches Winds" that cause such discomfort periodically to the population in certain areas of the world.

Nature's Ion Generators:

Some examples of nature’s ion generators are solar and cosmic radiation, air friction, lightening, falling water, ocean surf and waves. These events can cause electrons to be torn loose from a molecule. These "orphan electrons" are then, 'adopted!' by other nearby molecules, transforming these molecules into negative ions. The parent particles become positive ions. Negative ions are themselves the electrical energy carriers of the air.

The Ion Effect:

There are some amazing clues to how an excess of positive ions and a lack of negative ions can produce uncomfortable effects to the human body in the way of general feeling of being out of sorts. These effects have been studied by the outstanding scientist Dr. Albert Krueger, Professor Emeritus of The University of California at Berkeley. Dr. Krueger, startled the scientific world when he demonstrated that small air ions are biologically active and can stimulate the over-production of the powerful chemical serotonin. Serotonin is a very active neuro-hormone causing profound nerve, glandular and digestive effects throughout the body. Tests show positive ions increase the production of serotonin and negative ions decrease the hormone level. See more about this at the breathing.com web site and the Elanra.com website.
Besides cleaning the air we breathe, negative ions aid in mood elevation and increased oxygen intake resulting in the feeling of alertness and vitality—similar to the feeling we get when we are standing on boat or near the ocean, in a beautiful forest or near a crashing waterfall or the fresh feeling of breathing crisp, clean mountain air after a thunderstorm.

If you want to know if your house or apartment is hurting your breathing try sleeping outside for night or two and see if you wake up more rested.

Unless you have an ion generator such as one(s) recommended on our web suite there are very few negative ions indoors.  http://www.breathing.com/product-recommendations.htm

VII. BREATHING EXERCISES and GEBERAL BREATHING SUPPORT
Your lungs will deteriorate 9-25% per decade (Framingham study) unless you do something to maintain them Exercise is mandatory. Excessive stress in exercising can actually cause breathing blocks that invite inadequate levels of oxygen. The more we tighten up these “accessory” breathing muscles the more we cause the alveoli (where the oxygen goes into the blood stream) in our lungs to begin to clog up with waste products. This will impede the body’s ability to absorb oxygen and we slowly suffocate or our life span shortens.

SPORTS AND OVER BREATHING .
Athletes, weight trainers, law enforcement officers, firefighters, even longshoreman, bellhops, construction workers and anyone running or straining in the course of their professions breathe high up into the chest. During exertion this can cause the rib cage to tighten. This weakens the diaphragm and restricts its expansion/excursion ability; the distance the diaphragm can travel up into the chest in the relaxed exhale. I believe it is one of the reasons many people retire and then die. They have no “reason” to breathe deeply; their breathing is too restricted from past constricting trauma and habit. And they continually sit in a collapsed “easy” chair with bad postural support that squishes the life out of them by suppressing deeper easy breathing.

A construction worker ( hod carrier) came to me with diagnosed asbestosis and coughed every few seconds. After teaching him to breathe better, his coughing reduced to every thirty minutes or so. Nutrition, several internal cleanse and colonics took care of the balance of 80% of the coughing.

Athletes learning the skills of optimal breathing will breathe better, smooth out their running, swimming, and walking and reduce their recovery times. Dancers can unknowingly restrict the breath as well and will benefit form our Optimal Stretching Video in the planning stages

What follows is a series of client correspondence addressing excessive exercise

From Bo M. a leading martial artist...
Dear Mike, once in my early training years I witnessed, and helped, one of my teachers in Judo. Do you remember when Ingemar Johansson, the boxer who won over Floyd Paterson once, on his second match I think it was, was knocked out? People where talking about his shivering foot. One of his feet was moving because of the damage the knockout from Floyd gave him. I am not sure this is what happened for my teacher, but this was the situation.

He was wrestling on the mat with his opponent. He ended up under his opponent, who got a judo-strangulation around his throat - and I saw one of his feet start to move as it did with the Swedish ex-champ. I yelled STOP and let go, since he had fainted because of the lack of oxygen. This was 1968, and I was at that time not so well aware of how the hazardous way the Martial Art strangulation hold could be handled. Well, he came back with some dizziness, stood up and thanked me. I don’t think I saved his life, but I did a good thing for him, since his opponent didn’t see what was happening.

Later during the years I have been studying more of the strangulation techniques. It is an ART in itself. Sorry to say, it is a killing art. One Japanese friend of mine, he is dead now, rest his soul, not by strangulation though, he died from diabetes. He told me about one of his teachers in Japan. For the Japanese (some) it seems as "close death experiences" is close to orgasm. This teacher had a way of doing it by throwing a wet towel around his neck and from that reaches the goal of "almost' strangulation. It worked always for him, except one time, when he could not remove the towel from his neck - he died from the strangulation (maybe a fantastic death considering his view of sexual pleasure).
In Judo, i.e. there are at least ten to fifteen different strangulations. Some going to the windpipes, others attacking (don’t know the word for it) other places are in the throat.

Once when I was in Japan, my teacher, Ishizuka-sensei, showed me the following thing; "Bo-san look," he said. Called for another student and hit him with his thumb (a special technique we use) in his throat and the guy lifted from the mat and landed two or three meters from were he had been standing.

All those strangulations are very dangerous handled improperly. Sometime Martial Artists say, "You can take a strangulation for ten seconds". This is a lie. I ended up in a chokehold and I had to give up straight away, the other person was so powerful so I felt the blackness coming over me.

I think Mike, that it could be a good thing if you from your side, as a breathing-specialist, wrote about the hazardous ways of handling opponents while training. In this so called Ultimate Fighting, where it obviously is correct to hit and choke ones opponent until he is unconscious. Some of the contestants get hurt real badly. In the East, Russia i.e. there has been at least a couple of deaths from those so-called gladiator-games.

I get very angry when it comes to those spectacular games. In the end, a person can die. We all die; it’s the only real truth in life. But as I have learned from much of your writing, through the proper breathing we can live longer, instead of shorter. B.M.

I replied:

This is an important insight, though very extreme examples that will add to other's understanding of the importance of healthy breathing and longevity. Many thanks.

Chief Seattle said many years ago that if the white man continued his life in the direction it was going that he would spend most of life surviving instead of living. Breath is life. I think the ones to really watch are the ones that do NOT abuse their bodies and die anyway. They are far in the majority then the fighters whom we know often push the limits beyond reason and sanity.

My friend Margo Anand who wrote The Art of Sexual Magic and teaches Tantra in the form of spiritual sexuality would absolutely have a fit at someone trying to choke him or herself to achieve ecstasy. Ecstasy stems from the breath being greater, deeper and easier. From being directed to specific areas of the body in great amounts. I feel sad for these "choking "people.

Many thanks Bo. You are a friend and colleague; I honor and value our relationship.

From Steve: Unfortunately I think some of them don't care if they shorten their lifespan or even die. They are doing what they love and are willing to die for it. It is almost like a Samurai Warrior. He knew he could die tomorrow, but he kept on training as hard as he can and continued to be a Samurai. I also saw this analogy with rock climbers who climb without ropes. They love living on the edge of life. If they die, even their survivors say they died doing what they loved. There was also a story about these guys who jump from cliffs with bungee cords but stopped above the tree line. This one guy tried to aim below the tree line so he would go between 2 trees. He missed. To each his own I guess.
GENERAL BREATHING DEVELOPMENT EXERCISES

Question. How do you develop the reflex so as to fully express itself?
Answer. In between each exertion allow on or more deep easy reflexive in-breath(s) to spontaneously occur.

3. LEG LIFT AND SHHHHHHH.

For forcing the breath downward as for asthma and speaking lie on your back on a flat comfortable surface. (No back pillows with this one.) Keep lower ribs comfortably expanded. Take a medium active inhale, hold your breath and then raise your leg about two feet off the surface you are lying on. Make a strong SHHHHHHHH sound as if you were trying to quiet some noisy children from across the room as you slowly and simultaneously lower your leg down to resting position. A variation is to number count as in the First Self Test instead of Shhhh.

4. STANDING MEDITATION

Stand with knees forward one inch more than normal. Feet under shoulders Tailbone slightly forward of middle between most forward and most backward extension position. Head on top of body, Chin slightly raised 5 degrees above horizon. Maintain this posture building up to one hour for a total of one hundred hours never missing a day. Level off at 30-60 minutes daily for a total of one hundred hours over several months and then one hour daily for life. I have developed this one to use it whenever I am being severely challenged with stress. As any discomfort arises, shift slightly to even out the pressure of the too-rigid position. Let your skeleton find the easiest and most upright position where standing is simply standing without force or effort. If discomfort appears firmly pat or slap the tense area until it relaxes. To learn more about the awesome power of this incredibly simple exercise do not miss Secrets of Living Younger Longer by Michael Mayer.

5. THE BELLY- CHEST – Relaxation EXERCISE.

Make a ball of air (picture 5.1) by breathing deeply into your belly. Hold your breath and feel the bulge of air in the belly area. Still holding your breath, with your abdominal and chest muscles working in sequence, roll the ball of air up into the chest (5.2) and back down into the belly. Take about a second per direction. Count “one thousand one” to equal a second, one thousand two, one thousand three etc. Continue back and forth, up and down until you are comfortably out of air and then let a big breath come in. Wait a relaxed breath or two and repeat the exercise. Continue the back and forth action until you are

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comfortably out of air. Repeat this exercise 10-15 times until you are more relaxed. This exercise has a cumulative
effect. The more you practice it the faster it will relax you when you want it to.

You may feel a hitch or unsteadiness in either direction of the transition between the chest and the belly. Sort of a
‘bump” or uneven movement, a series of events instead of one thing. That is what I call the “Speed Bump of Life”.
See: www.breathing.com/speedbump.htm. It is where a lot of fear is stored or experienced in our bodies. This
“bump” and its tension/fear slow the speed of transition from the belly breath to the rib breath and divide and weaken
the “12 cylinder engine” we breathe with. Over the weeks and months as you continue the belly chest massage you
will slowly lessen the tension/fear in this area. Continue the practice for as long as it feels beneficial. Never do any
one exercise all the time. Rotate it daily or weekly with others, especially #2 and 23. The belly chest will be a good
way to train yourself to sleep on your back. But it may take several months. Don’t worry if you start out on your
back and wake up on your side or stomach. Eventually you will wake up on your back in the same position that you
went to sleep in. Be patient with this one.

6. THE LION. A GREAT YOGA EXERCISE

This loosens the jaw and relaxes the face. It should be very
grotesque but it can help preserve younger facial features.
(So will sleeping on one’s back.)
Get on your hands and knees and raise your head so your
chin is level with the surface you are kneeling on. Open
your mouth as wide as you can, stick your tongue out and
down, disengage your jaw in the back, roll your eyes
upward and take a medium size in breath. On exhale let
go of all jaw tension. Use the lion (you can sit on the dowel
as well) to stimulate the reflexive breath.

Meditation in action is a billion times superior to
meditation in stillness. Hakuin

7. TONGUE CONTROL & JAW RELEASE.
- OPTIONAL WITH ALL EXERCISES. For clarity of speech and tension release

To keep the tongue from falling back into the throat and blocking escaping air and sound.
On each inhale have the tongue touch the top teeth. On exhale, have the tongue touch the bottom teeth.

Stand, slightly arched, raise chin slightly above level of
floor/ground to angle. Use a sanitary gauze pad or clean cloth to
grip the tongue. It creates friction. Hold jaw open and
downward, pull tongue out and down as you maintain the
downward pull on the tongue, repeat out loud and strong, “Mary
had a little lamb, little lamb, little lamb five time out loud, very
nasally” while holding your chin up and voice projecting. Have
someone palm your lower ribs to remind you where to breathe.
Breathe from the ribs at triple commas. Resist the temptation to
use up more air and breathe in again right at the triple comma.
Keep replenishing it even if you haven’t used it all. This will
help you to stay in the stronger part of your passive exhale.
Mary had a little lamb, little lamb, little lamb, Mary had a little lamb, it's fleece was white as snow,
Everywhere that Mary went, Mary went, Mary went, Everywhere that Mary went the lamb was sure to go,
8. VOICE PROJECTION - Throwing your sound like a baseball.

You can detect subtle changes in breath by listening to the voice. For dependable detection you must be consistent in the way you hold the body to support consistency in the voice.

Have a friend stand about 15 feet away and speak aiming your voice about 1 foot over their head. Now speak in the same tone and volume only talk to the floor midpoint between the two of you. Which way do they hear more of your sound. Which way is more clear and present, likely as not the higher one is better. If it isn’t clearer you are not raising your head high enough, or raising it too far. People with good hearing should hear the difference in talking into the floor or above the head. Someone may have low frequency hearing loss and not hear the difference.

To offset gravity’s effect on your sound, for this exercise you must keep your knees unlocked, ribs up, head high, chin up about 15% above parallel (use a mirror) to the surface you are standing on, your throat open and focus the power of your voice above where you want it to land. Like throwing a baseball from first to second. You throw it a little higher than where you want it to land. If you wish to direct your voice lower than head high, you maintain the strength of the voice by bending at the hip instead of the waist. Bending at the waste will weaken the support you have just created.
9. CIRCLES AND BENDING – STRESS MANAGEMENT

Sit in cross-legged position or on a chair, whichever is more comfortable. Cross-legged is better for this one. Place hands on kidneys with thumbs toward front. **Very slowly**, bring left shoulder over right knee and very slowly in a clockwise motion, make a circle with your shoulder downward, (your forehead may brush the floor), to the side and up again on the left side back to where you began. Take at least sixty seconds for the complete circle. Repeat SLOWLY three to five times total then reverse direction and again three to five times.

My favorite exercise from Tartang Tulku (see Appendix page ___)

A.  
B.  
C.  

D.  

E.  
F.  

G.  
H.  

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10. DOOR KNOB STRETCH - For increased back breath and low back pain reduction.

WARNING: People with knee problems should not try this. Ask an orthopedic physician, physical therapist or YOGA instructor if you are in doubt. Make sure the surface you are standing on is not slippery and or that you wear shoes that will not slide.

**Stand at door as in picture - A. Make sure door knobs are securely fastened to door and door is securely hinged into doorframe.**

Face edge of door with toes about 12 inches away from door edge. Grasp door handles and with arms extended outward, lean back enough to transfer a little weight into your hands holding onto the doorknobs. Please don’t let go the doorknob. Lower yourself into a squatting position. See B. You are now slightly leaning back in the squatting position. If you let go you would fall back quickly as more of your weight has been transferred to your hands.

You should feel a stretch in your low back area. Breathe into that stretch. Exhale and number count-continuing numbers for the balance of any air left. Let a passive inhale return and repeat as often as it feels good to do. Take care not to stay here too long as you may over stretch your knees and not be able to easily stand.

Variations on this are moving your feet closer or further away from the door. This shifts your weight. Keep your feet mostly under you, slightly forward. Go for the stretch in the low back.

**Don’t let go of the doorknobs.**

Those interested in strengthening the voice may want to SHHHHHHH on each semi-passive exhale. Keep your chin in voice projection position.

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11. SQUATS

PERINEAL DIAPHRAGM (crotch) STRETCH & Bowel Stimulation. Squats also develop the sit muscles, the gluteals. The gluteals help maintain the posture by holding the body together in the rear while the quadriceps, hamstrings, psoas and its antagonist the erector spinae, rectus abdominus, transverse abdominus, iliocostalis all work together firing in sequence as needed. All HOPEFULLY being independent yet in many ways supportive of the thoracic diaphragm.

“One should have a bowel movement within one hour after eating” Paul Bragg, Super Brain Breathing. Paul lived to age 966. He called himself a life extension specialist.

Do this one in the bathroom in the morning or whenever convenient.

With or without the door to hold you, feet flat on the floor do the squat. (Without is better) Inhale right before you go down then exhale as you descend. As you squat, strain for a bowel movement for a five count. Inhale and as you return to upright standing position, slowly exhale through your nose and mouth then inhale effortlessly through the nose and mouth after returning to standing position.

Repeat three times or as needed.

If you’ve trouble remaining erect or can’t support the weight go to the Doorknob stretch, Exercise #10.

The next level would be squatting while leaning against a wall or doorway. Make your upper legs a few inches above parallel with the floor. Mogal skiers do it to strengthen their quads. Read a book and stay their for several minutes up to 15. Can’t do it at all? Better learn as the weak quads help hold the hips, pelvic girdle and psoas diaphragm relationship.

12. Omitted

13. DIGESTION - A Breathing Exercise That May Aid Digestion

Trigger the reflex.

Wherever your breathing is now make a strong Shhhh sound until you have no air left. Let a big deep breath come in. Allow exhale to occur without force. Wait three breaths and repeat. Do it five times and see if your stomach starts growling.

Chewing each mouthful of food 50 times will aid digestion.
Try http://www.breathing.com/optimal-digestion.htm
14.1. INNER EXPANSION – For tightness across the chest and tension in the breastbone area.

Stand in the Standing Meditation position. Page # 85
A. Wait for a natural exhales. Force the breath out to the point you need to breathe. Let the breath come in and raise your arms B. straight overhead as you breathe in to your fullest inhalation. Hold your breath (this is one of the few times I recommend holding the breath) and bend forward as far as you can without hurting yourself. C. When you are bent forward the furthest do you feel the bulge in your belly, your mid chest, your back? Return to standing position via D. and exhale when you reach it. E.
14.2. **CHEST EXPANSION - YOGA**

Raise your arms as in 14 B., breathe in, and exhale fully as you bend forward as per picture 14.2A. As you return upright, inhale through your nose and mouth while returning your arms to the overhead arc position 14.1 B while breathing in. At the top of the deep breath, bring your interlocked hands and arms in the direction shown in 14.2A. And bend forward at the waste while audibly counting. Hold this pose for two to 20 seconds or as long as you are comfortable or number count is no longer possible. Be stingy with the air used for the number counting. Breathe in as you return to standing position with arms at your sides per 14.1 A. Repeat twice more.

15. **SIT, BEND and SHHHHHH. NO DOWEL NEEDED.**

Sit in a chair (dowel not needed) and shhhhhout, let an inhale come in and then make a strong, long, SHHHHHHHH sound as if you were trying to quiet some noisy children from across the room as you bend forward hands sliding along your thighs and legs towards the floor. If you get dizzy, sit up and wave your arms around until the dizziness subsides. Voice check at the end of the session.

In time your voice may get a little resonant as this can expand the back breath and stretch/release the diaphragm.

16. **REFLEXIVE SKIN PULLING**

Skin pulling can have immediate, gentle and expansive impact on our breathing. In this exercise go to the Primary Resting Position and use your thumb and fingers (or a friend’s) to grasp a fold of skin and the underlying tissue on our ribcage (preferably toward the bottom, front and sides) or have someone else do it on your back.

Wait for a natural exhale and then at the bottom of exhale pull the skin gently away from the surface of the body for a few seconds, perhaps three. You will notice that this action causes deeper reflexive breaths to come in by themselves. Experiment around the rib cage and see where the biggest breaths emanate from. A variation on this is holding the skin for several inhalations and exhalations and then gently releasing it. Wait for when the breath is quiet again (where the present breath is pretty much the same as the one before it) and repeat. If you are patient enough you will gradually experience more room to breathe. More attention may be needed such as any or all OBR’s, Reflex Rehab or Strapping Techniques.
17. REFLEXIVE STRETCHING

Ever watch a cat stretch? Sort of ecstatic looking sometimes

Lie on your back with a 12-14 inch square one inch thick pillow positioned between your shoulder blades under your back similar to the one in Exercise #5 The Belly Chest. Just enough pillow to open your rib cage a little and allow the diaphragm to more easily rise up into the chest as you are lying on your back.

Position your arms over your head or as high above the shoulder area as you comfortably can. Now wait for the natural exhale and at the bottom of exhale extend your right leg (make it longer) and your left arm (make it longer). And let go. Does a reflexive in-breath come in? If not, wait three more breaths to see if a reflexive in-breath comes in. Then make sure neutral breathing has occurred. Neutral breath is where this breath is pretty much the same as the one before it.

Once neutral breath has occurred, do the right arm and left leg and repeat the pattern. Often the body will spontaneously start to what I call “cat stretch”. This is wonderful. I did it for two hours on two occasions. Let it do that as long as you have time for. If it stops try stimulating of “kick starting” it with some more Reflexive Stretches, but maintain the Reflexive Stretches as long as you’ve time and interest.

18. CHEST OPENER - Sitting and Inclined. DESK, CHAIRBACK, WALL

A. SITTING. Sit in chair facing wall or desk. Lean forward into the wall, desk or top of the back of the chair in front of you (like at church in the sanctuary). Rest your head on your forearms on the wall, desk or chair as you would rest your head on the desk. Neutral breathes.

B. INCLINED.

Modify a sit up bench or slant board by raising the feet six to twelve inches on a firm surface. Open the chest well. Start with 60 seconds. Build up to five minutes. For voice strengthening include semi-passive vocalization using rib breath only.

19. ANIMAL GROWLS.

Crawl on the floor on hands and knees and growl loudly like a tiger or lion. Do it with some friends. Gently climb all over each other. Get into it but don’t bite or claw each other :-(

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20. BREATHING LEGS
Lie on back with a towel support for neck. Bring knees up and feet flat on the surface you are lying on with feet a comfortable distance apart. Position one leg over the other one, take a deep breath and allow the top leg to weight down the bottom one. Let the bottom leg be stretched downward by the weight of the top leg. Count out loud but quietly with the breath from the previous inhale. When you no longer have breath to count with, simultaneously lift the top leg off the bottom leg so it can easily rise and let the breath come in so it can easily fill the chest. Switch legs. Repeat as desired.

21. NECK ROLLS
Sit, shoulders back, in a comfortable position.
Use the large hairspray can, Nada Chair, 3-inch PVC section, or rolling pin to sit on.
22. **SALUTE TO THE SUN or SUN SALUTATION** – For staying more present in the moment. Great for an overall stretch that better enables the breath wave to move up and down the entire body. Most Yoga books include it. It is a must for everyone. I have included it in a special breathing relevant way in our Optimal Stretching Video. An animated version is on the we site at [http://www.breathing.com/articles/yoga.htm](http://www.breathing.com/articles/yoga.htm)

23. **VOCAL EXERCISES** chapter 9

24. **HEMISPHERE INTEGRATION**

   *To help balance and re-establish the organizational intelligence of the body mind.*

![Exercise Image]

Stand in an erect stance and if comfortable, with a very slight backward arch. Breathe naturally and hum on exhale.

Try comfortably to maintain the **VOICE PROJECTION POSITION**. Hold your pelvis very slightly forward and raise your left knee towards and above your naval. Bring your right elbow over to center as your knee rises to meet it. Briefly connect it to your left knee. Lower your left knee. Again, making sure that your pelvis is gently held forward, and back in very slight backward arch, raise your right knee towards and then above your naval while you cross over your left elbow. Touch your left elbow with your right knee. Lower your right knee. Repeat five times. Try not to let it bend you forward. Continue humming. Repeat five times again while looking in all directions.

25. **ACUPRESSURE POINTS. GB 16 & GB 20.** – Release neck tensions and headache potentials. Tension in this area transfers down into the breathing to restrict it.

   In the breathing-wave cycle sit at the top of your neck. Acupressure points are where the skull connects with your neck and upper back muscles. About one-two finger widths from center on each side of the very top of the spine and at the base of the skull are the points. Tension radiates downward throughout the entire body inhibiting the full easy breath. It is in an area called the OCCIPUT.

   Find the area that feels spongy and some pain (have a partner press real hard if you can’t find it yourself). Be ready to move away from the pressure as it can hurt something awful. Don’t get mad at your partner. There should be NO PAIN or sponginess, even when a lot of pressure is used.

   This works a little like Cranial Sacral work or STO as in Sternoclydomastoid-trapezius-occiput, and as well focuses on the ligamentum nuchae connecting C7 to the occiput and over to the SCM to form a T. You release the tension in this area and you feel HUGE reflexive breaths come in and deep letting go throughout your body. Just keep it up and do not stop until there is no more “hurts good” and you are feeling quite relaxed also opens up nerve force and energy flow.

Key muscular connection points to help hold the head erect are right there. As we bend forward, we stress these connection points and they become thick and full of blocked energy. Body workers often do not like to work on
them as they can stress the fingers beyond toleration. My favorite tension relieving pressure points:

(See Figure A)

Some recommend two tennis balls in a sock. You rest the back of your head on one and allow the other to give you a hurts good feeling until there is no more hurt then move to the next part of the hurt. Keep repeating that until the hurt is gone. I prefer two billiard balls as they are much firmer and I can pinpoint specific areas more accurately. This should help greatly to give you freedom of neck and head movement you didn’t know you had lost.

Use the towel rolled to support your neck when you sleep and also when you do your breathing exercises. Optional; Gently press your pointer finger on your forehead right above your nose to help balance the energy as it releases. See a Chiropractor to free up the rest if necessary and suggest this manual.

26. PELVIC CIRCLES – Free up hips and pelvis allowing deeper breathing. Inhibited pelvis, loose or tight psoas muscles, and over-tight abdominal muscles also inhibit access of the balancing energy of increased stimulation of the sacral aspect of the parasympathetic (relaxing) nervous system second, third and fourth sacral vertebrae.

A seventy five year old Chinese martial arts instructor in San Francisco taught me this one. He had 6-year-old daughter standing next to him.

This is the area called the “lower dan tien” in some Eastern schools of self-mastery. The breath cannot freely travel downward into the perinea (crotch) area.

Face yourself in a full-length mirror.

You may already know if your pelvis, sciatic area, low back, or hips are stiff, sore or lacking flexibility.

Have a partner observe your hip rotation. First in one direction, then the other. Stand and place hands on hips. Rotate pelvis in as wide and perfect Hula Hooptm type circle as you can. Have your partner observe how wide and even the circle of rotation is. Can you rotate without moving your shoulders, your knees?

Now look down at your knees and try to keep them right on top of your toes as you rotate your hips. Does this significantly narrow the rotation circle?

Let the partner observe your shoulders as you rotate your hips. Head erect, voice projection position. Can you keep your shoulders fairly steady while rotating the hips?

Note any irregularities in the circle as you rotate your pelvis. Sense where the pressure or constriction is and mark them on the chart. With an X

27. SQUEEZE AND BREATHE – Instant reduction of stress, anxiety, panic, some aspects of shortness of breathe, coughing. (in 176 video_)

Sit with feet flat on the floor, or stand. Needs an erect but not stiff posture. Be “tallest”. If you stand, bend your knees slightly so as to slightly unlock them as if you started to sit down then changed your mind. Let your tongue lightly touch the roof of your mouth with relaxed jaw.

Place your thumbs over your kidneys. Wrap your fingers around your sides towards your naval. Squeeze gently into the belly area as well as below your rib cage and above your pelvis as you nose breathe long slow deep breaths into your squeezed fingers and thumbs, trying to widen he space between them against their resistance with the strength of your in-breath. Repeat 5-50 times.
28. BACK SLAPPING – Dislodging mucous in the lungs and bronchioles

Hang over a bed face down with your arms touching the floor. Have a friend, with cupped hands as in applauding, firmly but with compassion and not to inflict pain, slap you all over the back and try to make you produce a wet cough (phlegm). Keep it up until the cough is dry. Repeat daily. No wetness in the cough at all? Does the recipient seem to breathe at least a little easier afterwards?  Do more.

29. BREATH FOLLOWING – Buddhist breathing meditation. Vipassna

Observing the breath. This is a breathing meditation.

This one may drive some into intense anxiety; it works well for many others. Do one or more five-minute sessions daily.

Pick a comfortable chair to sit in (if you lie down you may go to sleep), and try to keep your back straight, though for some this actually makes the breathing go shallow.

Just follow your breathing. Breathing in and breathing out. Keep your tongue gently touching your upper palate right behind your teeth. The tongue position will complete an energy circuit that both Yogic and Taoist teachers talk about. This conserves breathing energy.

Try it while waiting in line, sitting at a stoplight, listening to a lecture. Whatever you are doing, look at breathing without trying to influence it.

For some, it is a good way to detach from daily pressures and putting your mind into a neutral place. This breath following should be relaxing. If it is not then do not do it.

For more on this see http://www.breathing.com/articles/vipassna.htm

30. OPPOSING FORCES – Voice strengthening

Sit or stand with a slight backward arch and place your thumbs in your kidney area and wrap your fingers around to your belly (or sides of you are a large person). Squeeze your thumbs and fingers together gently in the belly and soft area below your ribs and above your pelvis. Then breathe into that pressure caused by the squeeze. When your breath and belly is at it largest, force your belly outward as you slowly exhale your breath. Make sure the muscles are working hard to keep the belly extended. Repeat this several times and notice if your voice gets a little stronger or more even.

31. STRAPPING TECHNIQUES – Releasing chest restriction. And redirecting breathing

These are techniques I have developed to rapidly expand the chest volume. I usually integrate them with OBR’s - Optimal Breath Releases and creating coordinated-sound production. They are done best when I do them on someone but they can be VERY beneficial in a self treatment mode. In one session they have caused blood oxygen to increase as much as 5 points on a pulse oximeter, clavicular chest expansion additions of up to 3/4 inch, deep relaxation that lasts days to weeks to months beyond the session period. They are introduced in our Video #176.

32. EASY, EASY WEIGHT TRAINING – To better integrate proper breathing while lifting or exerting.

Some benefits of Easy, Easy Weight Training are:

1. Energy increase
2. Upper body flexibility
3. Decreasing the risks of injury from over-workouts
4. Expanded easier breathing
5. Increase fat loss
6. Enjoy each workout
7. Feel lighter
8. Run, walk or swim easier, smoother & longer
9. Increased stamina
10. Shorten recovery times
11. Learn better pacing in life

Some doctors have equated compulsion to body build relentlessly with steroids as a similar disorder to anorexia nervosa but with different effects. It is a good idea to see your doctor or chiropractor before beginning any exercise program. Even if you feel great it is good to get base lines to mark progress or stress induced training. Hire a personal trainer to get the exercises just right.

Many personal trainers do not have the insights needed around the easy breath. Bring this book with you and make sure you stay in the semi-passive exhale and passive inhale. This may frustrate the trainer a little as waiting for the natural inhales takes longer than they are used to. Many people have become disinterested in weight training because they were pushed too hard in the beginning. Don’t let that happen to you. There is incredible benefit in proper use of the gym equipment. We’ll have a video about this some day soon

PASSIVE INHALES and SEMI-PASSIVE EXHALES REQUIRED.
Trigger the Reflex before each exertion. Use the expanded breath as the power behind each exertion.

The weights I used initially are just a bit above what might be looked at as an aspect of Kinesiology (reactivating “sleepy” muscles.) My first instinct is to simply wake the muscles up and get you used to activating them gently with plenty of easy breathing. Sadly, your body tension may prevent you from succeeding.

I prefer repetition increase more then weight increase. Get up to 20-30 -50 reps before you add weight, not the usual 8-12.

10-50% of maximum weight lifting capability, some can only handle 10% initially. Silent but mouthed 1,2,3,4,5 etc or Shhhh on all semi-passive exhales with voice projection position in place.

MAINTAIN VOICE PROJECTION CHIN HEIGHT - Exercise #8. When the position allows, Sit or stand “proud”.

INTERSPERSE EACH SET WITH THE STANDING SIDE TO SIDE FROM THE 176 DVD/VIDEO

ALWAYS BREATHE BY TRIGGERING THE REFLEX BEFORE EXERTION. In this way you will find your biggest breath and learn to protect it later when you increase exertion. Rest where ever possible in a weight free mode, passive inhale again and repeat the semi-passive exhale while counting quietly 1,2,3,4,5,6,7 etc. until the inhale presents itself.

For dips you can also try the side of a swimming pool using the water buoyancy to offset some of your weight. Breathe, hold your breath, dip, rise and exhale and repeat. Not as effective as the dip machines because the freedom of movement in the pool may cause you to flex too far forward

Breathe, keep face muscles relaxed and smile. Straining the face and neck sets up breathing restriction. Then it’s necessary to release the restriction to recapture the maximum breath. If this image helps, think of Arnold Schwarzenegger, Franco Columbu or Lee Haney as they effortlessly, smilingly and with deep peace within, lift off the ground, the rear end of a medium sized passenger car.

Reading while exercising is not recommended unless the reading material is positioned above parallel to the surface you are standing or sitting on. Even then it is hard on the eyes. Look around the workout room to reduce eyestrain from staring. Try not to stare.

Special note from personal trainer Tim Ghazelah of Motion Dynamics International in Moraga CA

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A continuous mental effort should be used to heighten the breathing process during weight training. Full breathing is essential, yet often not employed enough with beginners and experienced lifters alike. Developing progressively fuller breaths from the beginning of the set can enhance this natural respiration response.

The issue is: HOW?

Tim suggests the abdominal breath. I prefer to use the abdomen, back, sides and ribs to breathe. The Ab Doer™ is good for getting the feel of that. He also goes on to say. “Do not concern yourself with how many reps are remaining or are completed”. I agree but for a slightly different reason. Always stay in touch with your breath. When effort is reducing your passive inhale, you have gone too far. Use the straps shown in the SOB Video Product 176 Page _____ to release as much tension throughout your rib cage as you can.

Paul Bragg used to say that “a healthy body craves exercise.” Vigorous is the key. Not fatiguing. Once you begin feeling tired you are in an anaerobic stage and you should not continue. Let the positive energy be your guideline for continuing. Finish your predetermined set and wait until next time to add reps or weight. Your body will crave a weight increase instead of your thinking or ego. Exercise and rest, exercise and rest. Listen to your body. If in the middle of a set you become tired. STOP. Rest and continue if and when you have fully recovered. Between sets do the Side to side and Sound in the 176 DVD

Otherwise end the workout. There is a reason you are tired. Honor it. Feel good at the end of each set. Feeling tired means you may have used to much weight or too many reps or sets.

The following exercises will help develop optimal breathing. When the breath is larger and fuller you can step up the weight resist and don’t be in a hurry. Exercise not with a striving mind but with a receptive body. Never forget that,

Remember. SUFFERING IS OPTIONAL so choose not to suffer
Warm up with treadmill, Elliptical Cross Trainer or Nordic Track. Make sure the equipment allows your chin to be slightly above level ground back straight up with chest open. Walk proud. Don’t bend forward or lean on anything. Start slowly. Build up speed over 10 minutes. For ALL exercises if you can’t do 12 easy reps, you’ve way too much weight. Achieve 20–30 without strain.

33.1 Counterbalanced dip machine. 33.2 Body master MD504
Arms parallel
33.3 Cyber or Nautilus Back Extension PT GUIDED
33.5 Pullover - (L). (Another favorite) Keep back flat
33.5B Alternate: Dumbbells, on back on bench, arms over head and to floor for rib expansion. See a personal trainer
33.6 Abdominal
33.7 Pull down. Back to stack. Knees under hips chin at voice projection position. Lower as you bring scapulae together. (L) 45degree forward lean
33.8 Reclining squats (if knees okay). Good grunts instead of Shhhhh.
33.9 Dumbbell curls. GOOD ARCH of back. Silent count 1,2,3,4,5 both dir.

34.1 Sitting pulling hands to chest. Rowing.
34.2 Standing bar bell behind head. 10-20% of maximum
34.3 DON QUIJOTE
Use wood pole instead of iron bar. No weights
34.4 Recumbent cycle
34.5 Knee lifts and Shhhhh. Stay in passive inhale and exhales.

ROWING MACHINE
33. PILLOWS THAT ASSIST BETTER BREATHING – Back pain relief as well. All pain invites shallow breathing.

With your leg weight and gravity as a passive means of back pain relief, diaphragm stretching, rib expansion, shoulder girdle softening and chest widening.

Utilize the supports and angles that are most comfortable. The bolsters should be made from futon cotton and hold their shape. All others will compress.

Using a stack of blankets or the thick bolster, thin bolster. See Appendix

A. Low back pain relief and hamstring stretches for extra heavy people and everyone else too. YOGA calls it the Waterfall. Use pillow/stack or a rubber ball (C). Keep experimenting until it is very comfortable. Higher pillows or rolled up blanket is often better. Get on to the pile of bolster and blankets by backing into it and raising your rear end on it from being on your side.

C. LOW BACK - BASKETBALL OR RUBBER BALL
The ball is not as good a stretch because you can’t go into the passive mode while trying to balance on the ball. But you may prefer it. You want to lengthen the distance between your sacrum and mid back. It should feel good, otherwise stop immediately

D. FOOTBALL CHEST OPENER
D. DIAPHRAGM - MID TORSO - SOLAR PLEXUS STRETCHER. - Blanket or bolster

F. SUPPORTED CHILD’S POSE - Yoga
You can bring your knees forward if it feels better. Or slide back on the bolster a little if you have a full tummy or are pregnant. Supported, cozy and safe

34. ALTERNATE NOSTRIL BREATHING – A GENTLY ENERGIZING and BRAIN HEMISPHERE BALANCING BREATH

At the beginning of an inhalation, close a right or left nostril with the dominant hand thumb allowing the un-thumbed nostril to inhale the air. Before exhale, open the thumbed nostril and close the fingered nostril, now exhale through the right or left - un-thumbed - nostril.

Repeat back and forth for several minutes. Let the breaths come and go passively. This will have a calming and balancing effect. It also balances brain hemispheres.

Let the mouth stay closed. Do a complete set with the dominant hand and then another with the non-dominates hand for two minutes each. Observe the full passive inhale and exhale.

Good to do right before a test. This is not for energy, but good for balancing and calming.

35. Swimming and Bicycling in Racing and Practice
I do not care for triathleting. The crawl actually inhibits healthy breathing UNLES DONE WITH A SPECIAL SNORKLE. So does bending over a bicycle, though stationary bicycling can be excellent for heart lung conditioning . If you insist on that form of exercise or competition you must do things to offset breathing hyper-constriction during non race times. Begin with the breast stroke AND swim fins as a primary means of distance in practice. The fins help you stay afloat with more ease and allow your upper body/rib cage to expand more. That will extend your practice times greatly and with more EASE. . Train as with the weights as outlined in the manual.
Trigger the Reflex (see 176 video) before each exertion. Use the video strapping techniques in the #176 video often plus the other exercises within it. The upper body needs to let go, to expand.  www.breathing.com/sports-performance.htm

36. Color Breathing

Color breathing is a form of meditation or visualization, in which you imagine yourself inhaling and exhaling colors. It can be practiced in bed before going to sleep, or when waking in the morning.

1. Find somewhere comfortable to sit or lie down and relax.

2. Keep your breathing deep, regular, and calm.

3. Breathe rhythmically from twelve to eighteen times a minute. If possible, use the color of the spectrum or its nearest equivalent. Imagine the self engulfed by a white light that enters through the head from the cosmos down to the extremities and floods the entire organism from within and from without. Keep this image for two minutes.


Red, yellow and orange, whichever one is used, is visualized as being drawn up from the earth through the soles of the feet to the various organs. The length of time for visualizing the red part of the spectrum is two minutes.

Blue, violet, and indigo should be visualized as coming down from the atmosphere as vertical rays into the anterior fontanel to the various organs. The length of time for visualizing colors in the blue part of the spectrum is three to four minutes.

Green should be visualized as coming into the navel on the horizontal plane. The length of time for visualizing the color green is one minute in a waving motion upward from the umbilical cord and one minute downward from the umbilical cord, but always on a horizontal plane.

5. As you breathe in, imagine that you are inhaling this color, and follow it as it spreads from your lungs to your solar plexus and then throughout your body as discussed for each color.

6. As you breathe out, imagine that you are exhaling the complementary color.

7. Now mentally bathe the body and allow the entire self to be engulfed in a white light for two minutes.
VIII. BREATHING REFLEX DEVELOPMENT TECHNIQUES & EXERCISES

The key to optimal breathing development is in the NATURAL BREATHING REFLEX.

Developing “The Natural Breathing Reflex”, The "Rosetta Stone" of the Breath
Note: These techniques are difficult to explain in writing. They are taught at the Optimal Breathing School.
http://www.breathing.com/school.htm

What follows are ways of speeding up the development of optimal breathing? Some may need hands-on techniques.

The “OBRs” OPTIMAL BREATH RELEASES –
DEEPENING THE OUT-BREATH, “JUMP STARTING” THE REFLEXIVE IN-BREATH AND RAISING THE COSTAL CAGE. OPTIMAL BREATH RELEASES™ aka OBR’s. Must be learned at our school.

DISCLAIMER - WARNING:
If you press too hard, you may crack a rib or can also move the vertebrae into or sometimes out of alignment. This occasionally may necessitate a chiropractor or osteopath to rebalance the spine. The recipient/patient/client must be willing to risk this if he or she wants to receive the benefits of this technique. Part of these techniques are loosely related to artificial respiration as it was taught to me in the 1950s while in the Boy Scouts. It is NOT to be thought of as a replacement for CPR.

Anyone interested in learning these techniques as a professional should take our training as well as the Red Cross CPR or equivalent course to familiarize themselves with the dynamics, benefits and dangers inherent in pressing on the rib cage. You are on your own with this one. The OBR techniques are extremely powerful and generally safe to do on most people. Osteoporosis may be a contraindication but it is better to flex the chest than have it stiff so let your own intuition and need to breathe better decide.

Slowly building up the depth of breath is senior to trying for deep breaths at the beginning because people can not breathe as deeply on their own as they can when the OBRs are done on them.

I encourage you to get more insights on this from Carola Speads “Ways To Better Breathing” & Therapeutic Considerations for the Elderly, Edited by Osa Jackson especially the chapter called “Breathing: An Approach for Facilitating Movement” co-authored by Carola Speads and Margaret Leong.

Most health professionals that know that may not spend enough time working on the person’s breathing. Take your time. Working with rehabilitating the expansion and contraction of the ribs and loosening of the shoulder, chest, neck and back muscles and fascia & accessory breathing muscles requires adequate time for each breath. Take your time. Put 3-5 natural breaths between each press. The expansion of the floating ribs - connected to the spine - can bring immediate relief to many a locked-up breather. Use of the strapping techniques adds width, depth and coordination.

The deepening longer breath and sense of peace the receiver experiences will hopefully make what little risk there is worthwhile. The facilitator of the techniques must always be gentle and respect the comfort of the receiver and NEVER press directly on the spine.

People with extremely stiff rib cages are especially difficult to add breathing depth and ease. The strapping techniques in the Video/DVD 176 s can help greatly with this.

THE KEY
Where the breath isn't is where we want the breath to go, which is bigger all over the belly, back, chest and sides, in balance.

POSITIVE INDICTORS

• Extreme states of deep relaxation
• Easier or deeper or wider or longer or fuller breathing or any combination or all of these
• Breathing further down into the belly.
• Wider feeling across chest

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• Longer, deeper, easier, fuller, more one thing, in the belly breathing
• Expansiveness of self
• Yawning
• The person’s body will automatically initiate deeper easier breathing

BODYWORK
Body workers will note that the OBRs address the transverses thoracic, sternocostalis; triangularis sterni; pectoralis major and minor, and subscapularis, rhomboidus major and minor, Serratus anterior, and serratus posterior superior and inferior, scalenes, intercostals, trapezius and a host of other muscles and tendons not available to bodywork but responsive to “optimal breathing coordination”.

You will learn more about this in our training programs.  http://www.breathing.com/school.htm

BODY POSITIONS
Have the receiver lie face down on a firm but comfortable surface. The upper body should be in slight extension (arched backward) like in a swan dive arch. For a controlled degree of extension I prefer a blue hydrocollator “Prone Pillo” from Chatanooga Pharmacal in Tennessee. Banner Therapy Supplies in Asheville, NC carries it

Position their neck so that they are allowed to breathe easily without hyperextension or hyper-flexion of the neck; too far forward or too far backward.

Otherwise face down with upper body and face/head props causing a slight swan dive position to open the chest.

Low back pain or pregnancy may require you to have the person lie across a bed or massage table with their knees on the floor.

Check with an MD or physical therapist if you have any concerns about this.  A chair-massage position creating a 60-90 degree angle with the knees and upper torso can be used but due to needing more weight into the person, the prone position makes adequate weight more practical. Forehead resting on forearm can work but the neck may be compromised. The Pronation Pilo is best.

Face resting on side is the least desirable of the acceptable positions.  Prone forehead resting on forearm is a little better.  I prefer adding a bit of upper body extension to this position as it opens up the chest and increases the internal expansion of the breath.

As the giver you “straddle” the receivers thighs with your knees at the outside of their thighs.  If you were to sit down (not recommended) you would sit on the back of their calves or the back of their knees or hamstrings.

OBRs have TWO key areas and require two people, a giver and receiver.

AREA 1. MID BACK below the bottom of the shoulder blades this area comprises an approximate length of between 1 inch above the bottom of the shoulder blades and 8-10 inches below the bottom of the shoulder blades.  .

Working here will release tension in the back of the diaphragm and deepen the natural exhale and inhale reflex.

.  

AREA 1 MID BACK
You will know you are making progress when the back rises higher (rebounds) than it had been during the neutral breath.  Rebound can be in the same place you pressed or in a place lower down on the back or both.  The receiver will like this experience and feel it has a relaxing or breath-expanding effect.  The breath rate will most often reduce.  Have the receiver stand and sense their breathing.  Has it become easier or fuller or less constricted or all of these? WHERE does it feel these ways? HAVE THEM DESCRIBE THE DIFFERENCE(S)

In some cases of low blood pressure, the breath rate may speed up a little.  I suspect that the breath, when better expanded, eased and balanced, will raise the pressure somewhat but that is an issue that I have very little experience with.  Repeat the presses two to four times.  Then change to technique 2.

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TECHNIQUE APPLICATION
THE HIGH-AND-LOW MID BACK PRESS. TO EXTEND THE EXHALE AND DEEPEN THE NATURAL INHALE REFLEX.

Read the following over once or twice before you do the exercise.

Count and write down the breaths per minute and remember the amount.

Observe three to five effortless inhales and exhales. Does the back rise? If so, where and how much? Or does it not raise much at all?

Right below shoulder blades, perpendicular to the spine, extend outward (never on the spine) from the spine 1-6 inches. The top of the Serratus Posterior Inferior, in between the bottom of the Serratus Posterior Superior and Serratus Posterior Inferior (SPI)

In between the bottom of the SPS and top of the SPI is the area where most people develop huge erector spinal muscles to hold themselves up from falling forward when they bend slightly or extremely forward or habitually slouch. The chest - and breath - correspondingly caves in or is sunken or shallow.

Begin again with the straddle position and the same neutral breath. Assess the rise and fall of the breath.

Position the thumbs parallel to the spine on each side of the spine. (Never on the spine) They often appear as a rise or hump on the mid-back.

Allow the butt of the hand (as in part 1) to position to press on both sides of the spine on these “mozzarella string cheese” muscles going up and down each side of the spine.

Count the breaths per minute. Notice the depth of inhale but most particularly exhale. Get a sense of the rate of the breath.

Wait for the neutral breath (when this breath is the same length and depth as the one before it). With hands in proper position, thumbs parallel to the spine, allow the maximum natural exhale, then gently press downward extending exhale a little beyond where it was the last time.

While you do this speak softly to the receiver to ‘let go, surrender, let go” and when you sense they are, say “good, that’s it, very good, etc”.

Now lean forward, transferring some and gradually increasing your upper body weight into your hands and thus the weight gets transferred slowly into the person’s back. When you transfer some of your body weight into your hands, you will be better able to sense their letting go in the slight change of position of your upper body. You will feel the letting go in your breath and body position.

Only hold the receiver’s breath down for a second or two the first extension. See if the breather’s in breath gets larger. After a few more tries you can begin to hold the extension a little longer. You are building trust with the receiver. You will know you have held it too long when the receiver tightens up or needs to breathe and inhale against your pressure. When this happens you are to back off immediately. The receiver must learn to trust that you are not going to hold them down past the point they feel uncomfortable or breathless. A tight hug type experience is OK. An eye bulging squash isn’t. They need to be able to surrender to the pressure knowing it will be released right before they really need to breathe. Practice will make this work better. You are doing a dance with the receiver’s breath. Honor it always. Never do anything but pay exclusive attention to your recipients breathing.

GOING DEEPER
After a few presses (exhale extensions) the recipient may well tell you that you can go deeper or longer. Ask them if they want it to be deeper and or longer. Keep them in charge.
The deeper you go without the receiver tightening up, the more the inhale will return wider and higher than the previous inhale. If you go too deep or too long, not only will they tighten up but also the “bounce back” will be shorter in duration and visibly shallow often followed by an accelerated breath rate.

As you both go deeper you may sense when you have “hit bottom.” That is when there is just no more exhale extension left OR WHEN THE RECEIVER FEELS TOO MUCH PRESSURE OR ANY PAIN. When you have reached “bottom”, release the weight on their back gently and watch the breath rise higher and fuller than before. The swell of the ocean gets larger and occupies more of the back from top to bottom. Bottom often means that is enough for the back. You might try another one or two just to double check.

**AREA 2. HIGH BACK PRESSES. MAKING THE BELLY BREATH WIDER, LONGER AND DEEPER TO STRENGTHEN and CENTER THE IN-BREATH.**

Working here will shift the high chest breath towards a deeper belly, belly back and side breath. As well as widening the rib cage while extending the exhale for easier, fuller, deeper breathing.

**PROCEDURE**

Have the receiver face down on the prepared comfortable surface.

Observe how the person’s back raises and lowers with each natural breath. (The high back often rises on inhale before the low back rises. The low back may not rise at all. Even when they are asked to breathe into it.

HIGH BACK PRESSES. This will involve expanding the belly breath to lengthen, strengthen and center the in-breath

It is also appropriate when the front or back belly or low back breath is stuck or blocked or tension is felt in the solar plexus area. Also, ticklishness or pain in the ribs, sides back or front.

Wait for the neutral breath where each breath is pretty much the same as the last one was (workbook).

1. Count and write down the breaths per minute and remember the amount.

Observe three to five effortless inhales and exhales. Does the back rise? If so, where and how much? Or does it not raise much at all?

Gently do the squeeze and breathe two inches below their belly button area to give them the “feel” of where to breathe in. Don’t overlook this. It is very important to some receivers who have lost the feeling sense of where their belly breath is felt. Tell them to breathe under the pressure you are about to deliver and into their low back, sides, belly and crotch.

Face your wrists together an inch or two apart. Spread your fingers out and press on each side of (never directly on) the spine with the butt and some of the palms of your hands. Your fingers will rest gently on the shoulder blades. You can distribute a bit of the pressure there. Wait for a resting “neutral” breath. Neutral is where the present breath is the same relaxed shallow depth as the one or two before it.

Next lean into the part of the upper back that is rising and try to inhibit its movement. Imagine if someone was sitting on your chest and you couldn’t breathe into it very well. That is exactly what you want to effect. They need to REALLY EARN that breath as they have no place else to go but DOWN into the LOWER abdomen. What breathing-in-effort on the part of the receiver is needed is to force the breath downward into the belly while inhibiting the ability to breathe into the high chest.

The reason for that is that most people tend to breathe too far up into the shoulders so this OBR technique forces the breath downward and adds to the backside and belly breath. Simultaneously encourage the receiver to breathe forcefully into their belly, back and crotch. Maintain the pressure while the receiver takes five to ten long deep belly breaths. This will require a lot of effort on their part to breathe. They need to FORCE the issue of breathing in to the lower back and belly. The high chest may rise anyway but keep trying to make it not rise and to force the breathing into
the lower portion. Keep telling the receiver to breathe into their belly, back and crotch; deeply, with effort; to make it happen. Each attempt you must ask them if they feel any more ease and depth of breathing. Wait until they relax a little before pressing again; 3-4 breaths perhaps or more.

**WARNING:** Too much pressure can hurt the person. If they flinch or act uncomfortable in ANY way back off IMMEDIATELY.

**GOOD SIGN**
Eventually after a few tries you may notice the wave of the breath rising lower down on the back. I have specific questions taught in the school that gives relevant feedback for markers of progress. It’s as if a wave were being created that slowly moved downward into the lower back. There is often a corresponding feeling on the part of the receiver to become somewhat or extremely relaxed. This is generally a very good sign.

The giver must be sensitive to the amount of weight the receiver can tolerate. Some rib cages are very stiff and difficult to flex (and breathe). I cracked a rib once. (Sorry Jim). But the risk is well worth the reward of breathing easier. Be careful, gentle, but insistent. Maintain the pressure for a longer time instead of trying to force through the stiffness. Time is on your side. Balance the force and the length of time you press downward. Your receiver’s feeling more relaxed or breathing deeper and or easier is your primary indicators of success.

This procedure changes the breathing coordination towards a lower, more “centered:” breath and brings the autonomic nervous system more towards balance. This is the direction of optimal *breathing coordination.*

**SIDE RIBS.**
Then turn the receiver on their side and repeat the technique all up and down their side. Ask them to compare the levels of relaxation from when they were done in the face down position. Use a scale of 1-10 as a depth of relaxation guide, 10 being most relaxed. Subsequent presses can be graded by the receiver’s feeling more and more relaxed, with deeper and fuller breathing.

Again, the session is generally over when you feel you have gone deep enough to “hit bottom”. There is no more sense of “give” or surrender or feeling more relaxed. They may have been stretched to their maximum for this session. Don’t push it. They will be very appreciative of the breath you have given them. The next session should be scheduled for a day or two later. Or use the strapping techniques and then try the presses once again until no progress is experienced.

Somatic education session frequency can be reduced as the fuller, easier breath is stabilized.

A variation on the position is to have the receiver kneel on the floor with a kneepad and rest face down on a bed or deep couch. Also, there is an extremely well made massage chair that facilitates a “full horizontal” position for doing the presses. Send for our catalogue for this. Asthma requires primarily AREA 2. techniques.

More about side ribs. These require hands on training. I am not comfortable trying to language them in writing alone. Body workers may intuit this from the work on the person’s back. Attend our school and develop the best approach.

**BREATHING REFLEX DEVELOPMENT EXERCISES**
*I placed these AFTER the OBRs because they are easier AFTER the breath has been opened*

**DEGREES OF EASE OF IN-BREATHS**
Every aspect of life is either affected or reflected in the way we breathe. The reflex is a primary aspect of where our nervous system rebalances itself. As the reflex is compromised, our ability to heal ourselves, stay centered and focused, be in touch with our intuition, feelings and emotions, is distorted. Our nervous system transmits disruptions in our feedback signals and what we might have experienced in a calm peaceful state is distorted by erratic or excessive energy.

**TRUE BALANCED BREATHING**
The reflex is a primary indicator of adequate or inadequate nervous system balance. Be wary of endogenous efficiency as it relates to emotional depth and your inner world. See Endogenous Page #
Many techniques exist to modify, direct or observe the activity of the breath. Each has its purpose and limitation. When we forcibly take deeper belly breaths we also partially stimulate the sympathetic nervous system because we are forcing the activity. When practicing a typical say Vipasana oriented breath awareness, observation of the breath may cause it to speed up slow down or go somewhat shallow.

Any ONE exercise you do with the breath will, after enough repetitions, begin to restrict or inhibit the diaphragm and rib cage freedom and fullness. In other words, they may be extremely helpful but there will come a time when just doing one needs to be replaced or joined together with other techniques or exercises. This is a lot about internal muscular systems and breathing coordination.

‘Breath awareness’ is more of a sitting or walking meditation and a good one except clients have told me that to follow their breath made them extremely anxious and others that just couldn’t do it due to stress and internal distractions. The combinations of Video, Better Breathing Exercises 1 & 2, and Watching Breath will give one good choices for the majority of breathing development skills. The video releases a lot of discordant breathing, and then redevelops it. The Recorded Breathing Exercises help work the breathing in ways it needs to be worked to develop natural extremes of relaxation and energy maintenance. The Watching Breath fine-tunes the continuing process of improvement in the ability for one to stay relaxed, and still concentrate well.

To the degree you cannot stimulate the reflex with ease in many different postures and situations is the degree you need to rehabilitate it.

If you DON’T get an extremely deep easy inhale you may have a serious breathing block or blocks. Note: for more reflex insights see Hering-Breuer reflex in the Appendix.

With the Reflex in mind let’s try the following “experiences”.

EXPERIMENT #1
See what happens to your breathing and your body sensations when you try this exercise. Observe without judgment or analysis.

First, exhale a long breath out making an Shhh sound as long and loud as you comfortably can. Then just let a deep passive inhale come in. If no big in-breath comes in, try it a few more times and see if you can produce one. If none comes in it is a sure sign you need to use the strapping techniques in the Video/DVD 176.

Sit quietly, either on a hard surfaced chair or dowel, long hair spray can, rolling pin, or at least 3-inch diameter PVC pipe, cross wise, not endwise. : -)
Make sure you keep your head erect, elbows hanging straight downward and your chin raised a little higher than normal so as to be level with the floor.

Without speaking or moving, let your breath come and go. This position supports you primarily with your skeleton instead of your musculature and allows easier breathing.

Let the breath go by itself until it is just rising and falling. Now immediately following the next effortless inhale and without gearing up with a deeper in-breath, I want you to extend exhale and squeeze air out of your lungs by forcing your belly muscles to try to touch your spine. Then let go and allow the breath to come in by it. Notice a deeper in breath than before? Hopefully.

TRY IT AGAIN. Just let the breath go by itself until it is just rising and falling. Now immediately following the next effortless inhale and without gearing up with a deeper in-breath, extend exhale and squeeze air out of your lungs by forcing your belly muscles to try to touch your spine. Then let go and allow the breath to come in by its self.

This sitting position is the most optimal for stimulating the easy in-breath or what I call a natural “reflex”. What SHOULD happen is a much deeper and very EASY in-breath. Some get it immediately. Some need to work to acquire it. Many can’t stimulate it at all. That is what the OBR’s described later are for, to expand and “kick start” the reflex. I am developing Strapping Techniques that accelerate the breathing expansion many fold. As they are very exacting and require hands-on work, they are shown in the Video/DVD 176

What follows are three more ways of stimulating the reflex. They are also on Video/DVD 176
1A. THE STRAW REFLEX TRIGGER -
Before you begin, just sit “tall” on the hard surfaced chair, dowel or rolling pin and get a sense of how your breath feels for 10-20 breaths. Then roll forward or backward off the dowel and see how your breath gets a little less, harder, shallower, less deep, higher in the chest etc.

To stimulate deep, effortless, and passive inhaless. Get a regular drinking straw and assume the PRIMARY SITTING POSITION. Then spend a minute or so getting in touch with the feeling sense of the neutral breath. Think of it as a kinesthetic check-in.

On the top of a passive inhale insert the straw and gently close your lips around it. Let exhale occur through the straw until about 80% of the air is passively expelled. Then extract the straw and allow the lips to close. This will divert the release of the balance of exhale through the nose. It also reduces the temptation to “press out” the last bit of exhalation instead of letting the exhalation end on its own.

Continue repeating this experiment, letting the neutral breath return after three or four effortless breaths. Give in to yawning, heaving, sighing, and stretching or extra deep breaths. Gently pat any achy muscles with your hand or “friendly” fist.

Due to tension, fatigue, weakness, or over excitement, you may not experience the deeper breaths until many sessions. If after five or so sessions I would try the others in this series. Still no responses, you can practice exercises 5; 7; 10- C, D, F; 14; 17; 18D. 32 - Pullover machine in the workbook. Also: OBR’s then come back to the straw experiment. It is an absolute jewel. See Reflexive Breathing Video/DVD 176 and Strapping Techniques in the Video #176.

2A. KNEE RAISE REFLEX TRIGGER -
An especially good time for this one is before rising from a night’s sleep or right before sleep. Lie on your side, head supported so as not to close the throat. Your knees 90 degrees to your trunk and your top arm resting in a relaxed manner on your side, Stack your top knee right on top of the other knee. Then allow the breath to completely relax and settle down into an undisturbed neutral inhale and exhale.

Wait for the bottom of a natural exhale. Now very subtly, with so little movement occurring, as if someone were watching, they would barely notice any movement at all, begin to raise your top knee off of your bottom knee. Keep each knee touching each other but just raise and release the pressure of the top knee a little from on the lower knee. Then lower it back to its resting position on top of the lower knee.

Always remain in contact with the touching skin. Two seconds maximum is all it takes for the up and down leg or knee motion to occur. The knee might raise a half-inch or so, no more. Then let the knee relax. Your breath should respond with a naturally deep and passive inhale.

It may take several attempts. Always let the breath settle down and come back to neutral. This may require 4-6 breaths. Then try the exercise/ experiment again. If and when the big breath comes it is a very good sign and this exercise should be repeated for 5 minutes to as long as it feels beneficial. Once the natural inhaless arrive, the breath will be slowly expanding the rib cage for deeper breathing and relaxation. These exercises also help bring the breath (and you) back into balance.
2 B. SIDE HAND RAISE REFLEX TRIGGER

Arm raise. Lie on side with legs stretched out straight and with upper hand flat on bed right in mid-chest area. Observe neutral breaths again as above and when the next breath is the same as the last, raise your arm up six inches off the surface it is resting on. Then lower it immediately in an easy soft manner. Watch for the big breath response and or wait till the breaths are the same before trying it again.

2C. TAILBONE RAISE REFLEX TRIGGER

Lie in the Primary Resting Position chair position. Or use a couch or slightly lower stool. Let the breath come to the bottom of a natural exhale. Gently tilt your tailbone upwards. (See arrow). Hold just a second or so and let it settle back to the floor again. The entire movement takes a maximum of two seconds. Your mid low back flattens into the surface you are lying on. Always make slow movements with little or no effort. Wait at least three uncontrolled breaths for any reaction of the breath. Then repeat after this breath seems the same depth as the one preceding it.

Let any yawns and stretching comes as often as they want. Make sure you are not holding your breath. Repeat for 5-30 minutes or as needed. Roll gently to your side before getting up. When finished, pat your lower back with the flat of your hands.

This series is adapted from Carola Sprod’s Ways of Better Breathing” - used with permission-. My trainer was Margaret Leong, one of Carola’s long-term associates and loyal friends. To bypass any performance anxiety, think of these as “experiments”. They are really exercises in letting go. Many are unable to let go and allow a significantly large breathing reflex. They need Optimal Breathing training around that. For more variations on these “experiments” you can purchase Carola’s book: “Ways of Better Breathing” from Healing Arts Press. She lived to be almost 99, practicing her healing art weeks before she transitioned. Breathing work and longevity go hand in hand. Bless you Carola2 and Margaret.

If you cannot stimulate a strong reflex get our Breathing Reflex Rehabilitation portion in the VIDEO/DVD 176.

PARTNER PREFERRED. One reads, instructs and observes the breather.
In either PRP but be consistent with them.

We learned in the EFFORTLESS INHALE breathing position where neutral breathing is. We have an active and passive inhale and an active and passive exhale. The pause is always passive and effortless. Some have no pause. Pauses are where we can rest.

_The more you succeed in eliminating your interference with exhalations, the less strained will be and the more effortlessly and satisfying your breath will flow. Carola Speads. “Ways to Better Breathing”_

FOUNDATION
THE ACTIVE EXHALE. - Stressful.
Force air to come out of the lungs (active exhale). The active exhale can be effected at any point in the exhale cycle but for our purposes it is most valuable to eliminate it altogether in this exercise. I will cover ways of detecting subtle active exhales later in this section.

THE ACTIVE INHALE – Has a distinct sympathetic nervous system stress component.
Active inhaling is to force air in by taking a deep breath on purpose. It also occurs when you have pushed breath out beyond the end of the passive exhale and what would have been the beginning of the pause. The breath then bounces back as if a plane hit the runway and lunged upward instead of easing upward. Experience this by sensing a passive inhale. then force air out and sense the increase of speed of the inhale. An abrupt transition instead of smooth.

THE PASSIVE INHALE - No stress.
Just let the breath go in on its own. The IN part is the passive inhale. NO force, no effort. This is the reflex. It is effortless. It may be shallow or not but it needs to be effortless.

THE PASSIVE EXHALE No stress.
The resting effortless out-breath.

THE SEMI-PASSIVE EXHALE - Breathing so as not to prematurely use up what you have in the moment.
Supports volume, ease and length of breathing cycle.

8A. FEEL YOUR PASSIVE EXHALE, INHALE AND PAUSE
Let the breath pulsate, ebb and flow freely and stay in touch with your chest expanding and contracting. Find the neutral breath. Move a little and notice how the breath changes. Now lie there peacefully and notice what you feel that is in relation to your breathing? Where do you feel that? What does your breathing feel like? Labored, restricted, easy, full, shallow, rhythmic, weak, jerky, smooth, in your chest, in your belly. Just sense its presence.

FOR THOSE WHO PREFER VISUALIZATION.

IMAGINE YOUR PASSIVE EXHALES, INHALES AND PAUSES

Lie down in the prone PRP and let your body breathe spontaneously into the neutral breathing mode. Imagine the passive exhale as an airborne motorless sailplane coming in for an incredibly soft and gentle landing. The passive exhale is the descent to the position above the runway/landing strip. Gliding 100 feet above the landing strip is the pause. The effortless ascent in to the sky is the passive inhale.

The entire breathing cycle is: The sailplane (exhale) comes in for a landing, gets 100 feet off the runway and sees a friend in a hot air balloon at 5,000 feet altitude and decides to sail up at the end of the runway/pause) and visit the friend to say hello. So, still sailing with effortless momentum, a slight pull back on the stick and the natural momentum of the sailplane assisted by an incredible thermal, lifts the plane above the runway, and it effortlessly sails upward (the passive inhale) to meet the balloon. That is the passive exhale segueing into a pause then into a passive inhale. It is completely smooth and effortless. Lye back and visualize this experience before reading further.

AN ALTERNATIVE TO VISUALIZING
Let the neutral breath arrive. At the end of the passive inhale begin counting out loud very quickly 1,2,3,4,5,6,7 (like an auctioneer) and then let the balance of air escape until you reach the pause. Allow the passive pause and inhale to occur and repeat the exercise. Being careful not to rush and erode the pause. Add a few numbers with each breath until you feel the pause being shortened.

SOME DO NOT FEEL THE PAUSE HAS BEEN SHORTENED
It is important for the breather to feel when the pause is shortened.

8..B HAVE A PARTNER VIEW AND FEEL THE PASSIVE INHALE, EXHALE AND PAUSE.

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Still in the **prone** PRP. Just watch the partner's chest go up and own. See if it starts in the belly or in the chest. Notice if it zigs and zags back and forth from chest to belly as it rises or shudders as it falls. Notice its fullness or shallowness. Lay your hand and forearm arm across the belly of the breather at the bottom of the breast bone. Feel the smoothness of the passive neutral breath. Feel for any jerks or twitches which are a sign the breath is being forced. This indicates that the breather has gone into active exhale and has eroded the length of the pause.

**8C. CREATING THE SEMI-PASSIVE EXHALE - LEVEL ONE**

To create a semi passive exhale we are first careful to stay in the out breath (plane descent) before the relaxed neutral breathing pause. That is the zone of the passive exhale. Once the natural relaxed pause begins, the passive exhale has completed. Any further exhale must become active as it would require some effort or force and it would shorten the neutral pause, and subsequent disturbance of the smooth rise of the plane (passive inhale) and is not ever desirable in this exercise. The preservation of the unshortened pause so that it is segues into the effortless inhale is the guiding factor of how successful the semi passive exhale was.

In the semi-passive exhale we stay in the exhale portion but control the outflow of air to create sound or in silent numbering.

Let's try it.

Allow from the neutral breath a passive inhale and then count out loud very quickly, like an auctioneer. You should number so quickly that you can hardly understand the numbers when you hear them. But make them clear. Count 1, 2, 3, 4, 5, and let the rest of the exhale go. You should have some extra exhale left after the number 7 and before you reach the pause. Let the pause occur and then allow a passive inhale.

If you had some exhale left before the pause you want to use this extra exhale up by lengthening the count on the next breathing cycle.

Allow from the neutral breath a passive inhale and then count out loud very quickly 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, and let the rest of the exhale go. Let the pause occur and then allow a passive inhale. If you still have exhale left add five more to 15 and try it again.

Take a medium active inhale and then count out loud 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15 and let the rest of the exhale go. If you still have exhale left add five more to 20 and try it again. Let the pause occur and then invite a passive inhale.

Keep adding five until you have no exhale left and the pause is shortened. You may experience this as an active inhale; a sudden increase in breath. The partner will feel a little uneveness of breath in his or her a forearm resting on the breather’s abdomen. When this is felt the breather should back off five and use that as the basic length of semi-passive exhale. This may vary a little from session to session.

It is tempting to experience a performance anxiety and try to make the exhale longer to increase the numbers. This will be felt by the observer or the breather and needs to be eliminated. This is not about performance. It is about allowing the pause to remain undisturbed while lengthening the passive exhale.
NOTE: If you could not reach more than fifteen, you are probably using too much air on the out-breath. Start back at 5 and but this time being more stingy with the volume of out-breath. Speak louder and stronger. Chew your words. Mouth the words like you were trying to shape them for someone who was hard of hearing. Breathiness, vowels sounds or long sounding numbers will cost you air.

8D. SENSING THE SEMI-PASSIVE.EXHALE, ELIMINATING THE ACTIVE EXHALE

Best done with a partner but not impossible alone

PRP position.

NOTE: You may already sense the beginning of the pause and have found the ideal number to end on without disturbing the pause. If so skip this section and proceed to the LENGTHENING THE PASSIVE EXHALE. The purpose of this portion of the exercise is to make sure you sense the end of the passive exhale. When you know how long it is you will know better when it is inappropriately extended.

Sense how long the pause is. We do not want to shorten the pause.

You can also place your flattened hands on your stomach and the bottom of your breastbone. You will know when you have gone too far with the passive exhale as the inhale comes back faster or the stomach tightens a little as the active portion of the exhale is engaged. It can creep in without you or an observer seeing or feeling it but the bounce back or sudden release of tension in the belly is the sign it has occurred. With a few minutes practice you should be able to extend the numbering closer to the pause without shortening it or causing the breath to take an excessively deep (active) inhale.

Carbon dioxide increased above a healthy norm can create subtle to severe body tensions

The partner may also rest his or her hand and arm on the breather’s belly right below the bottom of the sternum and across the entire area from side to side. This will allow the partner to sense any muscle tensing if and when the breather goes into the active exhale instead of staying in the passive exhale. As the breather may not be very aware of their breathing, the partner can help by differentiating between relaxing muscles and tightening ones. In the final analysis, the breather will clarify which is which. Once tuned in to this area, they will feel the movement and quickly learn which is letting go and which is tightening. Our emotions are interrelated to our awareness of our body sensations and our body sensations are interrelated to our breathing.

This simple easy breathing insight can have monumental positive influence on one’s inner state of being.

8E. TO OBSERVE A SUBTLE, ALMOST UNDETECTABLE ACTIVE INHALE

To actually observe the active inhale is to make a tent out of a tissue and place it on the breather’s abdomen. This makes the breathing pattern more obvious. The partner can observe the natural passive inhale and exhale pattern for a few breaths. Then have the breather force air out and both may observe any disturbance of the relaxed breathing-wave as traced by the path of the tissue.

Check in with the breather to see if he or she felt the belly go a little tight at the same time you saw the tissue move quicker or off the path of its last breath. The breather’s reality is the dominant criteria. What may seem like a disturbance to the observer may not be to the breather. Access the neutral breath, do the numbering exercise in 8B and the tissue will increase its rate of travel or jump a little or a lot when the active inhale is engaged.

8F. LENGTHENING THE PASSIVE EXHALE-SENSING THE ACTIVE EXHALE.

A PARTNER IS NEEDED

In the preceding exercises there should be passive exhale left after the last number is spoken. Because to speak out loud any closer to the pause will cause it to become shortened.

Now we want to engage the vocal numbering to use up ALL the passive exhale without interrupting the pause.
Return to the neutral breath. Passively inhale and as soon as you finish the last loudly spoken number, begin silently and clearly mouthing the numbers (keeps the glottis open and allows a little air to continue escaping) and continue mouthing numbers until you sense you are into the beginning of the pause.

Then let go and continue to allow the natural pause and natural passive inhale. The pause should not have been shortened. The sailplane (your breath) should segue into the pause as if nothing had occurred and go on into the natural rise of the passive inhale just as it does when you are sleeping or relaxed and not moving. The inhale should not be rushed in any way. If it is, you have exhaled too far. The tissue pathway may jerk. Done correctly, you have succeeded in using up ALL the easy breath of the semi-passive exhale.

When the “sail plane” passive exhale has gone too far too fast it has dipped into the ground and bounced upward disturbing the smoothness of the ride, that means you exhaled too long. Wait for a neutral breath, reduce the next passive exhale count by five.

Keep repeating the number sequence for 5-15 times being mindful not to let the pause be disturbed. Have your partner rock you gently back and forth as you repeat the numbers. This will disconnect some accessory breathing muscles. Repeat several times and notice if you become more relaxed and or your voice becomes more resonant or deeper. Keep it up, it just gets better and better.

Many lungs can slowly rebuild themselves if they are given very specific exercises, Nutrition, bodywork and cleansing/detoxification. Acupuncture and Chiropractic adjustments may help as well.

**8G. SEMI-PASSIVE EXHALES ARE LENGTHENING**

You will find in time that ever so often the numbers are effortlessly being extended. You got to 25 that last time and 32 this time and so on. Your breath efficiency is improving, the passive exhale is lengthening, and if your chest is in the PRP position, you may well be increasing breathing volume.

*In Aryuveda, the ability of total deep relaxation is the most important precondition for curing any disorder. Deepak Chopra "Quantum Healing"

NO RESULTS STILL?

Those with very stiff chests, abdomens, backs and diaphragms will have a problem with experiencing any benefits. Try movement such as Yoga, massage, Butoh, and or modern dance and limber up your body. Receive a WATSU. (Harbin Hot Springs, near Calistoga California). Come to my BREATHING DEVELOPMENT SESSIONS. Have a massage therapist or Chiropractor do some diaphragmatic releases by pressing on your rib cage as you lie face down on the floor or massage table. This maneuver requires a special skill and sensitivity (An amateur can press too hard or not hard enough or long enough). Bring this book with you to the session. Come back to the breathing exercises after each practitioner intervention.

**8H. SEMI-PASSIVE EXHALE - LEVEL TWO**

A subtler and more relaxing variation of LEVEL ONE

With this one you use silent counting only. Everything else is the same. Just let the inhale come and go on its own. Begin the numbering at the top of the passive inhale and ride it out silently speaking the numbers 1,2,3,4,5,6,7 etc. As soon as you are near the pause or landing strip you will find you haven’t enough air to make sound. Just keep mouthing the numbers, taking care to move your lips gently but as if you were forming the words so a deaf person could make them out reading your lips. Do this with ease though, not effort, lest your neck muscles become engaged or you tense up your face, neck or jaw. Have the partner rock the breather some more during the exercise. By pushing slowly side to side on his or her hip bone and or outside of the arm at the shoulder level. Pull on an arm now and again.

**8I. THE DEEPENING EXHALE**

Like a car pulling a trailer that begins to fishtail, the swing back and forth of the car increases with each side to side visit. The passive exhale/inhale works somewhat the same way. They can deepen with each breathing cycle. As near as I can figure out, along with the PRP position, the slight resistance of the numbers being spoken makes the exhale slow down and stretch the diaphragm and ribcage exhale portion of the breathing cycle ever so slightly. Then the rib cage is open more so that the diaphragm can rise a little higher into the chest. Given enough opportunities, the diaphragm and lungs enlarge in time to fill a slightly larger space. Emphysema victims may benefit from this but initially without speaking, as speaking uses up too much air and engages the ACTIVE EXHALE. They must only mouth the words or numbers. Opera singers will hit the high notes easier with more dependability. soft note may sustain easier and longer.

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This exercise should slightly relax the larynx, slow the exhale down, and begin to engage a deeper more efficient utilization of exhaled air. Let the air come out like pressing the valve on a tire. If you use too much air it is like pulling the valve stem out altogether. No sighing, breathiness or long vowel sounds.

Note: **Optimal Breathing Integration (OBI)**. This is impossible to language in writing as it involves very specific sound production. Singing and speaking voices are greatly improved. They are a way to open up the internal pathways of breathing to smooth, coordinate and ease it up. Spasmodic DYSPHONIA, laryngitis, stuttering, anorexia, and a host of voice enhancements in one or a series of sessions using the OBI (Optimal Breathing Integration).

**IX. SINGING, SPEAKING, CHANTING, TONING**

**SINGERS EXERCISES**- The following exercises should be done with good posture. Feet should be shoulder-width apart and knees slightly bent. Tuck the pelvis forward so it stays between middle and most furthest forward. There are others located throughout this manual. Their worth often depends on the particular breathing development individual. Graduates of our school are trained to select the most appropriate ones for a given individual.

a. **Neck Rolls**
   Slowly lower the head forward and then backward. Repeat several times. Then dip the left ear to the left shoulder and the right ear to the right shoulder. Repeat several times. Following this, drop the head and slowly roll it to the left and then to the right 180 degrees. Remember to do these very slowly and avoid doing them too vigorously. Do not rotate the head in a 360degree movement; as this may injure the spinal column

b. **More Neck Stretches**
   Reach behind your back and hold the left arm with the right hand. Now slowly dip the right ear to the right shoulder. Repeat several times. Then, reach behind your back with your left hand and hold your right arm. Dip the left ear to the left shoulder.

c. **Shoulder Stretch**
   Place the left forearm above and slightly behind the head with bent elbow. Place the right hand on the left elbow and pull easily but steadily to the right. Bend to the right from the waist. Repeat procedure by pulling right elbow with the left hand and bending from the waist to the left

d. **Side to Side and Sound. see 176 DVD**

e. **Squeeze, breathe and shoulders back. see 176 DVD**

f. **Windmill**
   Swing one arm in a clockwise position across the front of the body and up over the head, making a complete circle. Inhale and exhale once with each swing of the arm. This is done six times with each arm. When inhaling, allow the breath to come in through the nose and exhale through the nose. When you finish the exercise, the body feels very tingly as the blood circulates rapidly throughout the body.

g. **Sit Bend and Breathe. see 176 DVD**

H **Picking Grapes**
   Raise the arms straight over the head and try to touch the ceiling, first with the right arm, then with the left. Keep both feet on the floor.
   The next step is to raise the right hand and stretch toward the ceiling while bending the waist to the left.
   Reverse the procedure, raising the left arm and bending the waist to the right.

h. **Clasped Hands Torso Stretch**
Place hands in front of body. Interlock the fingers of both hands, with palms facing the chest. Raise interlocked hands above head, rotating hands so the palms face the ceiling.

In this position, firmly but steadily bend the torso to the left, keeping both heels on the floor. Repeat to the right side.

j. Lower Back Stretch

Stand on the left leg, with the left knee slightly bent. Bring the right knee toward the chest, feeling a gentle stretch in the lower back and posterior hip. Repeat the stretch with the left knee. Lean against a wall or use the "buddy system," with someone in a back-to-back position - for maintaining balance. Hold each stretch for 10-15 seconds.

k. Self Strapping Techniques to rapidly open up the rib cage and rebalance the nervous system. see 176 DVD

l. Stand, breathe and bend.

First check in with your breathing. Just put your attention on your breathing and ask yourself what or how does it feel to you right now. Then.

Stand erect, rise your arms from the sides as you take a deep breath. Hold your breath as you bend over forward. Go s far over as you can with NO PAIN. Keep holding your breath as you come back upright with your arms in the air. Lower your arms and exhale. Feel if you belly dropped a little or expanded or feels larger or lower. If so then do that again until you no longer feel any progress.

If you know how to breathe right you can sing. Singing is a God given ability that most have lost due to trauma, unlearning and social conditioning. If you know how to sing you do not necessarily know how to breathe.

We need to learn to use our voice and its relevant vibrations and internal sensing as a bridge between our body, brain, and nervous system. We must break up, break through, and reconstruct years of bad habits, stress, retentive fear and repressed anger. The result of this enables us to focus our attention and express feelings, thoughts, and actions in an awareness that is free of constraint and connected to our deepest being. When we are no longer choked up by the past, the present is fully experienced and expressed.

Our program involves creating and re-establishing new circuity in the body and brain which in turn gives us access to new experiences of breathing/vocal function and full body awareness. Through this process, one completely faces and functions from the source of one's creative self, having cleared and eclipsed past ways of being and doing. One is unable to regress back into negative behaviors because these aspects are no longer a part of oneself. They no longer feel right. The voice returns to its fullest potential.

CHANTING – of any of these.

5-15 minutes as time allows. Some chant for hours. Chanting can become an exquisite experience. Many do not enjoy it because they do not breathe right to start with. To experience the full benefit of chanting requires at least good breathing. Sitting or standing is best . Not cross legged as that stops the diaphragm from going as low I prefer for good singing.

Specific vowel sounds invite a stronger connection to the voice and open up energy centers in the body. You can learn more about this studying sanscrit*. Try these as you feel they work for you. When they fit you your voice will strengthen, you will feel more energy and be more connected to your inner self.

*.For more about sanskrit read “The Sonic Thread by Cynthia Snodgrass”.

Or access www.sacredsoundinstitute.org

Also, try standing with knees slightly bent until your voice gets strong enough to not get weaker when you sit.

Saranam Lullabye –Sanscrit

Means: Shelter for the child.
Saranam Sisave
The “S” is pronounced like SH as in Sharanam Shishavay
Repeat over and over making up your lullaby tones as you go. Repeat each word 2-4 time then the other 2-4 times then reverse the order and continue until sufficiently at peace and with joy.

This Chumash chant welcomes the spirits and asks them for protection and guidance.

Hey hey hey hey hey ungua
Hey hey hey hey hey ungua
Hey hey hey hey hey ungua
Hey hey hey hey hey ungua
Hey ungua Hey ungua

Apache Power Chant

Hinamay Hinamay Haiamay chi cha yo
Hinamay Hinamay Haiamay chi cha yo
Hinamay Hinamay Haiamay chi cha yo
Hinamay Hinamay Haiamay chi cha yo
Hinamay Hinamay Haiamay chi cha yo
Hina Hina Heya hina Hina Hey Yo

Hindu chant that honors the warrior and the child-like free nature

Hare Krishna, Hare Krishna
Krishna, Hare Rama
Hare Rama, Rama Rama
Rama Hare, Hare Krishna

Hindu Sanskrit chant that provokes conditions of both inner and outer peace

Om, Shanti, Shanti, Shanti
Om shanti, shanti, shanti

Tibetan: Hail to the jewel in the lotus

Om Mani Padma Hum

Lullabye for Baby sanskrit

Kararavindena padaravindarp
Mukharavindevini viveshayantam Vatasya patrasya puteshayanam

Balarp Mukundarp shirasananarni

[To the One Who], with his lotus hand, is
placing his lotus foot in his lotus mouth,
[and Who is] Sleeping in the fold of a leaf
of a banyon tree,
To Baby Krishna, Who Grants Release,

Johan Sebastian Bach noted this on many of his manuscripts**.
The J is pronounced as a y so yesa yuva mens “Jesus help”

A hymn paraphrasing the 23rd psalm.
The King of Love my shepherd is, whose goodness faileth never.
I nothing lack if I am his and he is mine forever.**

**Hawaiian Peace Chant**

Ele ele tau mai
Repeat and repeat (May great peace descend)

TONING – Choose the tone you like. Long vowel sounds. A, E, I, O, U.
See the Singing program in Programs A-Z.

**OVERVIEW OF SINGING**

- Breathe and hum throughout the day.
- Practice with the Diaphragm Strengthener [www.breathing.com/ds.htm](http://www.breathing.com/ds.htm)
- Purchase a cheap tone sustaining electronic keyboard and match each tone on the scale for 15
- Get Roger Love’s Set Your Voice Free
- Go from a back bending to a side bending position rolling from one side to the other, back and forth while making the sounds la la la lee lee lay, lay lay, lo lo loo loo”. Or MA, MEEE, MAY, MOE, MOOOO.. Stay out of active exhale (use the Diaphragm Strengthener instead) you will have plenty of opportunity to use the active exhale unless you feel it strengthens you. The passive exhale is the key.
- Make sure the muscles are relaxed to keep the belly extended all the while you are making sound. Repeat this several times and notice if your voice gets a little stronger or more even.
X. THOUGHTS AND ATTITUDE

The future does not belong to those who are content with today... It will belong to those who can blend passion, reason and courage in a personal commitment.  -Robert Kennedy

Probably due to my conservative real estate background, it has long been my challenge to be realistic without prophesying doom. Excessive fear is the rain to any good fire starter. Being in real estate for so many years taught me that there were fundamental laws that need be honored. But then Robert Allan's "No Money Down" came along and disabused me of many of those so-called fundamentals.

How does one plan one's course through the pitfalls of living without dwelling too much on those very aspects we seek to avoid? I think that self-education and listening to one's intuition play well together here. But we must be careful not to confuse "reality" with what is in the past.

Immediately following an Optimal Breathing Stress management workshop in a maximum-security prison ward of a local county jail I was asked by one of the inmates "I feel really peaceful inside. More than I can ever recall being before. Could you tell me the significance of that" My reply. "If you feel anxious and angry you will choose activities that stem from that. If you feel calm, peaceful, warm and unafraid you will choose activities that stem from and support that way of being because it feels much better. You have the choice when you manage the way you think and breathe. Which would you prefer?"

He smiled broadly; seeming much relieved, thanked me, and sat down.

We CAN create the life we wish to live. The powers of thought, focus and persistence are senior to most others; even genius, talent and education. We still must enter the game, pay our dues and take our chances. If we do not dream big our big dreams cannot come true. Homework, hope, hard work, faith in God or at least a higher purpose and opening a space for quantum leaps in progress are key ingredients.

Enthusiasm is contagious. It's difficult to remain neutral or indifferent in the presence of a positive thinker. Dennis Waitley

Are you a positive thinker? There's a big...and important...difference between being a positive thinker and being in denial. Those in denial refuse to see situations accurately and cover them with words; positive thinkers see things as they are and create with action - positive thoughts plus deeper breathing and steps towards what they believe and want.

My definition of integrity is 'when what you do and say matches what you feel, believe and want'. A person with a healthy attitude has integrity. Integrity needs a Mind Body Spirit connection. See our Balance and Harmony program for more about that. http://www.breathing.com/balance-harmony.htm

We need to know where we are headed and go in that direction without distraction. That requires focus. See Better Breathing Exercise #2 http://www.breathing.com/exercise2.htm Have you ever told friends that you really wanted to do something and their responses were to tell you why you could not, or worse, you should not? Did you just take that as opinion or did you let it sway your decision? Sometimes folks do not want you to move forward because it leaves them behind! Can YOU let go of YOURS and THEIR fear?

Be mindful whom you share your dreams with. They might not treat them respectfully. Surround yourself with people who want for you what you want for yourself. They are on your team. Certainly learn from others' experiences AND continue to create success and prosperity on your own terms! If you do not dream big your big dreams cannot come true.

FUNDAMENTALS OF ATTITUDE - Adapted from a newsletter from the Attitudinal Healing Connection of Oakland, California

1. The essence of being is love.
2. Health requires inner peace.
3. Giving and receiving are the same.
4. Be able to let go of the past and the future.
5. Now is the only time there is and each instant is for giving.

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6. We can learn to love others and ourselves by forgiving rather than judging.
7. We can become love finders rather than fault finders.
8. We can choose and direct ourselves rather to be peaceful inside regardless of what is happening outside.
9. We are students and teachers to each other.
10. We can focus on the whole of life rather than the fragments.
11. Since love is eternal, death need not be viewed as fearful.
12. We ARE responsible for our thoughts and whatever feelings we experience.
13. Words DO harm others.

Key factors in a positive attitude are:

1. Breathe easily and more.
2. Develop awareness and sense of self.
3. Don’t give up but do learn to let go.
4. Make the most of the situation.
5. Engage in positive self-talk.
7. Attack problems head-on.
8. Look for the bright side.
9. Maintain a sense of humor.
10. Make work fun.
11. Accentuate the positive.
13. Learn to pray or meditate.
14. Sing, hum, chant or whistle as often as you can, for yourself, without annoying or pestering someone with it.
15. Maintain proper posture.

Positive energy stems from the way we breathe. If your breathing is blocked or unbalanced, so are you. Lack of synergy of a full, strong, easy and coordinated breath creates a monumental obstruction that will seriously hinder attempts at maintaining any desired attitude.

Recommended special lectures by Senior Pastor Kirk Bowman of the Rock Of Asheville North Carolina on various subjects as related to attitude.
1. Enjoying the People in your world; The power of agreement.
2. What you see is what you get.
3. It’s Time to Make your move.
4. Mind Sets
5. The Power of Endurance
6. The Release of Forgiveness.

There are hundreds more from this master of spiritual principles. http://www.therockofasheville.htm
XI. BENEFITS AND TESTIMONIALS OF THOSE WORKING WITH
OPTIMAL BREATHING TECHNIQUES AND EXERCISES

Optimal Breathing incorporates the best of all breathing development techniques and exercises. The people we work
with come from a cross section of almost every job, race, religion, or lifestyle on earth. Optimal breathing is generic to
ALL humanity. The results-success stories-testimonials below will give you more insight into the broad range of
breathing development applications.

Most of our clients had one or two other diagnosed conditions that were improved simultaneously. For example, as the
list of asthmatics treated with the breathing specialist techniques grows, the practitioners find that more and more
people are reporting not only a reduction in their asthma symptoms but also a reduction in symptoms and ailments with
other diagnosed conditions.

Improved breathing shows immediate benefits
in the areas of:

- Stress and Tension, Coping and Relaxation
- Self-Improvement and Personal Growth
- Acute and Chronic Pain Management
- Emotional Disturbances and Behavioral Problems
- Substance Abuse and Recovery
- Creative and Athletic Performance
- Meditation and Martial Arts
- General health and Well Being
- Life Extension and Longevity
- Psychic Skills and Intuitive Development
- Group Dynamics and Interpersonal Relations
- Spiritual Purification and Enlightenment

Overview:

According to Andrew Weil, M.D., Clinical Professor of Internal Medicine, University of
Arizona in Tucson, "The simplest and most important technique for protecting your health is
breathing. I have seen breath control alone achieve remarkable results: lowering blood pressure,
ending heart arrhythmias, improving long-standing patterns of poor digestion, increasing blood
circulation throughout the body, decreasing anxiety and allowing people to get off addictive
anti-anxiety drugs and improving sleep and energy cycles."

TESTIMONIALS. Partial list. See more in http://www.breathing.com/results.htm
Asthma

Learning to breathe under the guidance of Mike White has not only saved my life but also profoundly altered its quality.
I the first training session, Mike address my restricted breathing, which was steadily becoming worse, despite the inhalers I was using three and four times a day. He taught me the Leg Lift and Shhh breath, a deceptively simple and powerfully effective breath that stopped within days my chronic coughing, and began to clear and relieve lungs and bronchial tubes desperate for air.
He also used carefully controlled hand pressure and other techniques to "wring out and soften hard and atrophies lung tissue. This "re-birthing" of my lungs has affected my entire being. The relief from asthma turned out to be only an introduction into fuller and more vibrant participation in life. In the process of learning to breathe more deeply and easily, old fears and insecurities are beginning to dissolve. I am discovering the joyful calm that supports life at its base.
Michael Grant White's work with the breath is a critically important contribution to an area of scientific research still in its infancy.
M.D. California.

CHEST PAINS

Aloha Mike! I am ordering your tapes because my Dad has had great improvement in his health with them. He was having chest pains (after two bypass surgeries) and high blood pressure, both of which subsided/went down, after practicing the breathing exercises #2 for a month. He is 73yrs. and sounded very pleased and enthusiastic - the best I've heard him in years!

MEDITATION

Greetings from London, England

I thought some positive feedback might be of help.

I have been practicing TM since October of last year. I have also been practicing your Breathing Exercise #1 for the past few weeks since ordering the tape.

I enjoy TM but find it's effects variable and occasionally quite negative (although this was pointed out as being natural by the excellent tutor).

Your tape on the other hand has been a total revelation from the word go. I have been an asthmatic for 38 years and in just a few weeks of assiduously practicing this one exercise I have received more benefit than in twenty years of practicing all manner of other breathing techniques. Now here's the really good bit. I decided I would try using the "Waking Breath, -Breathing Exercise #1- whilst doing my TM even though in basic TM practice there is no conscious breath control (the mantra itself is supposed to encourage shallow almost imperceptible breathing).

The result is a totally positive quality of experience both in the meditation session and afterwards. I can't speak for other TM practitioners but the moral seems to be that whatever practice you are engaged in get your

Breathing right first and it will help and support everything else. It really is the place to start.

I can't thank you enough. (And yes, I am now going through the manual.)
Mike White is truly a master of the breath. As a long time martial artist, Chiropractor and singer, I thought I had a handle on breathing. What I had in fact was created non-optimal breathing patterns by over emphasizing the abdominal aspect of the breath. This was depriving me of the fullest expansion possible. Mike’s due diligence and keen powers of observation helped me open up. As I breathe easier I am letting go of patterns of effort in my life. The breath is truly a living metaphor. Thank you, Mike

David Miller, D.C.

Weight Loss

I learned to breathe better and right from the start I had more energy and felt more like exercising.

Katherine H. Computer mer

Retired Athletics Instructor

Dear Mike: You took professional interest in my health situation, and have given me so much helpful information. I am forever grateful! For over 50 years, I have taught aerobics, water exercise, swimming, dancing, and helped people to relax to reduce their pain. Your breathing information would be help in ALL of these activities and situations as well as improving health and enjoyment of life. MT, retired.

Choir Leader

I’ve been a singing professional for years but you showed me a new way. My power, singing ease and flexibility increased incredibly and I handle levels of voice, fear and energy that would have crushed me just a short while ago.

– Linda W., Published and Touring Singer/Songwriter

Anxiety

Just dropping a line to let you know that I was looking at that animation of the lungs in operation, and then I started to try and imitate the animation - that is, I tried to actually breathe as I was observing on the screen. (I had just looked at the streaming-video cybercast, where I saw you describe the myriad benefits of proper breathing)

Hell, did I notice a difference or what!!!!!!!

I can't believe the difference it is making to my level of anxiety. I feel a hell of a lot better. I feel convinced that I can bring (as is pointed out in the cybercast) about a significant improvement in my frame of mind.

I know its only a minor effort in comparison to what I can get from studying the kit or attending a workshop (which I intend to do), but, I am now committed to learning to breathe, whereas before I only understood it on an intellectual level. ...Now I KNOW it works.

I hope in the near and far future I can find ways to get the word out to as many people as possible. I am off to send the site address to some friends. Thanks for getting the message out. You're the Man!

All the best, Pat Walsh

Orthopedic Specialist

I thoroughly enjoyed my session with you. I was delighted by the degree of insight and sophistication that you bring to “breathing”. I am now opening up and breathing in a much more relaxed I look forward to another session to go a step further. I will also be recommending your approach to my patients.

– Dr. Richard Gracer, Orthopedic Medicine

Asthma

I’m cutting back on the use of my inhaler.
Classical Singer

My high notes have returned to stay. – Maria H., Opera singer

Brahma Bull Rider

My vertigo is gone after 10 years of unsteady walking. Rich C., Brahma Bull Rider

Therapeutic Body worker

Mike has the skill, the depth of experience and the commitment to guide you beyond yourself to new horizons of capacity. Gary Hagman, Therapeutic Body worker

Seminar Leader

My public speaking is at long last enjoyable & my voice stays strong throughout the day. – Dan M.

Chronic Pain

My pain is manageable without medication. I sleep better too. LT, Retired

Psychotherapist

Working with you I’m able to access feelings stored in my body that I can’t access with words. – Joan P. MFCC, Psychotherapist

Better Sleep

I can sleep all night for the first time in 20 years. Rose W. retired

Stuttering

After forty years of stuttering I’m now stuttering much less. – Mary W

Chest pains

I had a history of chest pain. After many tests my doctor concluded that I was not breathing properly and was tensing up my chest muscles at the same time. After practicing from Optimal Breathing I was able to eliminate this pain. Jim G

BREATHEING FELT WEIRD
My breathing seems like one thing now. Not a series of events.

EMPHYSEMA

Hi Gang:

Learn every day by reading your posts. I realize how lucky I am when I read of the problems of others. Twenty years ago I started going downhill in what was called lung capacity. First they told me I was 30% then twenty---and recently they just check to see if I need oxygen. They quote a figure of under 15 but say the figures men little as some who are 20 capacities can equal those who are 40.
The interesting thing I have for you all is the past year--- I HAVE IMPROVED???? I owe it all to the Internet and a person named Mike White whom I have never met. He is called the breathing coach and you can learn how to help yourself by reading his website. I can't wait for an appointment if he is ever in my area. Everything is cheap compared to hospitals medicines and not breathing well. The site is free and he will give you help free. I doubled my walking capacity within three months by reading his website and devoting an hour a day to his advice. After that I bought one of his inexpensive books and progressed more. I am excited. Look it over-- two Doctors have told me ---can't hurt. Check www.breathing.com after a week you will say, "There is something to it" Don ---Fl.

Sleep Apnea

My sleep apnea is gone after twenty-five years and my asthma is lessening. – Mark B.

High Blood Pressure

After five years of using prescription drugs to unsuccessfully control my high blood pressure, your breathing exercise finally got the job done. I feel great
– Judith P., Interior Designer

Triathlete

After the last session with you my running really smoothed out and my recovery time is much lower.
– Jeff S., Triathlon contestant.

Workshop Attendee

You mean all I have to do to feel this good is to breathe?
– Joan R.

Yes I wish to subscribe to your newsletter. As a singer, god breathing is simply a necessity. “So called” knowledgeable teachers frequently confuse a good technique. Your site is great. Thank you for all the info you share. It is sure to be helpful to many.

Business Executive

I got my sense of internal power back, in a very real way.

Phobic Trial Attorney

I just crossed the San Rafael Bridge doing your breathing exercise and my fear of crossing bridges is gone.
– Kelly K., Trial Attorney

Asbestosis

My asbestosis symptoms are almost gone. Thank you, Mike. – Dennis M., construction worker.

Workshop Attendee

I learned daily exercises to relieve stress and balance my chakras.
– Marcia O

Pranayama Student

Mike;
I just wanted to express my appreciation for your web site and, what I suspect is your passion. My experience with Pranayama and other eastern breath practices for going on 25 years has been, shall we say, a "learning" experience. The path I took would have been better served having had someone like yourself around to correct the unintended
mistakes (learning from experience is not always the best way). My current understanding certainly supports and agrees with your well-written perceptions.
Thank you. Gary A, NC

Chronic Obstructive Pulmonary Disease

COPD

Dear Michael,

Thank you for sending the "Secrets of Optimal Natural Breathing" to me so promptly. I did get it in plenty of time to take it to ........... With me, there I simply read it several times without trying to do any exercises or assessments.

In the past few days I have been trying to work with the exercises. I have also worked with the tape once. I intend to continue all this because already I have had some significant help.

I do plan to come up for some individual work in the next few months. I am quite taken back by your work. I recently finished a pulmonary rehab at Vanderbilt University; and this morning when I walked (hobbled for a few blocks) I thought: "Well everything I did in that was a kind of forcing; and now for the first time, I am glimpsing what it means to take a real breath."

When I got home my oxygen saturation jumped up to 99% for the first time.

Thanks a lot. I have a long way to go. In addition to my COPD I am now struggling to recover from a back injury. I will continue with your basic exercises for a while and let you know when I might make a trip.

Thanks, Phyllis P

SPEAKING

Dear Mike:

You can read as many books as you like, watch as many videos or read as many web sights as you can. It is the Realized knowledge that hits you in the back of the head when you least expect it that grabs you and changes your consciousness and understanding of any subject. As you know I have taken an interest in your breathing exercises (probably doing them wrong, but I'm doing them). I especially like the Tibetan Caffeine exercises. Any way, I was at work yesterday. I work for a large recently merged corporation where there is a dismal aspect of life due to many Rifs (reduction in force Layoffs). Lots of shallow breathing there! Not to mention lots of Over-perfumed people do wreak havoc with those of us who have sensitivity to such airborne "solvents". One of my colleagues became extremely sick -sneezing and coughing wheezing etc. I could feel my own lungs tightening up too.

I went outside in the fresh air and did a series of your caffeine breaths (Had to imagine the bowl strikes) 15 minutes later, I came back in to the office and started talking in what I thought would be my normal voice and out came the voice of a stronger -healthier and much "larger" man! -Or so it seemed. I was truly amazed at the difference in my voice after this brief exercise session.

I was not sure that I could see the link between your questions about voice quality on your free breathing test but I do now. It is interesting to me to have rather inadvertently observed this correlation between quality, depth, and rhythm of breath and voice sound.

Martial Arts

Martial arts practitioner
Hi. My name is Brian. I just received your secrets of optimal natural breathing manual and all the other 8 tapes. This is great! I read most of the Secrets of Optimal Natural Breathing already. I did both sides of the Tibetan Caffeine tape all at once. I could not believe the response I got from my body! I'm a practitioner of Chinese Martial arts (Shaolin - internal and external) and this is the same kind of response I got from doing Qi Gong breathing and meditation practices. But the Tibetan Caffeine response was MUCH more intense. As with Qi Gong, I felt the buzzing and heat, like energy flowing inside me. Also I missed a few Bowls because of uncontrollable, loud, spontaneous laughter. I couldn't hold back at all. More importantly to me, I feel completely relaxed and at peace.

Whenever I did Qi Gong breathing, I got extremely hot, fidgety, and tense. With the Tibetan caffeine I felt the warm buzzing without the tenseness and being fidgety. I can't wait to listen to all your other tapes.

For the past 4 years or so I've suffered from some form of chronic abnormality. I don't know if it's an illness or not. I really don't care. The symptoms are weakness, no stamina, insomnia, and inability to get a deep breath in, sometimes feeling suffocated. Mostly I've tried to live with it and endure. I'm not into whining or complaining attitude. The thing is, I went to a few doctors complaining about this, and they couldn't help me at all. They said I was fine, and implied that this was in my head. One went even so far as to suggest anti-depressants, but I'm not an unhappy person and rarely get depressed. I came to the conclusion that Western doctors can't help me. I tried the very strict Candida diet at the suggestion of a friend who owns an herbal supplement store but this didn't help at all. All along I thought that when my fatigue was cured, my breathing would return to normal. I never thought that my incorrect breathing could be the cause of this until I read you web site. It literally never crossed my mind. Hopefully, I can correct my breathing with your manual and tapes. Thanks a lot! Brian s

Manic Depression

My breathing feels locked up and when you unlock it I go from an anxious and angry to calm and relaxed. (This man has steel rods on each side of his spine for about 8 vertebrae that were inserted due to an accident that almost killed him. They freeze up his natural reflexes and take his nervous system out of balance).

Walt P.

Manic Depression-bipolar-

I've been so much for stable for months now that I am starting to work with my doctor to back away from my medication. Nick D.
WARNING DISCLAIMER. This is a self help educational tool. It relates to breathing. The various conditions are titled differently because poor or UDB is generally existent during each event. Breathing is also used as a tool for complementary holism and addressing any number of health challenges but may not be in of itself sufficient for complete reduction of symptoms or causes.

The following techniques and exercises are for education purposes only. Though establishing optimal breathing may actually eliminate or help any condition below it is not to be thought of as an end in of itself. You may or may not need the services of a licensed health professional. They are recommended many times in the context of each condition. If you believe that you have a serious health condition then I strongly recommend you consult with a health professional. As they may not be aware of the power of the way you breathe then you are advised to take this manual with you and show them how you believe or at least hope it might help.

Generally speaking, anything you do to improve your breathing will carry over into any other aspect of your life, including health and personal performance.

This section is where you can choose your most pressing goal and work within that framework. It simplifies things by listing what I believe to be that most relevant approaches to a given goal or condition. These are MY opinions alone, are more breathing related and are subject to your health professional's possibly more appropriate guidance.

FREE UPDATES
Until further notice you may receive the latest emailed update of the PROGRAM THEMES A_Z section just by emailing this code number to mw@breathing.com with “PROGRAM THEMES UPDATE” in the subject line

EXPLORING INSIDE YOURSELF.
Often breathing development becomes an exploration in what is most relevant in the moment or related to any given situation. You in effect are writing/creating a significant part of the composition of your life with your breathing development skills. Every good musical composition needs a theme. What is the best of the A-Z programs for you. This may require trial and error. Some of the A-Z factors will be clear. Others not so clear. You need to experiment with your personal breathing development and see how you fit with whatever you are doing for it. Moment to moment is the key. Awareness of each moment is the path you must follow. Becoming more in touch with the subtleties and by products of improvements will be critical to your progress. Because breath is life, anything can happen for the better so be ready to jot down the at first seemingly non-related-to-breathing good things that arise and then reflect see how they might be connected to your breathing. Four check sheets are used for this. The Video Survey, The Breathing Awareness check sheet, the Breathing.com Web Site Tests Page, and the forms and tests I use in private sessions.

ONGOING PROJECT.
This manual but more specifically section A-Z is an ongoing work. Just take what is most meaningful to you now, read it again in a few weeks or months and let God decide what to do next. Never ever forget that to have more breath is to have more life.

BREATHING RELATED
As stated before, the below list of A-Z programs is slanted towards breathing related issues. It may not include other important things you should be doing. You may need to consult a health professional for the other aspects. I recommend an alternative health professional source most often but traditional physicians in the Emergency Room, and some respiratory or physical therapists can be very valuable for emergency or accident or post surgical caused therapeutic type issues. The question is “what is an emergency”. That will have to be YOUR decision. I would err on the side of caution.

Holistic Versus Biomedical Models

Biomedical Model
1. Doctor makes diagnosis and decides treatment strategy. Patient follows directions. Doctor provides a service.

2. Cause and effect link is linear. "You got sick because..." Treatment options are limited and by protocol.

3. Patient classified by disease category-treatment directed toward the disease process.

4. Goal of treatment Is removal of disease. This may be technology intensive. End point set by doctor. Acceptable risk for Dr., low--for patient, high.

5. Diagnosis is based on breaking the problem down into parts (i.e., 'We'll fix your kidney, then you'll be fine."

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6. Outcome of treatment based on the quality of medical "fix," probability of success not based on factors unique to the patient (e.g., double blind studies comparing one medication to another).

7. Medical approach based on diagnosis, technology intensive. Diagnosis is static. Often, no change is expected to occur over time. "You have diabetes. You will be on medication for the rest of your life."

Holistic Model

1. Doctor provides information and options for treatment; patient makes informed decisions about the course of treatment. Dr. and patient have a partnership type of relationship with shared decision making.

2. Illness comes about as a result of multiple factors and circumstances. Treatment options broad, multiple models considered (e.g., nutrition, environmental factors, lifestyle decisions).

3. Patient's uniqueness recognized. Treatment directed toward the person.


5. Interaction of bodily systems and role of emotions, personality, and faith Included in consideration of diagnosis and treatment. "Stress increases blood sugar and blood pressure."

6. Patient is given credit for outcome of process, e.g., the woman delivered the baby, not the doctor. Role of patient's involvement given more credence.

7. Role of hope recognized. Example: Connection between mental attitude and connection to community/support group shown to increase effectiveness of treatment, lengthen survival, decreased need for medication.

Issues in Question

1. What Is the role of the patient in the doctor-patient relationship? What Is the role of the doctor?

2. What is the community's perception of how illness develops, the basis of disease?

3. What is the doctor's perception of the problem and his/her orientation toward treatment?

4. Who Is responsible for evaluating information and making decisions?

5. How can we best understand the nature of sickness and health?

6. Who possesses power in the arena of health and illness? What significance Is placed on the actions of the doctor and the patient?

7. What Is the perception of what the person can expect to happen over time? How predictable Is the outcome of an illness?

Holistic/Adjunctive/Holistic Health professional categories:

My individual A-Z PROGRAM THEMES will often include the three most important in their order of priority.

Of course, any one of the below modalities may have integrated any other(s) of them. Just be mindful that because someone has a certificate or license they may not have had the experience to equal a specialist. My preference is a strong referral FROM SOMEONE YOU KNOW OR TRUST or to go to the specialist with over 20 years experience (or someone that has had 10 years experience and has a mentor that he/she can consult with) unless that person has had over 10 years full time experience in any one modality and even then, that may not be sufficient and still it may be. Results are what count.

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Multiple Degrees are sometimes better, sometimes not. People that attain them, more often have a higher degree of credibility in the depth of an issue but often lack sufficient width of other alternative choices to be able to diagnose appropriately. Back to referrals. I generally trust someone more that has several complimentary degrees. Rare to find though so the best answer is to develop your own intuition via sensing and breathing and personal successful experience. Advice of friends can be very helpful and often confusing. Listen to the healthy ones. Best odds there.

CAM. I very much appreciate CAM - Complementary Alternative Medicine; traditional medical professionals learning about alternative methods via formal education in schools such as Capital University in Washington DC. But know that, like Transformational Breathwork, learning about is not necessarily mastering. In any event CAM should put the leading edge traditional medical physician in a superior position to diagnose with a wide array of possibly choices other then drugs and surgery. The bottom line; accept your part of taking personal responsibility for your breathing development goals and expect results, not side effects or excuses.

Cam modalities include:
Clinical Nutritionist; Natural hygiene; Naturopathy; Colon Hygiene ; Fasting; Acupuncture; Chiropractic; Homeopathy; Massage; Hellerwork; Rolfing; Herbalist; Traditional Chinese Medicine (TCM); PSYCH (breathing oriented); Spiritual Counseling, Nursing, Rosen Work; Physical Therapy; Osteopathy; Respiration/inhalation therapy; Teachers of Qi Gong, Yoga, Feldenkrais; Alexander Technique; Pilates, Butoh, dance; Movement therapy; Medical Doctor; Surgeon; Psychiatrist.

MISCELANEOUS Alternative Approaches
The breath must be given ease, depth and time. Those health practitioners that can devote an hour or more with each client are the ones I would recommend.

PRESCRIPTION DRUG INFLUENCES
Get The latest Pill Book by Bantam. Make sure your symptoms are not from prescription drugs, the FIFTH leading cause of death in America. ACCORDING TO THE JOURNAL OF THE AMERICAN MEDICAL ASSOCIATION.

SELF DIRECTED BLOOD ANALYSIS
You can have your blood drawn at most legally recognized blood drawing facilities, analyzed at one of the leading laboratories in the nation and receive a 25 page written report on the results for one half to one third of the regular medical fee. Direct Laboratories. 800-908-0000 Extension 205 Ask for John Bell and tell him I referred you.

NETI-POTS
When you blow your nose you force germs out but also upward into your sinuses. Nasal irrigation is safer and better. Use a Neti pot. Some health food stores carry them. It is an Aladdin’s lamp looking teapot that has a nasal sized hole in the spout part that you fill with warm saline water. Then you lower and turn your head sideways over a sink and let the water go in one nostril and into your sinuses. This is a great cleanse for the sinuses. See our programs page for where to buy one. http://www.breathing.com/programs.htm

AVOID cough suppressants if you can. Coughing helps get rid of mucous. Wet coughing is productive coughing. Hang over a bed. see BACK SLAPPING in this manual.

HOT saunas; follow with brisk rubdown, and chest back percussion (as above) with cupped hand to loosen mucous.

PRIORITIES
I have PRIORITYED each program in what is to me, the logical order of the most valuable thing to do. I have also prioritized it from SELF HELP to ASSISTED. These will change in time so just know that they need be considered and YOUR situation will be the deciding factor as to which you should use; The order can change depending on your circumstances. What feels good, calming, relaxing, or energizing in a deep balanced way is most often what is best. Again, ease, depth and time are the key factors of breathing.

I almost ALWAYS start with the strapping techniques because they are the ones most needed by most people. To open the rib cage to allow the lungs to expand and the nervous system rebalance is to me the most important. But at least consider ALL the possibilities before you begin any program.

MY TOP SEVEN

If you are going to do anything then handle them FIRST.
GLOSSARY FOR BREATHING

ABDOMINAL BREATHING (also called deep breathing): allowing the lungs to fill up with large quantities of oxygen by letting the belly extend naturally outward during inhalation. This allows the diaphragm to descend lower, which in turn relieves pressure on the lungs, giving them more room to expand.

Accessory Breathing Muscles: Muscles that support but not actually create breathing. Like the basement is to an office building or elevator shaft is to an elevator; A supporting structure. The neck and shoulder muscles (sternocleidomastoid, scalenes and trapezius muscles and those used to allow increase in chest volumes without effort. As soon as they engage too much they inhibit easy breathing.

Adrenalin: a potent hormone produced by the adrenal gland, with many total-body effects, including opening of the airways, increasing heart and breathing rates.

Alkaline: opposite to acidic. See Holistic Health Questionnaire. HHQ

ALLERGEN: any substance that triggers allergies, such as pollen, mold spores, dust mites, and animal dander. Allergies are in oversensitivity of the body to substances that are otherwise harmless.

ALVEOLI: cells in the lungs that contain air. Fresh oxygen enters the bloodstream from the alveoli (plural of alveolus).

ASTHMA: a lung disease that involves inflammation, constriction, and tightening of the airways. Common triggers for asthma include allergies and exercise.

ARTERIALIZ: see oxygenate

ATP (ADENOSINE TRIPHOSPHATE) a chemical compound generated by oxygen that is necessary for all cellular function. ATP is considered the ultimate energy currency of the body.

BREATH-HOLD TOLERANCE: the maximum amount of time a person can hold his or her breath. Different people have different breath-hold times, linked in part to lung capacity, and medical research suggests that lung capacity cannot be increased through training or exercise. I disagree. See vital capacity

Breathing Pattern Disorder: any breathing pattern that varies from "normal", for example mouth breathing or irregular breathing.

Breathlessness: awareness of an increased work of breathing, also called shortness of breath.

CAPILLARIES: tiny blood vessels connecting arteries and veins; they receive fresh oxygen into the blood from the alveoli in the lungs. This newly oxygenated blood returns to the heart to be pumped out again through the body.

CARBON DIOXIDE (CO2): a colorless, odorless gas expelled by the lungs during respiration. A primary function of breathing is to rid the blood of carbon dioxide, a waste product produced as the body takes in and processes fresh oxygen.

Carbon Dioxide (CO2): an odorless, colorless gas removed from the lungs by breathing out.

Cardiovascular: the heart and circulatory system.

Chronic Bronchitis: a chest disease marked by excessive production of mucus that is sufficient to cause a cough on most days for at least three months each year for two consecutive years, also known as Chronic Obstructive Pulmonary/Respiratory Disease (COPD/CORD) see below.

Chronic Obstructive Pulmonary/Respiratory Disease (COPD/CORD): a term used to describe prolonged irreversible airflow obstruction that is mainly associated with emphysema or chronic bronchitis.

CHEMORECEPTORS: sensory nerve endings in the blood cells that sense carbon dioxide levels in the blood. When CO2 levels are elevated, they send nerve impulses to the brain, which stimulates more active breathing.

CIRCULAR BREATHING: the ability to maintain a sound for long periods of time by using air stored in the cheeks to maintain airflow through an instrument while simultaneously inhaling air back through the nose, into the lungs.

DIAPHRAGM: the primary muscle involved in breathing, located below the lungs. When the diaphragm contracts it lowers the pressures around the lungs, allowing the lungs to expand and fill with air. Nerve impulses from the brain cause the diaphragm to contract automatically, but the diaphragm is also subject to voluntary control.
Emphysema: a chronic lung condition, predominantly caused by smoking.

EXPIRATION: the act of expelling air from the lungs, through the nose or mouth

FEV1. Forced Exhalation Volume. The amount of volume of air one can exhale in one second.

Fight or Flight Response: a normal bodily reaction to sudden danger or excitement.

GLOTTIS: the space between the vocal cords, through which air can flow.

Hyperinflation: over-expansion of the lungs.

Hyperventilation: Unbalanced Deep breathing/over-breathing, may be acute or chronic or mislabeled. More about at http://www.breathing.com/articles/hyperventilation.htm

HYPERVENTILATE: to breathe too quickly or deeply, leading to dizziness or fainting due to excessive loss of carbon dioxide from the blood.

INSPIRATION: the act of inhaling air into the lungs, through the nose or mouth.

Lactic Acid: a compound produced in the body during anaerobic metabolism.

HEMOGLOBIN: a molecule contained in the red blood cells that carries oxygen from the lungs to the tissues, and carbon dioxide from the tissues back to the lungs.

LUNGS: a pair of spongelike organs central to the respiratory system. The lungs fill up with fresh air during inhalation, and oxygen is diffused from the lungs into the bloodstream. During exhalation, the lungs expel carbon dioxide from the body.

OXYGENATE: to combine with oxygen. Fresh oxygen from the alveoli in the lungs diffuses into the capillaries, where blood and oxygen bind together. The blood is then referred to as oxygenated, or arterialized, goes into the mitochondria and is eventually ready to return to the heart to be pumped throughout the body.

OVERBREATHING: Breathing more than you need in an unbalanced way will cause among many other health challenges, vasoconstriction and blood acidosis.

PHYSIOLOGIC (also physiological): concerning the body and its normal, healthy functioning.

PHRENIC NERVE: the nerve that carries impulses from the brain to the diaphragm and signals when it is time to take a breath

VENTILATORY: of or relating to breathing and the respiratory system.

VITAL CAPACITY: the maximum volume of air you can hold in your lungs, as measured in liters. Vital capacity is different for everyone and medical research suggests it cannot be increased beyond the natural limits set by the body. I disagree see diaphragm development in this Secrets manual.

Palpitations: a sensation of an unduly rapid or irregular heartbeat.

Phobias: any persistent abnormal dread or fear.

Reflux: Also known as Gastro-esophageal Reflux Disease (GORD) this term describes regurgitation of the stomach contents into the feeding passage (esophagus). Can be caused or worsened by UDB.

RED BLOOD CELLS: Cells in the blood containing hemoglobin, which carry oxygen throughout the body and to the tissues, and are responsible for the red color of blood.

RESPIRATORY SYSTEM: the system of lungs, nerves, airways, and other components responsible for bringing oxygen in and releasing carbon dioxide out of the body.

Sinusitis: inflammation of a sinus, for example the nasal sinuses.

Thoracic Cavity: the chest cavity containing the heart and lungs. Surrounded by the rib cage. ACCLIMATIZATION: adapting to a higher altitude. This includes changes in blood chemistry and depth and frequency of breathing. Short-term physiological changes take effect two or three days after reaching higher altitude, however complete acclimatization necessary to maximize performance takes anywhere from 10 to 20 days.

GLOSSARY FOR COMPLEMENTARY/HOLISTIC/CAM APPROACHES

– Complementary, Alternative, or Traditional Methods or Modalities

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I have personally experienced most of these modalities so I know first hand of their efficacy. For more choices of CAM and Alternative Health Practitioners I recommend the book “Alternative Cures” By Rodale Publishing.

**ACUPRESSURE.** Use of finger pressure simulating needles of acupuncture to rebalance subtle energy systems. Variation of ancient techniques. Not a replacement for acupuncture

**ACUPUNCTURE.** Use of needles, heat & pressure to rebalance subtle energy systems. Ancient techniques and quite effective with certain limitations not always communicated well to clients

**Better Breathing Exercise #1** – Used for deep states of relaxation and internal letting go of tension, stress, trauma and negative emotions.

**Better Breathing Exercise #2.** – A. For energy increase and efficiently building aerobic reserves. B. For increasing focused states of balanced energetic calm. C. The audio version of The Optimal LEASE© breathing exercise.

**BHLN = Building Healthy Lungs Naturally.** (book) Biochemical and Environmental Aspects of the Optimal Breathing Development System

**BLUE VELCRO STRAP** - Used for stabilizing the lower breathing pattern. Best for anxiety, panic and students who cannot or will not follow instructions.

**BREATHING STORE** – www.breathingstore.com Where to buy products from us.

**BREATHWORK.** Using the depth and speed of breathing for emotional release and spiritual experience. Should be limited to licensed professional counselors or therapists. See PSYCHOTHERAPY

**CHIROPRACTIC- FA.** Forced Adjustments, quick moves, More for pain and injury. Can be very harmful and very helpful.

**CHIROPRACTIC - N.** “Network” non force. More for emotional balance personal growth. Can be very gentle and helpful but not so much for pain.

**CHIROPRACTIC. AO.** Atlas Orthogonal The “ATLAS ORTHOGONIST” (or thog' ah nist) is a doctor in the field of Chiropractic, with training in the structure, function and bio-mechanics of the upper cervical spine. Can be very moderately gentle & very helpful.

Each field of chiropractic somewhat overlaps the other. Try all if you are not sure.

**CLINICAL NUTRITION- The highest attainment in nutrition.** Often PhD level and dealing with specific nutrients and cofactors to address specific illness. The state of the art in nutritional approaches. Make sure they are fully credentialed. http://www.ascn.org

**CLEANSING – Internal.** Using various oxygen or herbal forms to rid the internal system of toxins and parasites. http://www.breathing.com/8/cleanse.htm

**COLONIC IRRIGATION.** Removal of impacted mucoid plaque and toxic residue inside large intestine. Administered by trained professional in clean environment.

**DIAPHRAGM STRENGTHENER.** www.breathing.com/ds.htm A breathing resistance training device used to suck in and blow out air to help the diaphragm tone up and access more space inside the rib cage.

**E3LIVE** – Newly discovered natural organic live super booster food. More about at http://www.breathing.com/e3live.htm includes a free gift with each first order.

**FASTING** – Many forms. From supervised water & rest only to certain kinds of fresh squeezed juices and or enemas/colonics plus exercise. Email me for professionals that supervise fasters over the phone or at their clinics. See BHLN

**HELLERWORK.** Hellerwork is a powerful system of somatic education and structural bodywork which is based on the inseparability of body, mind, and spirit. Hellerwork makes the connection between movement and the body alignment, and restores the body's natural balance from the inside out. During the 11 session series, the structural balance of the body is realized through the systematic release of muscle and connective tissue using a variety of gentle deep-tissue bodywork techniques. This restores the body's optimal natural balance and posture. Movement education is incorporated to enhance fluidity and ease of motion which helps the client develop a deeper awareness of their body and its expression in the world. Self-awareness facilitated through dialogue is an important component of the Hellerwork series. More about http://www.hellerwork.com/intro.html

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HHQ: = Holistic Health Questionnaire. An extensive collection of key areas that need be looked into to ensure optimal wellness: Comprehensive diet assessment, metabolic typing, glandular function, candida test and lifestyle questionnaire with key answers. Just filling this out will give you tremendous insight to things you never thought of or were wondering or mistaken about. Included in many Optimal Breathing Programs

HOMEOPATHY- Safe, effective form of non drug pharmaceutical for hundreds of maladies. See our special selections at http://www.breathing.com/8/kb.htm

HYPERBARIC OXYGEN CHAMBER: A scuba diver recompression chamber like device you sit or lie in while they take you down to from 1.25 -sometimes 4 atmospheres of pressure using pure oxygen. This totally saturates your body with oxygen helping it accelerate healing from many illness and traumas such as heart attack, stroke, burns, wounds and more. "Google" hyperbaric and the name of a large city nearby. for list of smaller facilities that may work with heart attack and stroke victims and other preventive measures. Oxytank.com, oxyheal.com http://www.uhms.org/ has a list of credible hospital facilities that are insurance covered but not yet - July 2003- for heart attack and stroke. Be mindful that there are many so called "hyperbaric" chambers or tanks that are not really taking you to 2 or 3 atmospheres of pressurized oxygen and therefore may not have the benefits the name hyperbaric suggests. A Doctor James has 65 chambers in the UK.

MASSAGE. Varying forms of light loving touch to deep forceful tissue manipulation/reorganizing. Very underrated as an approach to healing. Think of nurturing or structural. Which one do you need now?

NATUROPATHY -- Soon to be one of the top professions in the health field. Due to some degrees obtained in a year, many are not as well versed as Clinical Nutritionists in mega nutritional supplementation and many difficult cases but this is changing as Naturopathy gets more popular and recognized as an accountable profession. I refer to the ones I know are top level. See www.anchb.net and www.anma.org for leading edge sources.

NATURAL HYGIENE -- Strict adherence to natural law related to uncooked and organic foods. Some naturopaths are Natural Hygienists. www.naturalhygiene.info

Oxygen Concentrator – Concentrates oxygen from natral air by removing nitrogen and leaving generally from 90-95% pure oxygen.

OPTIMAL BREATHING PRIVATE & PHONE SESSIONS- OBPPS - Often recommended because they integrate some key aspects of many of the Adjunctive approaches. Not to say they are a replacement for those approaches but because I am pretty familiar with many of them and the sessions often acquaint the client with more relevant choices. . http://www.breathing.com/consulting.htm


OPTIMAL COMPUTERIZED BREATHING TRAINING - OCBT – Detects Endtidal CO2 Together with Heart Rate Variability and blood oxygen. This exposes hidden breathing blocks that can cause regional vaso-constriction in various locations through out the human body, including the heart and brain. It is used also to train clients and then have them use our CD based program to further their breathing development goals.

We have a CD that is a training device. It needs Windows XP configured for .net . Call us at 866 My Inhale for how to get it.


OPTIMAL LEASE©. Stands for Long, Easy And Slow Exhale. As in a new lease on life for many as it rewires ones often over-stimulated nervous system to slow down and even it out. It can be practiced using the Better Breathing Exercise #2 as noted where I have inserted “LEASE”. We also have a computerized version you can receive on a CD .A further refinement of this is to train clients assisted by my OCBT as a guide during private sessions.

Basically at begins with allowing the breath to come in without pulling it in then slowing the exhale to the point where it is at least twice as long as the inhale was. Making sure that the belly NEVER tightens. You should have your hand on your belly and if you sense any tension whatsoever then you have gone too far with the exhale and should let the inhale come in on it’s own and when it is at its natural easy fullest, start over with the extended exhale.

Then you keep allowing the natural inhales and add to the length of the exhales by making the exhales slower and slower until they are 20 times longer then the passive inhale. Never a tightened belly though…NEVER.
When slowing the exhale think of letting the air out of a tire when you have put too much in. You want to let just a little out so you press the valve slightly to let just a tiny amount escapes. This is the general idea. Most people err in letting too much out too soon. Make doubly sure you do not tighten the belly or any part of the chest. The entire action is one of releasing and letting go of tension, not tightening.

We have a computerized version for those that are more visual then oral. Email Mike about that. To: lease@breathing.com Subject Computerized LEASE

OSTEOPATHY (DO)
Osteopathy is a distinctive and complete system of health care, based on broad principles that “offer a way of thinking and acting in relation to questions of health and disease” (Dr. I. M. Korr). The procedures it uses in diagnosis and treatment promote healthy functioning in a person by correcting mechanical imbalances within and between the structures of the body. By structures we mean the muscles, bones, ligaments, organs, and fascia. The fascia is a very thin layer of tissue that is found under the skin.

Correcting the mechanical imbalances in the structures is done by restoring, maintaining, and improving the harmonious working of the nervous and musculoskeletal systems. The medical Designation for a Doctor of Osteopathy is DO. In the USA DOs can prescribe drugs. There are those that say they are too quick to use drugs. This has not always been the case. Because DOs can be extremely effective, try to find a DO that does not need the use of drugs for other than emergency.

OXY-CLEANSE
FOUNDATIONAL. I use it ALMOST every night before bed. It is not addictive and helps clean my internal system. I feel lighter when I use it then when I do not use it.

PHYSICAL THERAPY – RPT. Best for accident, post surgery, physical trauma. Called physiotherapy outside of USA. Think mostly acute. The chronic problems are not often covered with adequate insurance and often best handled with bodyworkers, massage, Rolphers, Hellerworkers etc and other health professionals that can spend more private session time with the client patient, but no one knows better how to handle a fresh surgery or accident case then the RPT. God Bless them all.

PROTECT – Involves contacting, ETS Environmental Technical Specialist Fred Hankinson, BS, MS email environmental@bellsouth.net or 828 215 6988. Clean air and water systems for the home and industry.

PRP. Primary Resting Position. This position maximizes a passive optimal breathing position. Think of a recliner that is built to breathe easily in, and level to the ground instead of with the head raised higher then the feet..

PSYCHOTHERAPY – PSYCH. Is meant to mean those that understand and utilize breathing techniques in their day to day practice. Often referred to as Spiritual Psychology. Contact Jim Morningstar for a list of breathing based or breathing adjunctive licensed psychotherapists. Transformations Incorporated 4200 West Good Hope Road Milwaukee, WI 53209 414.351.5770 http://www.transformationsusa.com/school.html

PURSED LIP BREATHING?
For those that practice pursed lip breathing the OPTIMAL LEASE© would be the more advanced form as it puts the emphasis back where it belongs in the lower abdomen instead of the mouth. Try to make the transition from the mouth to the belly slowly and with no tightening in the belly. May be tricky for COPD but quite worthwhile when successful. Also called Mountain Breathing.

QIGONG (Chi kung) Ancient Chinese system of using energy of breathing and cosmos for healing and empowerment. Highly UNDERRATED by many proponents of western medicine. Requires much self discipline. Best English book I’ve read is Chinese Medical Chi Kung Therapy by Jerry Alan Johnson, Ph.d. A must buy. Biggest issue is the is no formal credentialing for its practitioners and with at least 2,400 different styles. I have asked the National Qigong Association www.nqa.org to create a credentialing process which they are working toward.

REBOUNDING
It is one of the best things you can do for your energy and to open up your breathing. Access our favorite Rebounder at http://www.breathing.com/rebounding.htm

REIKI. My favorite light to non touch energy work. Had 6 people work on me at the same time. It was heavenly. Breathing rate dropped to 3 per minute.

ROLFING
AKA Structural Integration. Research has demonstrated that creates a more efficient use of the muscles, allows the body to conserve energy, and creates more economical and refined patterns of movement. Research also shows that significantly reduces chronic stress and changes in the body structure. For example, a study showed that significantly reduced the spinal curvature of subjects with lordosis (sway back); it also showed that enhances neurological functioning more about at http://www.rolf.org/about/index.htm

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ROSEN WORK.
Body centered therapy that works with gentle tough and deep insights about breathing. 800 649 8331

STRESS MANAGEMENT. Breathing, depth, ease and timing. Pretty much addressed these days depending on your situation excepting the breathing part. Just add the Video/DVD 176 to whatever program you like. If you are not on a program then see the Stress Management program in the A-Z listings

TRADITIONAL CHINESE MEDICINE –TCM. Comprises Medical Qigong, Chinese Massage, Acupuncture, Herbalism. Ancient and effective healing foursome. Few practitioners adept at all four methods. Seek those that know or at least are familiar with and respect ALL four and preferably adept at Optimal Breathing.


VIDEO/DVD 176. First loosen up, expand, balance and strengthen the natural breathing.

WATSU - Water Shiatsu - --. Imagine someone holding you in their arms like one would a small child, in womb temperature water while gently stretching you in positions that are impossible without being supported in the wonderfully warming water. Awesome!!! Search the net for a practitioner nearby.

YOGA. Many great ones like Sivananda, Iyngar, hatha and Kriya however the strong emphasis on spiritual ways of being often allow the teacher to bend, disregard or remain ignorant of basic breathing mechanics for the sake of the ideas that teacher prefers.

General Insights: You may note that many A-Z choices do not include BLHN or HHQ. That is because I do not see a strong connection. Not that lung health is not important only that it is not so relevant to that particular subject.

CONDITIONS A-Z AND OUR RECOMMENDATIONS
WHAT TO WORK ON FIRST?
Choose your most important issue. I have listed the possible solutions in MY order of preference but your specific circumstance(s) may dictate other choices. At least consider my approach and take it from there.

PROGRESS: Try each one in the order presented. See which one(s) work best. Rotate them or stay with one(s) that you feel strongest about.

A CLEAR SIGN OF PROGRESS IS IMPROVEMENT IN ANYONE OR ANY COMBINATION OF THE FOLLOWING.

CAN YOU:
1. Increase your number count; Lengthen your extended pause up to 65 seconds; increase your clavicle chest expansion; expand your back breath (feel it with your thumbs while doing the squeeze and breathe; Lower your breathing rate towards 5; Breath so create almost instant energy and mental clarity; slow your breathing down to stay calm; lessen or eliminate pain; sleep better without drugs; feel more energetic; Lengthen your LEASE. (see Better Breathing Exercise #2)

2. Notice any improvement in ANY or all of the tests questions in the 176 Video Survey or UDB factors.

Understand that this is a systems approach and honors all contributions. Some scores or signs of progress may be more valuable than others. Strapping techniques for instance heads the recommended series of techniques and exercises in many areas but they are not accessible to you without the 176 DVD.

Addictions-
Uncontrolled energy needs. Breathing can be primary source of energy supply AND nervous system balance instead of synthetic uppers and downers.

OUR RECOMMENDED DVD PROGRAM: 176 Video ALL;
Manual 191: Standing Meditation; OBR’s Breathing, Reflexive Breathing; Acupressure Points- Hemisphere Integration. BHLN

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Complementary: Diaphragm Strengthener; Optimal Digestion; Oxy-Cleanse; Private Sessions with one of our trainers; Naturopathy; Clinical Nutrition; TCM; Fastig; Postural, Hemisphere Integration; BHLN

Manual 191: Postural, Hemisphere Integration; BHLN

Allergies- Caused by internal sources such as UDB and food allergies.
Excessive sympathetic (chest) breath or UDB stresses all organs, stimulates adrenaline which causes excessive histamine, making one more reactive to allergens. UDB also invites poor digestion which also adds to systemic stresses and higher histamine levels.

OUR RECOMMENDED DVD PROGRAM:
Video/DVD 176 - Manual 191: BHLN

Complementary: Diaphragm Strengthener; Optimal Digestion; Oxy-Cleanse; Private Sessions with one of our trainers; Naturopathy; Clinical Nutrition; Natural Hygiene; TCM; AVOID ALL GRAINS;

If your pulse rate increases 10 or more beats a minute after eating something, you are very possibly allergic to it. So, do not eat that food again for at least several months, perhaps years or never.

Bad air not included, depending on how stressed your organ(s) or how poor your digestion is some foods take up to seven days to react.

The best way to find about what you are allergic to is the MONO DIET. Eat just ONE THING. For a week, then add one thing for a week and so on. Each food gets accepted or rejected by how you react to it. You build up a list of safe foods.

Food that causes phlegm production right after ingesting is probably allergenic.

The IgG4 and IGE blood tests are also two good ones for laboratory analysis for food allergens but the mono diet above is probably the best (and hardest to follow). 176 Video -Strapping Techniques, Leg Lift & Shhh - 20 to 1, Squeeze & Breathe 20 to 1; Whatever quiets down the system causing less adrenaline and organ stress; ; Increase Raw Food Consumption with only a small amount of sweets if any; 12 Steps to Raw; OBPPS; 12 Steps to Raw; HHQ

AUDIO
http://www.breathing.com/exercise1.htm Letting Go and reducing the adrenal overse
http://www.breathing.com/exercise2.htm To train to create more of and get better control of one’s energy.

LEASE.

Alzheimers.
Moderate exercise, raw food diet, optimal digestion, internal cleansing and oxygen supplementation are very potent ways to ward off memory loss. Previous research showed the odds of developing Alzheimer’s were nearly quadrupled in people who were less active during their leisure time, between the ages of 20 and 60, compared with their peers.

OUR RECOMMENDED DVD PROGRAM:
Video/DVD 176 ALL; Manual 191: Postural, Hemisphere Integration; BHLN

Complementary: Diaphragm Strengthener; Optimal Digestion; Oxy-Cleanse; Private Sessions with one of our trainers; E3Live; Naturopathy; Clinical Nutrition; Natural Hygiene; TCM; Cleansing; Fasting; Increase Raw Food Consumption with only a small amount of sweets if any; 12 Steps to Raw;

AUDIO
http://www.breathing.com/exercise2.htm LEASE. To train to create more of and get better control of one’s energy.

ANGER

Emotional intensity and breathing from UDB. Anger can be released and or balanced with Optimal Natural Breathing exercises & techniques. Attitude is also relevant but when the breathing is bad the much more attitude is difficult to change.
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Back pain
Best for (Low to low mid back) see “Pain” for other applications.
Many do not breathe into pain. They breathe less and holding the breath back actually worsens pain. Optimal breathing & certain exercises reduce the pain.

**OUR RECOMMENDED DVD PROGRAM:**
Video/DVD 176 – Sit Bend and breathe; Reflexive Breathing.

**Manual 191:** Doorknob Squats; Pillows to prop sitting and sleeping; Breathing Legs; Easy Weight Training; Pillows A & B (low back) Pillow D (mid back)

**Complementary:** Inversion traction – get an inversion table from Banner Therapy Products I Asheville NC; Chiropractic; Osteopathy; Diaphragm Strengtheners; Optimal Digestion; Oxy-Cleanse; Private Sessions with one of our trainers; Car Seat Video from us; Rolfing-Hellerwork; Acupuncture; Rebounding; Colon Hygiene; Fasting if overweight

Balance - physical
Autonomic nervous system balance as well as inner ear connection to that.

**OUR RECOMMENDED DVD PROGRAM:** 176 ALL;

**Manual 191:** OBR’s; Standing Meditation; Singing; Squats; Door Knob Stretch; Hemisphere Integration; Reflexive Bow, Salute to the Sun from Hatha Yoga; Easy Weight Training;

**Complementary:** Diaphragm Strengtheners; Optimal Digestion; Oxy-Cleanse; Private Sessions with one of our trainers; Rebounding; Chiropractic; Rolfing, Detoxification; Fasting; OBPPS; 12 Steps To Raw

Better Sex
Hold your breath while having an orgasm and breathe deeply during one and you will know the relationship between sexual intensity and breathing. The deeper yet still easier the breath, the more intense the FULL BODY orgasm.

**OUR RECOMMENDED DVD PROGRAM:** Video/DVD 176=Strapping Techniques ALL;

**Manual 191:** OBR’s; Squats; Pelvic Circles; Squats; Walking; Cross Trainer; Easy Weight Training; BLHN

**Complementary:** E3live; HHQ; Rebounding; walking; swimming (breast stroke); Naturopathy; Clinical Nutrition; Natural Hygiene; TCM; Acupuncture; Qi Gong; Herbalists; Colon hygiene; Detoxification & internal cleansing; PSYCH; Fasting; TANTRA.COM

**AUDIO**
http://www.breathing.com/exercise1.htm To let go & help with a more full bodied orgasm
http://www.breathing.com/exercise2.htm For more energy buildup.

Blackouts
Hyperventilation - UDB.

**OUR RECOMMENDED DVD PROGRAM:**
Video/DVD 176 =ALL + Squeeze & Breathe 20-1; Leg Lift & Shhh - 20 to 1, Reflexive Breathing;

**Manual 191:** Circles And Bending; Squats Hemisphere Circles And Bending; Squats Hemisphere; E3live; HHQ: Easy Weight Training; BLHN

**Complementary:** Diaphragm Strengtheners; Optimal Digestion; Oxy-Cleanse; Private Sessions with one of our trainers; Raw Living Foods; Colon Hygiene; Detoxification; Fasting; Medical Doctor. Emergency Room

Blood Pressure High
Hyperventilation/undetected UDB

**OUR RECOMMENDED DVD PROGRAM:**
Video/DVD 176 = ALL + Squeeze & Breathe 20-1; Leg Lift & Shhh - 20 to 1.

**Manual 191:** OBRs; Standing Meditation; Breathing Legs, Hemisphere Integration; HHQ: Easy Weight Training; BLHN

**Complementary:** Diaphragm Strengtheners; Optimal Digestion; Oxy-Cleanse; Private Sessions with one of our trainers; Blue Velcro Strap; Naturopathy; Clinical Nutrition; Natural Hygiene; TCM; Acupuncture; Rebounding; Chiropractic; TCM; Herbalists: Colon hygiene; PSYCH; Fasting; Medical Doctor; Spiritual Counseling; OBPPS; 12 Steps To Raw;

Homeopathy http://www.breathing.com/8/kb.com; AUDIO
http://www.breathing.com/exercise1.htm

Blood pressure low
Not sure at this time. Low pressure seems to be better then high pressure so long as it is not too low. If your blood pressure is normally below 90/60, it might be good to talk to your doctor about hypotension. Also, if your blood pressure drops 30% or more below your normal blood pressure levels, this is also considered a situation worthy of examining.

Bowel or rectum disorder
Hypertension, UDB, tight stomach muscles and perineal diaphragm (pc muscle), poor digestion, constipation.

**OUR RECOMMENDED DVD PROGRAM:**
Video/DVD 176 ALL

**Manual 191:** Squats; Doorknob Stretch; Walking; OBR’s, BLHN;

**Complementary:** Diaphragm Strengtheners; Optimal Digestion; Oxy-Cleanse; Private Sessions with one of our trainers; Raw Living Foods; Colon Hygiene; Rebounding; HHQ: 12 Steps To Raw

**AUDIO**
http://www.breathing.com/exercise1.htm To let go of tensions in the crotch area

**Breathing Development – General**
Assuming no awareness of any problem and no particular goal other than to improve one’s breathing.

**OUR RECOMMENDED DVD PROGRAM:**
Video/DVD 176 ALL;

**Manual 191:** PRP: OBR’s, Reflexive Bow, Inner Expansion; Chest Opener; Tongue Control; Singing.

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chanting or humming; Pillows C & D; Weight Training Moderate; Moderate Exercise according to your ability; Hemisphere Integration; Easy Weight Training; BHLN; Read entire Manual 191 at least once a month.

**Complementary:** Diaphragm Strengthener; Optimal Digestion; Oxy-Cleanse; Private Sessions with one of our trainers; HHQ; Eliminate Grains; Cleansing; Clean air; Rebounding combined with singing; OBDS; 12 Steps To Raw

**AUDIO**
http://www.breathing.com/exercise1.htm
Learn to use breathing for deep relaxation
http://www.breathing.com/exercise2.htm
Learn to use breathing for energetic calm & combine with walking or rebounding.

**Breathlessness**
See Shortness of Breath

**Breaths per minute 8 or more**
Above 8 count the body is in a constant state of hyperactivity. IMPORTANT; also see Pauses in Self Tests

**OUR RECOMMENDED DVD PROGRAM:**
Video/DVD 176 ALL;
Manual 191: PRP; OBR’s, Reflexive Bow, Inner Expansion; Pillows C & D; Easy Weight Training; BHLN;

**Complementary:** Diaphragm Strengthener; Optimal Digestion; Oxy-Cleanse; Private Sessions with one of our trainers; BHLN; HHQ;

**AUDIO**
http://www.breathing.com/exercise1.htm
http://www.breathing.com/exercise2.htm

**The Lease**

**Bronchitis**
See BHLN

**Brow furrowed often?**
Tension transfers downward to suppress breathing.

**OUR RECOMMENDED DVD PROGRAM:**
Video/DVD 176 ALL;
Manual 191: Reflexive Bow, Neck Rolls; Inner Expansion; Lion; OBR’s; Squats; Digestion; Animal Growls; Relax tongue from pressing at roof of mouth.; Easy Weight Training;

**Complementary:** Diaphragm Strengthener; Optimal Digestion; Oxy-Cleanse; Private Sessions with one of our trainers; Rolfing; Cranio-sacral work; massage.

**AUDIO**
http://www.breathing.com/exercise1.htm

**Cancer**
Cancer is anaerobic. It cannot survive in high oxygen environments. Parasites; toxins; stress; attitude; no exercise; too little movement also worsens.

**Complementary:** Naturopathy; Diaphragm Strengtheners; Because it can be such a holistic monster I have prepared a page on the web site that links programs I know to have had good success with varying cases of cancer. I cannot legally or morally recommend any one over the other but they all are well documented. I would add my contribution and suggest you integrate ozone therapy (in Mexico) ; http://www.breathing.com/articles/cancer.htm ; E3live; Oxy-Cleanse –10 or more daily; Raw Foods; DVD 176, Rebounding, Attitudinal healing

**AUDIO**
http://www.breathing.com/selfesteem.htm
http://www.breathing.com/exercise2.htm
Both LEASE and energy forms of this exercise. Imagine sending the energy to the afflicted area(s).

**Candida**
See BHLN

**Can’t catch breath**
See Shortness of Breath

**Can’t cry**
Emotions locked up along with locked up breathing.

**OUR RECOMMENDED DVD PROGRAM:**
DVD 176 Strapping Techniques, Leg Lift & Shhhh - 20 to 1; Reflexive Breathing,

**Manual 191:** Inner Expansion; Chest Opener; Reflexive Bow, Squats; Tongue Control: Opposing forces; OBR’s; Pillows A-D; Singing, Chanting;

**Complementary:** Diaphragm Strengthener; Optimal Digestion; Oxy-Cleanse; Private Sessions with one of our trainers; Singing; Vocal Exercises; PSYCH; Rosen Work; Spiritual counseling; Massage Therapy; Rolfing; Dance

**AUDIO**
http://www.breathing.com/exercise1.htm
http://www.breathing.com/exercise2.htm

**Can’t laugh**
Same as crying as they are both based on blocked breathing and or emotions.

**Can’t relax**
Holding on to out-breath or in-breath, hyper vigilant or tentative breathing.

**OUR RECOMMENDED DVD PROGRAM:**
Video/DVD 176=Strapping Techniques, Reflexive Breathing,

**Manual 191:** PRP; Reflexive Bow, OBR’s, Reflexive Legs; Pillows All, Easy Weight Training;

**Complementary:** Diaphragm Strengthener; Optimal Digestion; Oxy-Cleanse; Private Sessions with one of our trainers; Blue velcro strap; WATSU; Massage-deep but not painful; Lounging, talking and singing with friends or a friend in a warm (not hot) tub for hours; Osteopathy; Rolfing; Hellerwork; Spiritual Community; 4 week Windjammer Cruise – bring me (;

**AUDIO**
http://www.breathing.com/exercise1.htm
http://www.breathing.com/deepest-calm.htm
http://www.breathing.com/exercise2.htm

**Change**
Fear, emotions and breathing. Stay centered, open to recognize and choose appropriate options. Examine values

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OUR RECOMMENDED DVD PROGRAM:
Video/DVD 176=Strapping Techniques, Leg Lift & Shhh - 20 to 1; Reflexive Breathing;
Manual 191: Dance; Standing Meditation, Pelvic Circles; OBR’s; Hemisphere Integration; Easy Weight Training;
Complementary: Diaphragm Strenthener: Optimal Digestion; Oxy-Cleanse; Private Sessions with one of our trainers; Movement therapy; Dance; Fasting; Acting Classes
AUDIO
http://www.breathing.com/exercise2.htm
LEASE.
Also for increasing energy toleration. Learn to turn fear into excitement by challenging yourself to 20 minutes of a one bowl-strike inhale and exhale.

Cerebral Palsy
OUR RECOMMENDED DVD PROGRAM:
Private breathing training
Complementary: Diaphragm Strenthener; Optimal Digestion; Oxy-Cleanse; Private Sessions with one of our trainers; Hyperbaric Oxygen
Dr. Richard A. Neubauer, M.D Fort lauderdale, Florida web site http://www.oceanhbo.com; Feldenkrais; Hellerwork; Rolfing; Clinical Nutrition

Charisma
Freedom of breathing & full expression
OUR RECOMMENDED DVD PROGRAM:
Video/DVD 176=Strapping Techniques
Manual 191: SMILE a LOT; Opposing forces;
Singing, Chanting, Humming, Hemisphere Integration; OBR’s, Reflexive Breathing; Easy Weight Training;
Complementary: Diaphragm Strenthener: Optimal Digestion; Oxy-Cleanse; Private Sessions with one of our trainers; Rebounding & Singing; Massage-loosen up; Join a church choir so you can sing on key and LOUD; Singing in the shower works too; Attend events featuring strong speakers for inspiration; dance; feel good with an inner smile
AUDIO
http://www.breathing.com/exercise2.htm
http://www.breathing.com/selfesteem.htm

Chest large and stiff
Ribs can’t contract to squeeze bad air out or massage internal organs. Heart attack and internal organ troubles often stem from or are worsened. This is a difficult thing to change but it is very possible. Too often the person is so rigid they do not even feel it.
OUR RECOMMENDED DVD PROGRAM: DVD 176 ALL
Manual 191: OBR’S; Reflexive Breathing; Stretching
Complementary: Optimal Digestion; Oxy-Cleanse; Private Sessions with one of our trainers; Aishiatsu; Massage; Myofacial; Rolfing; Hellerwork; Yoga; Feldenkrais; Alexander Technique; QiGong;
AUDIO
http://www.breathing.com/exercise1.htm

Chest pains
Trying to breathe into chest where it is harder to breathe can cause chest pains. Lower back, belly and side breath is mandatory. Possible heart attack or prescription drug reaction.
OUR RECOMMENDED DVD PROGRAM:
HUGE SUBJECT Make sure it is not a heart attack. See Chest pains article at http://www.breathing.com/articles/chest-pains.htm
See General Breathing Development if you have been examined by a physician and still no idea what causes it.
Complementary: Diaphragm Strenthener; Optimal Digestion; Oxy-Cleanse; Private Sessions with one of our trainers; Optimal Digestion; Moderate exercise; Cleansing; Detox; Rolfing; Qi Gong; Stress Management; HHQ; OBPPS’ 12 Steps To Raw AUDIO
http://www.breathing.com/exercise1.htm

Childbearing and birth
Pain control and relaxation and staying present for joyful experience Complements La Maz, Bradley
OUR RECOMMENDED DVD PROGRAM:
DVD 176 = Reflexive Breathing; Leg lift and SHHH only; Straps only on approval of attending MD as they may help with extra breathing room in the mid and high chest. Definitely strapping POST NATAL
Manual 191: Pillows All; Prenatal E3live; BLHN Postnatal – E3live; OBR’s; BLHN
Complementary: Diaphragm Strenthener; Optimal Digestion; Oxy-Cleanse; Private Sessions with one of our trainers; Naturopathy; BHLN; HHQ; E3live; 12 Steps To Raw

Chronic fatigue
Low energy from poor breathing, stress, poor nutrition or a combination of any or all.
OUR RECOMMENDED DVD PROGRAM:
Video/DVD 176 ALL;
Manual 191: OBR’s; Reflexive, Posture; Inner Expansion; Chest Opener; Reflexive Bow, Easy Weight Training;
Complementary: Diaphragm Strenthener; Optimal Digestion; Oxy-Cleanse; Private Sessions with one of our trainers; E3live; Naturopathy; Blue velcro strap; Rebounding; Sparx; HHQ: BLHN; 12 Steps To Raw;
Complete Blood workup From Discount Labs;
AUDIO
http://www.breathing.com/exercise1.htm To train to relax and let go
http://www.breathing.com/exercise2.htm To train to energize without having to use any energy to energize. Very efficient.
http://www.breathing.com/sleep-program.htm Sleep is critical to fetus and mother.

Clears throat often
Block in throat. Air passage restricted to and from lungs. Lung Congestion. Sinus drainage
OUR RECOMMENDED DVD PROGRAM: DVD 176 ALL;
Climbing stairs
Breathlessness from exertion due to poor breathing, poor health, poor posture and or poor conditioning

General Breathing Development + cleansing, feeding, protecting. Posture is critical. So is pacing. Long slow deep focused NOSE breathing. May require the assistance of an OBSDS physical therapist or OBSDS personal trainer.

Cold Hands or feet. Nervousness and fear and poor circulation.

OUR RECOMMENDED DVD PROGRAM:
Video/DVD 176 ALL
Manual 191: OBR’s, Reflexive Breathing, Inner Expansion; Animal Growls; Video/DVD 176, Leg Lift & Shhhh - 20 to 1, Breathing; Hemisphere Integration;
AUDIO http://www.breathing.com/exercise1.htm
Train with DVD 176 and Better Breathing Exercise #2 LEASE exercise
Use warming breath by imagining a warm color and taking long slow deep belly breaths. See Anxiety

Colds and flu a lot
Weakened immune system, but if the respiratory system was not weak then some other part of the body would get sick instead. The lungs an colon are very interdependent.

OUR RECOMMENDED DVD PROGRAM:
Video/DVD 176 ALL; OBR’s; Squats; At least Two Quarts water Daily; Raw Foods Increase, BHLN; AdjunctiveOxy-cleanse; ProFlora; ProEfa; Oregacillin; enemas; NO GRAINS; 10,000 cc vitamin C daily; see BHLN; HHQ; Naturopathy;

Concentration
Possible present time problem. Emotional or nutritional basis as well

OUR RECOMMENDED DVD PROGRAM:
Video/DVD 176;
Manual 191: OBR’s, Reflexive Breathing; Reflexive Bow; Hemisphere Integration; Easy Weight Training;
Complementary: Diaphragm Strengthen;
Optimal Digestion; Oxy-Cleanse; Private Sessions with one of our trainers;

Cramps in neck, back, shoulders
Inhibits breathing.

OUR RECOMMENDED DVD PROGRAM:
Video/DVD 176 ALL;
Manual 191: Acupressure points; OBR’s; Reflexive Bow, The Lion; Chest Opener; Head Rolls; Easy Weight Training;
Complementary: Diaphragm Strengthener;
Optimal Digestion; Oxy-Cleanse; Private Sessions with one of our trainers; Myofacial Release; Massage
Hatha Yoga; Kinesiology; Rolfing; Osteopathy; Chiropractic

Crave sweets, alcohol or soda
SEE Addictions or Candida or both

Creative blocks
Fight, flight, freeze, fake it slow or franticly, fun, or flow. When our breath is stuck so are we.

OUR RECOMMENDED DVD PROGRAM:
Video/DVD 176 ALL;
Manual 191: OBR’s, Reflexive Breathing, Inner Expansion; Animal Growls; Video/DVD 176, Leg Lift & Shhhh - 20 to 1, Breathing; Hemisphere Integration;
AUDIO http://www.breathing.com/exercise1.htm
Cries a lot.
See Depression.

Depression
Less breath. “Depressed” sunken chest, lower energy and increased chances of depression. Anything you can breathe through will lose its grip on you.
Key problem is not fully feeling by suppressing breath. Can not fully resolve emotions. Solution is get through it by experiencing it or properly breathing deeper and longer for extended time periods such as hours or days so that the “energy” dissipates and melts into memory without emotional content.

OUR RECOMMENDED DVD PROGRAM:
Video/DVD 176; Squeeze & Breathe 20 to 20 to 1, Leg lift and SHHHH 20 to 1; Side to Side and Sound;
Manual 191: OBR’S; Opposing forces; Reflexive Breathing, Tongue Control.; Easy Weight Training;
Adjunctive: Diaphragm Strengthener; Walking ; Acupressure points; Create a new vision of how you

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Body posturing, poor chair for sitting and breathing. Must develop breathing and change chair or pillows in chair to facilitate easier breathing. Pillows should be mid back height (bra strap height or equivalent for men). That means more pillows at head height to allow head rest so neck does not drop forward or backward and stays erect without effort.

**OUR RECOMMENDED DVD PROGRAM:** ALL Video/DVD 176;

- **Manual 191:** OBR’s; Reflexive Breathing Reflexive Bow, Pillows Behind Mid Back & Head While Sitting;
- **Car Seat Video** – in planning stages
- **Office Chair:** Optimal Breathing Office Chair http://www.breathing.com/articles/chairs.htm

**Fear of**

Emotional non-confront. One energetically leaves their body. Needs more internal power.

**OUR RECOMMENDED DVD PROGRAM:** Video/DVD 176 ALL particularly Standing Side to Side with Loud Sound

- **Manual 191:** Opposing Forces, OBR’s, Reflexive Breathing; Standing Meditation; Reflexive Bow
- **Complementary:** Diaphragm Strengtheners; Optimal Digestion; Oxy-Cleanse; Private Sessions with one of our trainers; E3Live; Oxycleanse
- **AUDIO** http://www.breathing.com/exercise2.htm

**Family history of lung disease or poor self-test score**

Pick your most pressing issue here or on the www.breathing.com/tests.htm page and focus on that.

**Fear of**

Excessive energy directed upward to chest breath without strong balance of belly breath. Do that which you are still fearful of after you have worked with the 176 DVD especially the Side to Side and Sound for a month, or more. See Anxiety.

**Feeling chilly**

Nervousness, fear and non heat creating foods.

**OUR RECOMMENDED DVD PROGRAM:** 176 Video ALL

- **Manual 191:**
  - **Complementary:** Diaphragm Strengtheners; Optimal Digestion; Oxy-Cleanse; Private Sessions with one of our trainers; Wear warmer clothing like cotton thermals. Take cold showers to condition yourself to greater levels of cold.
- **AUDIO** http://www.breathing.com/exercise2.htm

Breathe in warmth as you quickly do one complete in and out per bowl strike. Use warming breath by imagining a warm color like red or brown and taking long slow deep lower back, side, belly breaths slowly through nose into entire body

**See also Anxiety**

**Feeling hot**

In PRP outlined in Manual 191 and with the AUDIO cassette Exercise #2, imagine feeling cool inside and slowly through nose into entire body breathe. Start at the feet and gradually include all of the body; . 12 Steps To Raw

**AUDIO** http://www.breathing.com/exercise2.htm

Imagine coolness as you slowly do this one.

**Feelings of unreality**

Out of touch with body sensations, feelings, and emotions.

**OUR RECOMMENDED DVD PROGRAM:** ALL Video/DVD 176;

- **Manual 191:** OBR’s, Squats; Standing Meditation, Chanting, Singing, Reflexive Breathing; Hemisphere Integration'; Easy Weight Training;
- **Complementary:** Diaphragm Strengtheners; Optimal Digestion; Oxy-Cleanse; Private Sessions with one of our trainers; Blue velcro strap; Massages-many daily for weeks if needed, Rosen Work; PSYCH that integrates breathing work, fasting – supervised;
- **AUDIO** http://www.breathing.com/exercise1.htm
  http://www.breathing.com/selfesteem.htm

Breathe in and integrate the words on the audio with the spirit of your being.

**Fear**

See Anxiety

**Finish other people’s sentences for them?**

Too short resting phase in breath cycle Excessive exhalte. Not in present time.

**OUR RECOMMENDED DVD PROGRAM:** All Video/DVD 176;

- **Manual 191:** Reflexive Breathing, Tongue Control; Easy Weight Training;
- **Complementary:** Diaphragm Strengtheners; Optimal Digestion; Oxy-Cleanse; Private Sessions with one of our trainers; Blue velcro strap; singing lessons, communications courses where they learn to respect the other person’s message; yoga, meditation, SLOW DOWN;

**AUDIO**

http://www.breathing.com/exercise1.htm
http://www.breathing.com/exercise2.htm LEASE

**Flushes**

Men or women can extend their exhales so that it minimizes their embarrassment.

**OUR RECOMMENDED DVD PROGRAM:** Video/DVD 176 particularly Squeeze & Breathe + Leg Lift and SHHHH 20 to 1; Reflexive Breathing

- **Complementary:** Diaphragm Strengtheners; Optimal Digestion; Oxy-Cleanse; Private Sessions with one of our trainers; Anything to do with strong pubic speaking, chanting or singing loudly.

**AUDIO**

http://www.breathing.com/exercise2.htm LEASE

**Frequent illness**

Stress causes 80-90% of illness. Much of stress can be greatly reduced or completely overcome with proper breathing.

Immune system dysfunction and low oxygen levels are also addressed: The Shortness of Breath 5 Level Program.
Furrow brow often
Uptight. Tense.
See Tension
Gas
Swallowing air, eating and talking, indigestion from stress, not chewing food enough, poor food combining.

OUR RECOMMENDED DVD PROGRAM:
Video/DVD 176 ALL;
Manual 191: Squats; Easy Weight Training, BLHN
Complementary: Diaphragm Strengthenere; Optimal Digestion; Oxy-Cleanse; Private Sessions with one of our trainers; Allow (not force) more breaths between each mouthful. Focus on posture (sit tall), breathing long slow deep), tasting and chewing, (50 chews per mouthful;

Grief
Unresolved emotion needs tears and or laughter, being listened to and sometimes being held.

OUR RECOMMENDED DVD PROGRAM:
Video/DVD 176;
Manual 191: OBR’s, Reflexive Breathing to help release pent up feelings;
AUDIOf
http://www.breathing.com/exercise1.htm
See also
http://www.breathing.com/articles/trauflexive.htm
To assist in letting go

Grind teeth at night
Unresolved tension and emotion inhibits breathing.

OUR RECOMMENDED DVD PROGRAM: 176
Video -Strapping Techniques;
Manual 191: Yoga "Lion" Exercise. Reflexive Breathing; OBR’s; Pillows All to level of most comfort and ease of breathing.
Complementary
http://www.breathing.com/sleep-program.htm
AUDIOf http://www.breathing.com/sleep-lecture.htm

Grounding
Grounded breathing helps you stay on course during extreme challenges to life and living. 

OUR RECOMMENDED DVD PROGRAM:
Video/DVD 176 ALL + more of Leg Lift & Shhhh - 20 to 1; Squeeze and Breathing 20-1
Manual 191: Standing Meditation; Squats; OBRs, Opposing Forces; Side to side and sound; Easy Weight Training; Hemisphere Integration
Complementary: Diaphragm Strengthenene; Rebounding
AUDIOf: Standing Meditation; Breathing Exercise #1; Reflexive Breathing; Reflexive Bow; Strapping Techniques, OBR’s;

Guilt
Unresolved emotion inhibits breathing. Posture is very important. Guilt collapses the structure or causes stiffness and avoidance.

OUR RECOMMENDED DVD PROGRAM: 176 video ALL
Manual 191: OBR’s;
Complementary: Diaphragm Strengthenene; Optimal Digestion; Oxy-Cleanse; Private Sessions with one of our trainers; Massage, Rosen Work
AUDIOf
http://www.breathing.com/exercise1.htm
To soften and let go.

Hara
A study in of itself the core of internal being. The foundation of the breath Japanese spirituality See Hara, the Vital Center of Man, by Durekheim

Hallucinations
Hyperventilation. Multiple personality? Mental Health Professional That Understands The Breath, And Nutrition - Psychiatric Nurses knowing breathing development desperately needed to bring them back to centered grounded breath ......QUICKLY.

OUR RECOMMENDED PROGRAM:
Naturopathy; Clinical Nutrition; Natural Hygiene; TCM;

Harder to swallow when taking a deep breath IN BELLY, holding breath and swallowing.
Tensions transferring upwards restricting rib expansion and air passage.

OUR RECOMMENDED DVD PROGRAM: 176 Video Side to Side and Sound - Strapping Techniques= upper chest strap breathe inLOWER BODY only
Manual 191: OBR’s- Upper Chest Segment only; Squats; Tongue Control; Rebounding and humming or singing simultaneously
Complementary: Diaphragm Strengthenene; Optimal Digestion; Oxy-Cleanse; Private Sessions with one of our trainers;

Headaches
Send long slow deep breaths into the bottom of the feet and many will dissolve.

OUR RECOMMENDED DVD PROGRAM:
Video/DVD 176 Strapping; Squeeze and breathe
Manual 191: Acupressure Points base of skull: OBRs.; BHLN
Complementary: Optimal Digestion; Oxy-Cleanse Audio: http://www.breathing.com/exercise1.htm

Hearing
"Poor body posture is the number one cause of weak bone conduction." Paul Madaule, EAROBICS. It also exacerbates nervousness and tension that constricts the jaw. Noise is probably number two or possibly infection.

OUR RECOMMENDED DVD PROGRAM:
Video/DVD 176 ALL – first loosen up, and expand the natural breathing.
Manual 191: Acupressure Points: OBRs, Opposing Forces. BLHN.
Complementary: Diaphragm Strengtheners; Optimal Digestion; Oxy-Cleanse; Private Sessions with one of our trainers; 12 Steps To Raw; Naturopathy; Clinical Nutrition; Natural Hygiene; TCM; Acupuncture; Homeopathy; Cleansing; HHQ

Heartburn
Hypertension, hyperventilation, poor digestion, ulcers etc. OUR RECOMMENDED DVD PROGRAM:
Video/DVD 176 ALL
Manual 191: OBRs, BLHN
Complementary: Diaphragm Strengtheners; Optimal Digestion; Oxy-Cleanse; Private Sessions with one of our trainers; Drink 8-16 oz of water immediately; I packet of EmerganC; 12 Steps To Raw; HHQ. SEE also GAS
Audio
http://www.breathing.com/exercise2.htm
LEASE

Heart rate too fast
Optimal breathing can often control heart rate. OUR RECOMMENDED DVD PROGRAM:
Video/DVD 176 ALL – first loosen up and expand the natural breathing.
Manual 191: OBR’s, Reflexive Breathing, Reflexive Bow, Acupressure Points: BLHN
Complementary: Diaphragm Strengtheners; Optimal Digestion; Oxy-Cleanse; Private Sessions with one of our trainers; EFA’s; Blue velcro strap; 12 Steps To Raw; HHQ; OBPPS; Naturopathy; Clinical Nutrition; Natural Hygiene; TCM; AUDIO http://www.breathing.com/exercise2.htm
LEASE only

Hot Flashes
Control of nervous system through breathing. Women can extend their exhale so that it conditions the nervous system to minimize hormonal swings OUR RECOMMENDED DVD PROGRAM:
Video/DVD 176 ALL –
Manual 191: Acupressure Points: OBRs, Opposing Forces. BLHN
Complementary: Diaphragm Strengtheners; Optimal Digestion; Oxy-Cleanse; Private Sessions with one of our trainers; 12 Steps To Raw; HHQ; Naturopathy; Clinical Nutrition; Natural Hygiene; TCM; AUDIO http://www.breathing.com/exercise1.htm http://www.breathing.com/exercise2.htm LEASE

Hypertension
Anxiety prone high chest breath often not is detectable with typical belly breath test as the breathing pattern changes during stress and partially reverts after stress is over.
OUR RECOMMENDED DVD PROGRAM:
Video/DVD 176 ALL –

Manual 191: Acupressure Points: OBRs, Reflexive Bow; Sit bend and Breathe; Easy Weight Training; Hemisphere Integration. BLHN
Complementary: Diaphragm Strengtheners; Optimal Digestion; Oxy-Cleanse; Private Sessions with one of our trainers; Blue velcro strap; 12 Steps To Raw; Rebounding; HHQ
Audio
http://www.breathing.com/exercise1.htm
http://www.breathing.com/exercise2.htm LEASE

Hyperventilation
Learn to control and change it. OUR RECOMMENDED DVD PROGRAM:
Video/DVD 176 ALL
Manual 191: OBRs upper presses only, Acupressure Points: Opposing Forces. BLHN
Complementary: Diaphragm Strengtheners; Optimal Digestion; Oxy-Cleanse; Private Sessions with one of our trainers; Blue velcro strap; HHQ
AUDIO
http://www.breathing.com/exercise2.htm

Immune system issues
Control stress response and enhance digestion ease. Feed with living and super potent booster foods & supplements OUR RECOMMENDED DVD PROGRAM:
Video/DVD 176 ALL
Manual 191: Acupressure Points: OBRs;
Complementary: Diaphragm Strengtheners; Optimal Digestion; Oxy-Cleanse; Private Sessions with one of our trainers; ProFlora; E3live;
Audio
http://www.breathing.com/sob-5-level.htm

Ill health - general overall
See Shortness of Breath 5 Level Program
http://www.breathing.com/sob-5-level.htm

Inner satisfaction
Letting go into pleasurable expansive feelings with deepest and easiest breath. OUR RECOMMENDED DVD PROGRAM: Video/DVD 176
Manual 191: Acupressure Points: OBRs, Reflexive Breathing, Singing; Chanting; Pillows All; Opposing Forces.
Complementary: Diaphragm Strengtheners; Optimal Digestion; Oxy-Cleanse; Private Sessions with one of our trainers; See Passion and Purpose
Audio
http://www.breathing.com/exercise2.htm

Integrity
In touch with wholeness/completeness of self Breath is linking energy with the mind-body-spirit relationship. OUR RECOMMENDED DVD PROGRAM:
Video/DVD 176 ALL – first loosen up and expand the natural breathing.
Manual 191: Acupressure Points: OBRs, Opposing Forces; Easy Weight Training;
Complementary: Diaphragm Strengtheners; See Passion and Purpose
Audio

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Internal power
Maintain connection with center/stability, present time and creative process.

OUR RECOMMENDED DVD PROGRAM:
Video/DVD 176 ALL –
Manual 191: Singing; Tongue Control; Standing Meditation to one hundred total hours over six month period. Acupressure Points: OBRs, Opposing Forces; Easy Weight Training;
Complementary: Diaphragm Strengtheners; Optimal Digestion; Oxy-Cleanse; Private Sessions with one of our trainers; Rebounding and singing simultaneously

AUDIO
http://www.breathing.com/exercise2.htm
LEASE

Intimacy
Freedom of breathing invites openness and acceptance.

OUR RECOMMENDED DVD PROGRAM:
Video/DVD 176 ALL
Manual 191: OBR’s, Reflexive Breathing, Meditation;
AUDIO
http://www.breathing.com/selfesteem.htm
http://www.breathing.com/exercise1.htm

Irritable bowel
Hypertension transferred to organ system. OUR RECOMMENDED DVD PROGRAM:
Video/DVD 176 ALL
Manual 191: OBR’s; Squats, Raw Foods; BHLN
Complementary: Diaphragm Strengtheners; Optimal Digestion; Oxy-Cleanse; Private Sessions with one of our trainers; Optimal Digestion; Colon hygiene; Dave Klein as a consultant - Livingnutrition.com

AUDIO
http://www.breathing.com/exercise1.htm

Jet lag
Breathing and energy is "lagging" behind body. Breathing

OUR RECOMMENDED DVD PROGRAM:
Video/DVD 176 ALL –
Manual 191: OBRs, Opposing Forces; Easy Weight Training;
Complementary: Diaphragm Strengtheners; Optimal Digestion; Oxy-Cleanse; Private Sessions with one of our trainers;

AUDIO
http://www.breathing.com/exercise2.htm
LEASE during or after flight.

Joy
Intensity of emotion and depth and freedom of breathing

OUR RECOMMENDED DVD PROGRAM:
Video/DVD 176
Manual 191: OBRs, Opposing Forces; Reflexive Breathing, Chanting.
Complementary: Diaphragm Strengtheners; Optimal Digestion; Oxy-Cleanse; Private Sessions with one of our trainers; Hang out with happy people; Reflexive Breathing, Chanting. Singing, Humming, Laughing, Crying; Smiling; Rebounding & Singing;

Audio:
http://www.breathing.com/selfesteem.htm
http://www.breathing.com/anounce.htm

Laryngitis
Swallowed pride. Eating one’s words. Poor posture creating “bent” breathing system that is undetectable to medical doctor.

See Bronchitis Program
http://www.breathing.com/no-more-bronchitis.htm

Life span
Eubie Blake who lived to be 103 used to joke that "If I’d known I was going to live so long I’d have taken better care of myself”. Life span goal in years must be planned. If you do not plan on living a long time you may not and if you do may not be able to have any kind of economic or healthy life. PLAN FOR IT.

OUR RECOMMENDED DVD PROGRAM:
Video/DVD 176 ALL
Manual 191: Massage; Acupressure Points: OBRs, Opposing Forces; Easy Weight Training; BHLN
Complementary: Diaphragm Strengtheners; Optimal Digestion; Oxy-Cleanse; Private Sessions with one of our trainers; E3live; Oxycleanse; Life Extension Institute; Treeoflife.nu; Hippocrates Institute in Florida; Livingnutrition.com; 12 Steps To Raw;

AUDIO
http://www.breathing.com/exercise2.htm
Oxygenate the body.

Longing -
Focus on getting what you want or let go of it and change your vision of the future. Tune in to your chest area and let it soften. Fill the heart center with breath. Cry or go out and get what you long for or both.

OUR RECOMMENDED DVD PROGRAM:
Video/DVD 176 ALL
Manual 191: Massage; Tongue Control; OBRs to expand the heart center;
Complementary: Diaphragm Strengtheners; Optimal Digestion; Oxy-Cleanse; Private Sessions with one of our trainers; Get nurtured in healthy ways; Massage Therapy; Personal Growth mentor; Join a web dating service; http://www.breathing.com/affiliates.htm

AUDIO
http://www.breathing.com/selfesteem.htm

Loving others
Breathe WITH others instead of AT them. Open heart center and chest breath.

OUR RECOMMENDED DVD PROGRAM:
Video/DVD 176 ALL;
Manual 191: OBR’s; Reflexive Breathing; Exercise #1 + Pillow D; Read about love – New Testament - Psalms, Leo Buscaglia, Rollo May; What would Jesus do? etc

AUDIO
http://www.breathing.com/selfesteem.htm

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Lump in throat
Swallowed pride. Eating one’s words. Poor posture creating “bent” breathing system that is often undetectable to medical doctor. Rule out allergies and inflammation; Laryngitis now or in the future. (MAY BENEFIT SPASMODIC DYSPHONIA AS WELL)
OUR RECOMMENDED DVD PROGRAM:
Video/DVD 176 ALL but mostly Side to Side and Sound; Strapping high chest with lower abdominal breathing only
Manual 191: OBR’s; Posture is critical; Opposing Forces; Lion; Tongue Control; Reflexive Bow; With Chanting; Singing; Humming all in PRP With mid back Pillow D or upright/standing with chin 15 degrees above horizon;
Complementary: Diaphragm Strengthen; Optimal Digestion; Oxy-Cleanse; Private Sessions with one of our trainers;Blue velcro strap; Rebounding & Singing; OBPPS

Meditation
Breathing is simple, smooth, easy, dependable and personal. Some meditate easily. Some not. The reason meditation eludes many is UDB.
OUR RECOMMENDED DVD PROGRAM: DVD 176 ALL with special emphasis on Straw experiment and Reflexive breathing.
Manual 191: OBRs, Opposing Forces.
Complementary: Diaphragm Strengthener; Optimal Digestion; Massage;
Audio
http://www.breathing.com/exercise1.htm
http://www.breathing.com/watching.htm
http://www.breathing.com/peacewithin.htm

Memory
Breathing consciously and being there instead of being somewhere else.
Oxygen supply needs to be maximal; brain uses up to 40% of total supply.
OUR RECOMMENDED DVD PROGRAM:
Video/DVD 176 ALL
Manual 191: OBRs; Hemisphere Integration
Complementary: Diaphragm Strengthener; Optimal Digestion; Oxy-Cleanse; Private Sessions with one of our trainers;E3live; Fasting; ProEfa; 12 Steps to Raw; Walking; Rebounding; Mega Memory course by Kevin Trudeau
Audio
http://www.breathing.com/exercise2.htm LEASE &
http://www.breathing.com/exercise1.htm
One complete breath each bowl strike for optimal oxygenation
http://www.breathing.com/watching.htm For focused concentration

Migraines
Pressure from UDB sends energy upward and it compresses creating tension and headaches. Made worse by allergy and toxins.
OUR RECOMMENDED DVD PROGRAM: DVD 176 ALL especially Squeeze and Breathe;
Manual 191: Acupressure points; OBRs; Tongue Control;
Complementary: Diaphragm Strengthener; Optimal Digestion; Oxy-Cleanse; Private Sessions with one of our trainers;Blue velcro strap; Fasting; 12 Steps To Raw;; Naturopathy; Clinical Nutrition; Natural Hygiene; TCM; Massage; Walking; Rebounding
Audio
http://www.breathing.com/exercise2.htm LEASE

Money worries
Stay present, focused and in touch with self
OUR RECOMMENDED DVD PROGRAM:
Dvd 176 ALL.
Manual 191: Standing meditation; Tongue Control; OBRs; Hemisphere Integration
Complementary: Diaphragm Strengthener; Optimal Digestion; Oxy-Cleanse; Private Sessions with one of our trainers;Financial planner; Lower expenses to bare bones
Audio
http://www.breathing.com/exercise2.htm LEASE

Neck muscles bulge out when you take a deep breath.
Accessory breathing neck and upper chest muscles overreacting to constrict the easy deepest breathing
OUR RECOMMENDED DVD PROGRAM:
Video/DVD 176 ALL; Especially Strapping and Squeeze & Breathe.
Manual 191: Standing Meditation; Tongue Control; OBRs; Singing
Complementary: Diaphragm Strengthener; Optimal Digestion; Oxy-Cleanse; Private Sessions with one of our trainers; Kinesiology; Chiropractor; Osteopath; Rolfing; Hellerwork

Nightmares
Un-breathed through" experiences Breathing fully helps resolve daily dilemmas and shocks and invites pleasant dreams.
OUR RECOMMENDED DVD PROGRAM: DVD 176 ALL –
Manual 191: Singing,
Complementary: Diaphragm Strengthener; Optimal Digestion; Oxy-Cleanse; Private Sessions with one of our trainers; Fasting (many fears are repressed/stuffed by food)
Audio http://www.breathing.com/exercise1.htm
To let go of the past.
http://www.breathing.com/exercise2.htm
Increase vital internal energy and cut through daily problems feel the fear and do it anyway.

Night sweats
See nightmares

Nervousness between performances
Fear, anxiety. Nothing takes the place of proper preparation.
OUR RECOMMENDED DVD PROGRAM:
Video/DVD 176; all –straw experiment before performance
Manual 191: Standing Meditation; 100hours

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Complementary: Diaphragm Strengtheners; Optimal Digestion; Oxy-Cleanse; Private Sessions with one of our trainers; YOU MUST know your words.

Too short a pause length at bottom of your exhale. No resting phase of breath. Breathing “engine” always at high revolutions even at stoplight.

**OUR RECOMMENDED DVD PROGRAM:** DVD 176 ALL

**Manual 191:** OBR’s, Reflexive Breathing; AUDIO
http://www.breathing.com/exercise1.htm
http://www.breathing.com/exercise2.htm
LEASE To slow down breathing rate and extend pause length

No second wind. Shallow breathing, hyperventilation, and chest constriction, reverse breathing.

**OUR RECOMMENDED DVD PROGRAM:**

Video/DVD 176 ALL –

**Manual 191:** OBRs, Stop heavy weight training

Complementary: Diaphragm Strengtheners; Optimal Digestion; Oxy-Cleanse; Private Sessions with one of our trainers; E3Live; rebounding and singing, humming or chanting; walking – stopping and side to side and sound from 176 DVD then recommence walking; 12 Steps To Raw;

AUDIOS
http://www.breathing.com/exercise1.htm
http://www.breathing.com/exercise2.htm
LEASE PRP and while walking – build up slow

Nostril(s) stuffy or plugged Too much adrenaline production with forced inhalation.

**OUR RECOMMENDED DVD PROGRAM:**

Video/DVD 176 ALL –

**Manual 191:** OBR’s; BHLN

Complementary: Diaphragm Strengtheners; Optimal Digestion; Oxy-Cleanse; Sinu Cleanse’ Surgery – get three separate opinions and realize that the surgical alteration often reverts back to the way it was.; HHQ

AUDIOS
http://www.breathing.com/the-breath-of-life.htm
http://www.breathing.com/exercise2.htm

Nutrition
http://www.living-foods.com
http://www.livingnutrition.com
http://www.breathing.com/bhln.htm

Often find your tongue pressed to the roof of your mouth? Unresolved emotions/tension stimulating nervous system and blocking throat, jaw and tongue.

**OUR RECOMMENDED DVD PROGRAM:** DVD 176 ALL – first loosen up, strengthen and expand the natural breathing so that it does not send tension back into the body systems

**Manual 191:** Tongue Control; OBRs, Opposing Forces, The Yoga “Lion” Exercise; Voice Projection; Easy Weight Training;

Complementary: Diaphragm Strengtheners; Optimal Digestion; Oxy-Cleanse; Private Sessions with one of our trainers; Acupressure points at base of occiput; Myofacial in chest, neck and jaw

Audio: http://www.breathing.com/exercise1.htm

Over excitement
Unresolved emotions/tension stimulating nervous system too much sympathetic (chest) breathing without enough parasympathetic (lower belly, back and side breathing) inhibition.

**OUR RECOMMENDED DVD PROGRAM:** DVD 176 ALL –

**Manual 191:** Acupressure Points: Standing Meditation; OBRs, Opposing Forces; Easy Weight Training;

Complementary: Diaphragm Strengtheners; Optimal Digestion; Oxy-Cleanse; Private Sessions with one of our trainers; Massage therapy; Warm soaking tub for long hours. Watsu; Make it a social session or take the cell phone and get or stay in touch with friends and loved ones; Rebounding to work off excess energy;

AUDIOS
http://www.breathing.com/exercise1.htm
http://www.breathing.com/exercise2.htm
LEASE

Pain (chronic)
Often unwillingness to let go and breathe in to it makes it worse. Simple breathing exercises often make pain bearable OR non-existent.

**OUR RECOMMENDED DVD PROGRAM:** DVD 176 ALL especially Reflexive Breathing

**Manual 191:** Acupressure Points: Reflexive Breathing; OBRs, BHLN

Complementary: Diaphragm Strengtheners; Optimal Digestion; Oxy-Cleanse; Private Sessions with one of our trainers; Acupuncture; HHQ

Audio: http://www.breathing.com/exercise1.htm

Pain or ticklishness in stomach muscles, breastbone, or ribs, front, side or back; back of head and above and behind temples.

Tensions in key areas that block breathing sequencing and balance. See Self-Tests.

**OUR RECOMMENDED DVD PROGRAM:** DVD 176 ALL – first loosen up, strengthen and expand the natural breathing.

**Manual 191:** Acupressure Points: OBRs, Opposing Forces.

Complementary: Diaphragm Strengtheners; Optimal Digestion; Oxy-Cleanse; Private Sessions with one of our trainers;

Audio: OBR’s; Reflexive Breathing; Reflexive Bow; Massage; Bodywork; Kinesiology

Palpitations
Prescription Drug Reactions; Food or Environmental Allergies.

Control autonomic nervous system with the breath; **OUR RECOMMENDED DVD PROGRAM:**

Video/DVD 176 ALL
**Manual 191:** Acupressure Points; OBRs, Opposing Forces; 
**Complementary:** Diaphragm Strengthen- 
ner; Optimal Digestion; Oxy-Cleanse; Private Sessions with one of our trainers; Optimal EFAs; 12 Steps To Raw; Naturopathy; Clinical Nutrition; Natural Hygiene; TCM; Acupuncture; Chiropractic; Osteopath; Herbalists: Colon hygiene; Detoxification; 
homeopathy; PSYC; Spiritual Counseling; Fasting; Medical Doctor. Emergency Room 
**AUDIO** 
http://www.breathing.com/exercise1.htm 
http://www.breathing.com/exercise2.htm  LEASE

**Panic attacks**
Control autonomic nervous system with the rate of breathing. 
**OUR RECOMMENDED DVD PROGRAM:** 
Video/DVD 176 ALL. 
**Manual 191:** LEASE; Acupressure Points: OBRs, Opposing Forces; Circles & Bending 
**Complementary:** Diaphragm Strengthen- 
er; Optimal Digestion; Oxy-Cleanse; Private Sessions with one of our trainers; 
Blue velcro strap; Train oneself to, at the very instant of a surprise, to 
EXHALE and long slow deep continuous exhale. 
**AUDIO** 
http://www.breathing.com/exercise2.htm  LEASE 
http://www.breathing.com/exercise1.htm

**Passion and purpose**
Emotional intensity and connection with deep sense of self-Ability to stay calm under pressure 
**OUR RECOMMENDED DVD PROGRAM:** DVD 176 breathing. 
**Manual 191:** Standing Meditation a total of one hundred hours; singing; chanting 
**Complementary:** Diaphragm Strengthen- 
er; Optimal Digestion; Oxy-Cleanse; Private Sessions with one of our trainers; Make list of 50 peak experiences during your entire lifetime. Do not judge them. 
Winning a prize, meeting a famous person, helping someone to learn or to grow as a person, see a beautiful natural scene or animal in the wild, funniest movies that you saw several times, having a fantastic orgasm, eating your Mom’s favorite home cooked meal, Grandma’s chocolate cake………..whatever. Pray for guidance if you like that idea. 
Take no more then one week for all this but give yourself time to dwell and reflect and allow your reticular activating system (and God) to choose for you.. 
Then cull the list to the best 25. DO NOT JUDGE THEM. NOT what you think you SHOULD do but what you felt great doing. 
Take no more then a week for this one. 
Then cull that list to the best 10. 
Take no more then a week for this. 
Then cull it to the best 5. 
At that point you will have a pretty good idea what excites, inspires, and feds your soul. 
Then use that to create your vision for your future life on earth and forever more. 
Remember that if you do not know where you are going then you will probably wind up someplace else. 
The someplace else may not be even be close to what you would have chosen had you known you had the choice in the first place. 
**Manual 191:** Tongue Control; OBR’s Singing; Chanting; Laughing. 
**Complementary:** Diaphragm Strengthen- 
er; Optimal Digestion; Oxy-Cleanse; Private Sessions with one of our trainers;Integrate with YOGA, dance, Butoh, Tai chi, Feldenkrais, Alexander work, Middendorf or Rosenwork 
**AUDIO** 
http://www.breathing.com/selfesteem.htm

**Phobias**
See Panic Attacks 

**Poor boundaries**
Learn to love yourself. Become more in present time through conscious breathing. Read “Boundaries, where you end and where I begin”. 
**OUR RECOMMENDED DVD PROGRAM:** DVD 176 ALL 
**Manual 191:** Standing Meditation; OBRs; Opposing Forces; Hemisphere Integration; Easy Weight Training; 
**Complementary:** Diaphragm Strengthen- 
er; Optimal Digestion; Oxy-Cleanse; Private Sessions with one of our trainers;Public speaking or acting course; 
**AUDIO** 
http://www.breathing.com/selfesteem.htm 
http://www.breathing.com/exercise2.htm

**Poor posture**
Death to healthy breathing. But you cannot HOLD yourself upright to achieve optimal breathing. By the time you might benefit from that, the muscles in the front of your body have become overshortened from slouching and overlengthened in the back. Raising the body actually shortens those already too short muscles in the front, that causes a lessening of ease in breathing. The mere act of tightening muscles even slightly to make oneself more erect causes tightness in the entire upper body and reduces the ease of deeper breathing; we intuitively do not like. That is why most people, reminded or told to sit up straight, remain erect only for a few minutes before reverting to the former slouch. 
**OUR RECOMMENDED DVD PROGRAM:** DVD 176 ALL – Open the breath up to make it larger and more apt to notice changes in it from moment to moment. 
**Manual 191:** OBRs, Chest Opener; Inner Expansion; Squats; Opposing Forces; Voice Projection; Easy Weight Training; Hemisphere Integration 
**Complementary:** Diaphragm Strengthen- 
er; Optimal Digestion; Oxy-Cleanse; Private Sessions with one of our trainers; Alexander Technique; Optimal Chairs; 
Optimal Car Seats; Singing-chanting; rebounding &

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PTS. Post Traumatic Stress Disorder.
Release and breathe through abuse and trauma. Balance breathing for future stability. Learn to feel safe in side your body.

**OUR RECOMMENDED DVD PROGRAM:** DVD 176 ALL – first loosen up, strengthen and expand the natural breathing to allow for maximum depth of natural reflexive breathing.

**Manual 191:** Acupressure Points: OBRs; Hemisphere Integration
**Complementary:** Diaphragm Strengthen; Blue velcro strap; Optimal Digestion; Oxy-Cleanse; Private Sessions with one of our trainers; Rosen Work; Healing Touch, Reiki; Massage; Spiritual Community;

**AUDIO**
http://www.breathing.com/exercise1.htm
LEASE to suppress the tendency to overreact. http://www.breathing.com/exercise1.htm

Public speaking
**OUR RECOMMENDED DVD PROGRAM:** DVD 176 ALL – first loosen up, strengthen and expand the natural breathing.

**Manual 191:** Tongue Control; OBRs, Opposing Forces; Easy Weight Training; Hemisphere Integration
**Complementary:** Diaphragm Strengthen; Optimal Digestion; Oxy-Cleanse; Private Sessions with one of our trainers; Rebounding and singing, chanting or humming; Toastmasters; National Speakers Association.

**AUDIO**
http://www.breathing.com/selfesteem.htm

Relaxation
Lowest belly-back-side breathing stimulates the calming forces of the parasympathetic nervous system. The higher up into the chest you breathe (whether front, back or side) the more excited you become. Excitement can be fun but without the balancing influence of the belly breath, excitement can get out of control. You can breathe in both places at the same time and balance the calming and energetic energies of upper and lower hemispheres of breath.

**OUR RECOMMENDED DVD PROGRAM:** Video/DVD 176 ALL

**Manual 191:** Acupressure Points: OBRs, for recovery from fatiguing experience or overall bad day.
**Complementary:** Diaphragm Strengthen; Optimal Digestion; Oxy-Cleanse; Private Sessions with one of our trainers; WATSU; Massage Therapy; Warm soak in 97 degree water for over an hour each time – bring the cell phone, chat with friends, no business; walk in nature

**AUDIO**
http://www.breathing.com/exercise1.htm in PRP

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Sadness
Lessened breath. More breath (positive energy) will resolve most sadness. No breath, no options. Negativity prevails. See “depression”

Sea and airsickness
Autonomic nervous system control through the breath
Sometimes you just vomit and get it over with.

OUR RECOMMENDED DVD PROGRAM:
Video/DVD 176 BEFORE THE VOYAGE-
Strapping Techniques high chest tight, breathing into lower abdomen only.

Manual 191: Breathing Exercise #2; Video/DVD 176
Complementary: Diaphragm Strengthen; Optimal Digestion; Oxy-Cleanse; Private Sessions with one of our trainers; 12 Steps To Raw;
See Also Depression

AUDIO
http://www.breathing.com/exercise2.htm
LEASE during voyage

Security/ Survival
See Grounding

Self acceptance
Willfulness to let negativity go with exhales and opens into feelings of self-love with the in-breath.

OUR RECOMMENDED DVD PROGRAM:
Video/DVD 176 ALL –
Manual 191: OBRs, Opposing Forces.
Complementary: Diaphragm Strengthener; Optimal Digestion; Oxy-Cleanse; Private Sessions with one of our trainers; Give a lot of love

Audio:
http://www.breathing.com/selfesteem.htm

Self awareness
See Self Discovery

Self care
Stems from self acceptance

OUR RECOMMENDED DVD PROGRAM:
Video/DVD 176 ALL
Manual 191: Acupressure Points: OBRs, Opposing Forces.
Complementary: Diaphragm Strengthener; Optimal Digestion; Oxy-Cleanse; Private Sessions with one of our trainers; Raw Living Foods

AUDIO
http://www.breathing.com/selfesteem.htm

Self discipline
Should stem from self-acceptance; based in self-love. Do good things for people and you will feel good about yourself but you must BREATHE when you do them.

OUR RECOMMENDED DVD PROGRAM: DVD 176 ALL —first loosen up, strengthen and expand the natural breathing.

Manual 191: Standing Meditation one hundred hours; Reflexive Breathing; Reflexive Bow; Acupressure Points: OBRs, Opposing Forces; Easy Weight Training;

Complementary: Diaphragm Strengthener; Optimal Digestion; Oxy-Cleanse; Private Sessions with one of our trainers; Martial Arts; Any hobby you are passionate that requires a special skill; 12 Steps To Raw;

Audio:
Breathing Self Esteem; OBR’s strapping Techniques, AUDIO
http://www.breathing.com/exercise2.htm
http://www.breathing.com/selfesteem.htm

Self Discovery
Breath is link to body sensations, feelings and emotions. How you feel about things guides your preferences or you can change your thoughts and have them guide your feelings; or both. Your breathing keeps you connected with your body sensations, feelings and emotions;

OUR RECOMMENDED DVD PROGRAM: DVD 176 ALL
Manual 191: All exercises that slow the breathing down will bring you more in touch with yourself. Singing;

Complementary: Diaphragm Strengthener; Optimal Digestion; Oxy-Cleanse; Private Sessions with one of our trainers; Breathmastery.com; Feldenkrais; Rosen Work; Rebounding & Singing;

Audio:
http://www.breathing.com/selfesteem.htm
http://www.breathing.com/exercise2.htm

Self esteem
Based in self-acceptance. See “Thoughts & Attitude” Page # 64. Choose those around you that treat you fairly, kindly and lovingly.

OUR RECOMMENDED DVD PROGRAM: DVD 176 ALL
Manual 191: Opposing Forces; Standing meditation; Easy Weight Training;

Complementary: Diaphragm Strengthener; Optimal Digestion; Oxy-Cleanse; Private Sessions with one of our trainers; Rebounding & Singing; 12 Steps To Raw;

Audio:
http://www.breathing.com/selfesteem.htm

Sexuality
More energy combined with increased relaxation most often provides for increased sexual energy. This is one reason why vacations can be such sexual turn-on.

OUR RECOMMENDED DVD PROGRAM: DVD 176 ALL
Manual 191: Squats; Pelvic Circles; Walking Long Brisk but easy walks; Treadmill combined with oxygen concentrator in Voice Projection Position; Door Knob Stretch; Breathing Legs; BHLN

Complementary: Diaphragm Strengthener; Optimal Digestion; Oxy-Cleanse; Private Sessions with one of our trainers; Men’s Formula from our homeopathic group; Rebounding & Singing;

Audio:
http://www.breathing.com/exercise2.htm
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Spasmodic dysphonia
Requires a total commitment to change. Voice needs to be strengthened from the inside out.

OUR RECOMMENDED DVD PROGRAM:
Video/DVD 176 – Strapping upper chest with lower breathing only; Side to side and sound;
Manual 191: Tongue Control; OBRs, Opposing Forces. Adductor type: Pillows; Leg Lift & Shhhh - 20 to 1 + Pillows C or D; Sitting And Chairs - ; Inner expansion

Complementary: Diaphragm Strengthen; Optimal Digestion; Oxy-Cleanse; Private Sessions with one of our trainers;Blue velcro strap; “Singing”, “Posture”;

Audio: http://www.breathing.com/exercise2.htm

Stamina "second wind"
Blocked breath reduces volume and breathing ease.

OUR RECOMMENDED DVD PROGRAM: DVD 176 ALL –first loosen up, strengthen and expand the natural breathing.

Manual 191: Walking, Swimming Or Running; Interspersed With Side to Side and Sound from the The DVD 176; OBRs, Opposing Forces.

Complementary: Diaphragm Strengthen; Optimal Digestion; Oxy-Cleanse; Private Sessions with one of our trainers;E3Live;

Audio: http://www.breathing.com/exercise2.htm

Stress Management
Control your breathing and you control your stress. It requires practice.

OUR RECOMMENDED DVD PROGRAM:
Video/DVD 176 ALL + Squeeze & Breathe 20 to 1; Leg Lift & Shhhh - 20 to 1; Reflexive Breathing

Manual 191: OBR’s; Standing Meditation to one hundred hours; Easy Weight Training; Hemisphere Integration

Complementary: Diaphragm Strengthen; Optimal Digestion; Oxy-Cleanse; Private Sessions with one of our trainers; Adequate Sleep is a MUST; Massage Therapy deep but not painful; Warm Tubbing for hours; Rebounding; Hatha Yoga; Reiki

Audio: http://www.breathing.com/exercise1.htm

Spiritual growth
Inspiration is to breathe in. It also is to take-in spirit. The more you breathe and let go and open to positive experience based on spiritual principles, the more spiritual you become. Gospel singers are good examples of this.

OUR RECOMMENDED DVD PROGRAM:
Video/DVD 176;
Manual 191: Singing, Chanting OBR’s

Complementary: Diaphragm Strengthen; Optimal Digestion; Oxy-Cleanse; Private Sessions with one of our trainers;Join a spiritual community. Preferably one that has classes in practical applications of spiritual thinking and doing.

Audio: http://www.breathing.com/selfesteem.htm

Spacy
Perhaps hyperventilation; not in present time; unbalanced breathing, possible nutrition or toxicity issues. This often requires a mentor or personal coach or guide so that the person stays in the best course or path that is productive.

OUR RECOMMENDED DVD PROGRAM: DVD 176

Manual 191: Standing Meditation; Salute to the Sun Hemisphere Integration ; BHLN

Complementary: Diaphragm Strengthen; Optimal Digestion; Oxy-Cleanse; Private Sessions with one of our trainers.

Audio: http://www.breathing.com/exercise2.htm

Stage fright
Fear in the belly. Use the belly breath but integrate the rib breath as well lest you compromise your singing and get even tenser.

OUR RECOMMENDED DVD PROGRAM:
Video/DVD 176 ALL particularly Leg Lift & Shhhh - 20 to 1; Straw experiment

Manual 191: Standing Meditation to one hundred hours; OBRs, Opposing Forces; Leg Lift & Shhhh - 20 to 1;

Complementary: Diaphragm Strengthen; Optimal Digestion; Oxy-Cleanse; Private Sessions with one of our trainers; See Anxiety; singing; join a church choir

Audio: http://www.breathing.com/exercise2.htm

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Struck in groin, belly or solar plexus. Probability tenson or fear locking up full breathing.

**OUR RECOMMENDED DVD PROGRAM:**
- Video/DVD 176 ALL
- Manual 191: OBRs; Squats; Hip circles; Acupressure Points: Opposing Forces.
- Complementary: Diaphragm Strengtheners; Optimal Digestion; Oxy-Cleanse; Private Sessions with one of our trainers; Rolfing; Hellerwork
- Audio:

  **Stuttering**
  James Earl Jones, the best voice in Hollywood was a stutterer. Certain key over or under active accessory breathing muscles can make stuttering worse or non-existent. Similar to spasmodic dysphonia.

  **OUR RECOMMENDED DVD PROGRAM:**
  - Video/DVD 176 ALL - may help some or none
  - Manual 191: OBRs, Opposing Forces;
  - Complementary: Diaphragm Strengtheners; Optimal Digestion; Oxy-Cleanse; Private Sessions with one of our trainers; Blue velcro strap; “Posture” Posture Is Critical

  **Surgery - post or pre - On Surgeon’s approval.** Rebalance the nervous system to enhance healing and recovery.

  **OUR RECOMMENDED DVD PROGRAM:**
  - Video/DVD 176 - depending on MDs ok. Also in the video is Reflexive Breathing and it is really great to get the body to let go and rebalance.
  - Manual 191: Reflexive Breathing; OBR’s; Pillows; BHN
  - Complementary: Diaphragm Strengtheners; Optimal Digestion; Oxy-Cleanse; Private Sessions with one of our trainers; HHQ

  **Sympathy or understanding**
  Compassion is open and vulnerable. A willingness to breathe fully into the heart center and feel but not take on the pain of others.

  **OUR RECOMMENDED DVD PROGRAM:**
  - Video/DVD 176 ALL –first loosen up, strengthen and expand the natural breathing. SOFten yourself.
  - Manual 191: Acupressure Points: OBRs, Reflexive Breathing; Standing meditation
  - Complementary: Diaphragm Strengtheners; Optimal Digestion; Oxy-Cleanse; Private Sessions with one of our trainers; Learn to be a spiritual counselor; Massage therapy
  - Audio:

    http://www.breathing.com/selfesteem.htm

  **Swallowing difficult**
  See "Harder to swallow"

  **Tension (overall)**
  Tension is a lot of what bad breathing is about. Anything you can do to relieve it is a good idea. It just depends on what you do daily to create tension. The more you DAILY use three or more of the strapping techniques, OBRs; Reflexive breathing and massage therapy the more your tensions should subside. But you cannot expect to “slay dragons” by the hour and expect a 5 minute rest stop to recover you completely. Balance between stress and recovery is the key. The secret is in the way you breathe.

  **Thoughts run amok**
  Use the breath to calm the body then the body calms the mind.

  **OUR RECOMMENDED DVD PROGRAM:**
  - Video/DVD 176 ALL –
  - Manual 191: Standing Meditation One Hundred Hours; OBRs, Opposing Forces.
  - Complementary: Diaphragm Strengtheners; Optimal Digestion; Oxy-Cleanse; Private Sessions with one of our trainers; Blue velcro strap; See audio below
  - Audio: Better Breathing Exercise 2

  **Thyroid insufficiency**

  **OUR RECOMMENDED DVD PROGRAM:**
  - Video/DVD 176
  - Manual 191: BHN
  - Complementary: Diaphragm Strengtheners; Optimal Digestion; Oxy-Cleanse; Private Sessions with one of our trainers; HHQ –Thyroid Test
  - Audio: Better Breathing Exercise 2

  **Tightness across chest**
  Severely restricting breathing. Rule out heart condition

  **OUR RECOMMENDED DVD PROGRAM:**
  - Video/DVD 176 - Strapping Techniques – often.
  - Manual 191: OBR’s; Chest Opener; Pillows C & D; Inner expansion;
  - Complementary: Diaphragm Strengtheners; Optimal Digestion; Oxy-Cleanse; Private Sessions with one of our trainers; Myofacial; Rolfing;
  - Audio:

    http://www.breathing.com/selfesteem.htm

  **Timid or shy**
  Tension and irrational fear due to restricted breath No tension or restriction = outgoing personality.

  **Breathing Coordination,**

  **OUR RECOMMENDED DVD PROGRAM:**
  - DVD 176 - Strapping Techniques –lots of side to side and sound
  - Complementary: Diaphragm Strengtheners; Optimal Digestion; Oxy-Cleanse;
  - Private Sessions with one of our trainers; See Singing; Chanting;
  - Manual 191: Hemisphere Integration;
  - Audio:

    http://www.breathing.com/selfesteem.htm

  **Trust**
  Letting go. Being in present time so you know what is really happening.

  **OUR RECOMMENDED DVD PROGRAM:**
  - DVD 176 ALL
  - Manual 191: Acupressure Points: OBRs;
Complementary: Diaphragm Strengthener; Optimal Digestion; Oxy-Cleanse; Private Sessions with one of our trainers; WATSU; Reiki;

**AUDIO**
http://www.breathing.com/exercise2.htm  LEASE
http://www.breathing.com/selfesteem.htm

**Traumatic, turbulent, abused prenatal, birth, infancy, childhood or other.**
Many opportunities for suppressed life force. Much can be resolved by re-establishing full natural breathing reflexes. Augment with PSYCH.

**OUR RECOMMENDED DVD PROGRAM:** DVDs

**Manual 191:** OBRs, Acupressure Points: Hemisphere Integration;

**Complementary:** Diaphragm Strengthener; Optimal Digestion; Oxy-Cleanse; Private Sessions with one of our trainers; Rosen Work; Spiritual Community; PSYCH; Reiki;

**Audio:** http://www.breathing.com/exercise1.htm
http://www.breathing.com/selfesteem.htm

**Type "A"**
Addressed directly with simple breathing development and Exercises.

**OUR RECOMMENDED DVD PROGRAM:**

Video 176 ALL

**Complementary:** Diaphragm Strengthener; Optimal Digestion; Oxy-Cleanse; Private Sessions with one of our trainers;

**Manual 191:** OBR’s; WATSU; Massage; Reflexive Breathing; Reiki;

**Audio:**
http://www.breathing.com/exercise1.htm
http://www.breathing.com/selfesteem.htm

**Visual problems**
Vision worse later in day = Probable stress aggravated loss.

**OUR RECOMMENDED DVD PROGRAM:**

Video/DVD 176 ALL – first loosen up, strengthen and expand the natural breathing.

**Manual 191:** Acupressure Points: OBRs, Opposing Forces.

**Complementary:** Diaphragm Strengthener; Optimal Digestion; Oxy-Cleanse; Private Sessions with one of our trainers;

**Audio:**
http://www.breathing.com/exercise1.htm
http://www.breathing.com/selfesteem.htm

**Voice:**
See singing

**Want To sing or Sing better_____**
See Singing;

**Weight loss or gain**
Oxygen burns fat. Gives more energy to exercise. Better breathing makes you feel good with endorphin releases.

**OUR RECOMMENDED DVD PROGRAM:**

Video/DVD 176 ALL – first loosen up, strengthen and expand the natural breathing.

**Manual 191: BHLN**

**Complementary:** Diaphragm Strengthener; Optimal Digestion; Oxy-Cleanse; Private Sessions with one of our trainers; 12 Steps To Raw; Rebounding; Fasting; Walking; cross trainer; swimming breast stroke

**Audio:**
http://www.breathing.com/exercise2.htm For energy
http://www.breathing.com/selfesteem.htm

**Wake up tired**
Breathing exercise before bed or rising

**OUR RECOMMENDED DVD PROGRAM:**

Video/DVD 176;

**Manual 191:** - Chest Belly in PRP; - Sleep on Back Before Bedtime or Upon Awakening in Middle of Night; Breathing Exercise #2 Before Bedtime (may or may not cause difficulty going to sleep)

**Complementary:** Diaphragm Strengthener; Optimal Digestion; Oxy-Cleanse; Private Sessions with one of our trainers; E3Live; Cal/Mag at bedtime; 12 Steps To Raw;

**Audio:**
http://www.breathing.com/exercise1.htm For May to relax before bedtime.
http://www.breathing.com/exercise2.htm Energy for more efficient rest time.
http://www.breathing.com/sleep-program.htm

**Washboard Abs**
Don’t!!!! Killers to deep and easy breathing

**OUR RECOMMENDED DVD PROGRAM:**

Video/DVD 176

**Manual 191:** Easy Weight Training;

**Whines a lot**
Unresolved emotions. Suppressed exhale; Breathe and cry, scream or yell. Talk loudly and openly.

**OUR RECOMMENDED DVD PROGRAM:**

Video/DVD 176 ALL – Especially side to side and sound LOUD.

**Manual 191:** Tongue Control; OBRs to release pent up tensions; Opposing Forces.

**Complementary:** Diaphragm Strengthener; Optimal Digestion; Oxy-Cleanse; Private Sessions with one of our trainers; PSYCH;

**Audio:**
http://www.breathing.com/exercise2.htm For energy

**Will Power**
The core of the breath is the power center of the body. Calm and centeredness stem from there. Do one exercise until you are drawn to the next one and so on.

**OUR RECOMMENDED DVD PROGRAM:**

Video/DVD 176 ALL

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XIII. BREATHING.COM WEB SITE ARTICLES INDEX -

- A Golden Braid
- Accessory Breathing Muscles
- Acid alkaline balance
- Aerobic Breathing
- Airplane Seats
- Air Pollution monitoring buy state, zip code and more
- Alexander technique
- Allergy alert
- Allergy Products
- Altitude Illness
- Alternative Cures
- Antioxidants
- Anxiety
- Arthritis
- Aspartame
- Aspartame 2
- Asbestosis
- Asthma
- Asthma-exercise induced
- Asthma March 17 Newspaper Article & comments
- Asthma, parenting & drugs
- Astrology
- Attitude
- Awareness
- Belly Breathing is Not
- Benefits of better breathing
- Bibliography
- Bio safety
- BLUE BLOATERS
- Body Flex Weight Loss Program
- Brassieres and Breast cancer
- Breast Cancer
- Breath Awareness
- Breathing Basics
- Breathing Coordination
- Breathing Rehabilitation
- Buteyko
- Breath wave and the Speed bump Massage
- Magazine article
- Breathing as Meditation
- Breathing Differences,
- Breathing Work / Breath Work etc
- Breath holding
- Advanced-advanced
- Bronchitis
- Buddha's Sutras (lessons) on Breathing
- Buchinger Fasting Clinic - Germany
- Buteyko
- Calming Classroom Chaos
- Cancer-

Dr. Hilda Clark believes she has found the Cure for Cancer and other chronic diseases. The issue is parasites.

- Candida
- Canola oil dangers
- Car Seats
- Carl Stough
- Carola Speads
- Chairs; including auto and easy
- Chest pains
- Chi Gung (Qi Gong)
- Chronic Illnesses
- Clinical Studies
- Clothing
- Concentration
- Conscious breathing
- Consciousness
- Controlling Anger and Addictions
- Cooked Foods and Breathing
- Co-meditation
- COPD
- Cortisol & labored breathing
- Crohn's disease#1
- Crohn's disease #2
- Cross breathing Cystic-Fibrosis
- Deeper Breathing
- Deep Peace Within
- Depression
- Detecting Blocks to Better Easier Breathing
- Detecting Hidden Signs of Potential Illness
- Developing Optimal Breathing
- Diaphragm Development
- Diaphragm - a hole in it
- Diaphragm- top down view
- Digestion
- Doping our kids
- Dr. James Biddle
- Dr. Len Saputo
- Dust Mites and Breathing
- Emotions and breathing
- Emphysema and COPD
- Emphysema- Key breathing exercise
- Endogenic breathing
- Endogenous respiration
- Endogenous respiration
- Energy
- Enzymes
- Epilepsy
- Essential Fatty Acids
- Essential oils
- EST and reasonableness
- Exercise

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Exercise induced asthma
False Diaphragmatic Breath
Fear and Anger
Fear of flying in a plane
Feldenkrais
Feeling Wholeness
Fibroids
Finding answers in your body
Firemen and breathing problems
Florence Joyner's autopsy
Fitness
Genetic Engineering
Genetic Engineering Dangers
Genetics
Global Inspiration Conference
Great Smoky Mountains
Health Benefits of optimal breathing
Healthy breathing
Heart Attack Survival When Alone
HEART BEAT IRREGULARITY
Heart Health
Holotropic
Handling Stress
Heart Attacks and shortness of breath
Heartbeats and deep sleep
High Blood Pressure
Hidden Signs of Potential Illness
Hospice
Hugging and Breathing
Humor
Hyper baric oxygen
Hyperventilation versus
hyper inhalation
I Care For You
Increasing blood oxygen
Increasing Rib Expansion & Lung Volume
Increasing Diaphragmatic Rise
Ionization
Irregular Heart Beat
Keleman, Stanley
Kinesthetic Sensing
Florence Joyner’s (FLO JO’s) Autopsy
Kundalini Rising
Lubored breathing & cortisol
Laughter
Laryngitis
Lecture-Demonstrations
Less Pain means Less Need for Prescription Drugs
Lifetime Channel NEW ATTITUDES program
March 1999 program featuring Mike
Liver cleanse
Longevity
LVRS: Lung Volume Reduction Surgery
Manic depression
Marijuana
Martial Arts
Maslow, Abraham
Massage
Martial Arts
Meditation
Mental Clarity
Milk and breathing
Mind, Body, Spirit Integration
Most Abdominal Breathing Really Isn’t
My Path towards Optimal Breathing
Mystical Experiences
Myths of CO2/O2 Ratios
Negative Ions
Nose breathing
Nutrition
Nutritional Supplements
October 24th 1998 symposium on the breath
160 Breathing Related Factors
ORR, Leonard - Rebirthing
Oxygen Benefits
Oxygen Crises
Oxygenized tm Water
Oxygen In Our Environment
Oxygen2 Ray Francis
Oxygenation, Antioxidants and Breathing
Ozone therapy
Paramedics and work induced breathing problems
Parasympathetic Inhibition
Peak flow meter. Problems with.
Perceiving the breath
Pesticides in foods - detecting
"PINK PUFFERS"
Pneumonia
Police work and breathing problems
Posture and Breathing
Power Spots (Spiritual) of The
Pranayama
Prescription Drugs?
Prisons, Meditation and Breathing Work
Prosperity Breathing Exercise
Psychotherapy
Pulmonary Embolism
Pulmonary Rehabilitation
Radiance Breath work
Raw Food Preparation and Great Sophistication
Raw-fruitarian-vegetarian sites and supporters
Reason and reasonableness
Rebirthing
Rebirthing - Leonard Orr Interview
Rebirthing- Death from
Rebuilding Lungs
Relaxation
Religion and Breathing
Respiratory Faults
Respiratory Psychophysiology
Respiratory therapist lecture notes
Results from Optimal Breathing Programs
Self-Directed Spiritual and Personal Growth
Ritalin
Sex and Breathing
Sick Buildings
Shortness of breath
Shortness of Breath and Heart Attacks
Singing
Sleep apnea quizzes
Sleeping
Speaking
Snoring
Solar eclipse
Somatic Education
Song file. Contains a searchable database of over 2 million songs and lyrics
Sleep therapy
Spanking
Spasmodic dysphonia
Speaking (Public and Private)
The Sports Breather
Sports induced breathing problems
Spiritual Experience
Sports
Stage Fright
State Medical Examining Boards
Stephen R. Covey
Steroids and Breathing
Stop Smoking
Stress handling
Stress in the Workplace
Stronger breathing
Stronger lungs
Stroke
Studies, clinical
Stuttering
Sympathetic Nervous System
Tantra links
Tantra 2
Tartang Tulku
The Air You Breathe Can Kill You
Thyroid Low?
Trauma Relief and Breathing
Transformational Breath work
Valsalva's maneuver
Vasoconstriction
Vegetarian & Raw Food Web Sites
Vitamin C
Voice development
Weight Loss
Weight loss and sleep
Weight Training
Why Breathe Better?
Why we sing, & why doesn't everyone sing?
Wilhelm Reich

Yoga

Updated listings
http://www.breathing.com/articles/Default.htm

Secrets of Optimal Natural Breathing
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XIV. GOING DEEPER
Those interested in becoming a certified “Optimal Breathing Development Specialist or just want more depth into the subject of breathing are invited to spend some time in this area.

“You are what you eat, and you be how you breathe”.
Gary Hagman, San Francisco, Master Body Worker

BREATHING AWARENESS OR CONSCIOUSNESS
Spend several weeks or months with the following sheet in your purse or pocket.

The breathing will naturally reflect or be affected by everything you do. The bigger the breath the bigger the life; The breath should be able to adjust to different activities based on the need for more or less energy, faster or slower activities, physical challenges and varying postures. Atrophied diaphragms, stiff chests, over tight accessory breathing muscles, inadequate nutrition, and negative cellular memories of traumatic events causing hyper constriction all create breathing blocks. The before mentioned breathing blocks allow interference in the natural maximal/optimal reflexive process to occur.

Awareness and redevelopment of the breathing process are ultimately the responsibility of each breathing person. Most are largely uneducated about what breathing looks, feels, sounds and acts like. Our primary, secondary and college levels of formal education can and should take responsibility for that education. Until the institution does its job properly, which may take several decades; it is up to the individual to take charge of their life force. To be really alive at one hundred and five, you’d better learn to breathe better now. If you wait for clinical studies to prove the value of optimal breathing you may never see the results during your lifetime.

COPING
People with detected or undetected sub optimal breathing may tend to avoid adequate physical activity, becoming increasingly less confident in themselves and more dependent upon others. Their level of fitness and overall wellness can become stifled or deteriorate, adding to or creating clinical problems. Becoming more aware of the dynamics of breathing is the first step toward addressing it.

Use the following scale as a basis for your answers and to help track your progress as you follow the recommended program(s), exercises, environmental controls and follow-up sessions

Read each numbered item below and over the days weeks and months ahead, begin to notice how these situations positively or negatively affect your breathing. Does it become harder, easier, slower, faster, in the belly, high chest, fuller, shallow, deep, or whatever. This may take several days, weeks or months to become familiar with.

(a) = Shallow
(b) = Harder
(c) = Faster
(d) = Slower
(e) = Deeper
(f) = Hold breath
(g) = Belly
(h) = Chest
(i) = Cough
(j) = See saw

Secrets of Optimal Natural Breathing
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1. When I become too tired.
2. When I sit in my easy chair
3. When I sit in my office chair
4. When I sit in my car seat, bus or airplane seat
5. When I am lying in bed.
6. When I stand
7. When a friend approaches me
8. When danger threatens me
9. When a loved one approaches me
10. When I am startled
11. When I laugh
12. When I cry.
13. When I feel depressed
14. When there is humidity in the air.
15. When I go into cold weather from a warm place.
16. When I go up stairs too fast.
17. When I try to deny that I have respiratory difficulties.
18. When am around cigarette smoke.
19. When I become angry.
20. When I exercise or physically exert myself.
21. When I feel distressed about my life.
22. When I feel sexually inadequate or impotent.
23. When I am frustrated.
24. When I lift heavy objects.
25. When I begins to feel that someone is out to get me.
26. When I yells or scream.
27. During very hot or very cold weather,
28. When I laugh a lot.
29. When I do not follow a proper diet
30. When I feel helpless.
31. When I drink alcoholic beverages
32. When I get an infection (throat, sinus, colds, the flu. etc),
33. When I feel disconnected from everything and everyone
34. When I experience anxiety.
35. When I am around pollution.
36. When I overeat
37. When I feel down or depressed.
38. When I breathe improperly
39. When I exercise in a room that is poorly ventilated.
40. When I am afraid.
41. When I experience the loss of a valued object or a loved one.
42. When there are problems in the home
43. When I smile.
44. Share a feeling
45. Laugh
46. Cry
47. Feel love for someone
48. Feel good about myself
49. Have lots of energy
50. Feel powerful
51. Sing
52. Other situations &
    Activities
ENDOGENOUS RESPIRATION EXERCISE—May be good for asthma

This helps to increase blood pressure in the lungs and concentrate the O2 in your red blood cells. The red blood cells are the major transport vehicle of O2 into your body.

A key part of it is under breathing without creating discomfort from shortness of breath and integrating that with reflex triggering. We’ll have a video of this some day but you may figure it out from the following text.

One of its primary purposes is to train you to NOT be uncomfortable with less breathing. Not to breathe less but to breathe creating more internal lung blood pressure and minimize the air bubbles thus concentrating the oxygen that does go into the blood. The other is to get you more in touch with allowing a deepened, balanced, easier in-breath.

Although this technique should benefit digestion, make sure you have not eaten something that makes your stomach suffer. If, during the exercise, you feel nervous or out of sorts, you have either not followed instructions or need additional assistance. Call me to schedule a phone consultation at 866-My Inhale if you wish personal assistance with this.

FIRST.

Daily take your pulse first. This exercise should not raise your pulse more than 10 beats per minute. Retake your pulse after each practice session.

When you first begin practicing, you should take the Primary Assessments 1-4 then go to Appendix C and take the Breathing Awareness Test and date both of them. Then retake them weekly. You will want to have as much reality as possible about your progress so that you are encouraged to continue or discontinue the exercise.

Find a quiet place where you will not be disturbed.

Sit, stand tall, or lie on your side or back on a firm but comfortable surface.

1. Trigger the reflex i.e. where ever your breath is now breathe out (exhale) until all the air is gone. Allow a deep breath to enter filling up the belly and chest. Do Not force inhale.
2. Let exhale occur naturally. Don’t hold it back.
3. At the bottom of that natural exhale there will be a natural desire to inhale. Resist that and allow only about a half to a third of that bigger inhale for just 1 breath.
4. On the very next breath extend exhale again to trigger the reflex and again resist the deeper inhale for TWO breaths.
5. Add a breath each time.
6. Do this for ten minutes or until you feel ANY discomfort at the next higher number. Which ever comes first?
7. If so go back to the last number. If that number is uncomfortable back to the next lower number and so on. Once ten minutes is comfortable and you are absolutely sure you are benefiting from the exercise then increase the time period by one-minute increments up to 30 minutes. If you go too quickly you will lose what progress you have made.
8. Your comfort zone and improvement on any or all of the assessment questions is your primary guide.

DO NOT try to increase it until you are absolutely sure your heart rate has not increased faster then 10 beats per minute. The trick is to not over stimulate your nervous system while challenging it to breathe more efficiently and to allow your rib cage to expand and become larger. Endogenous optimal breathing= two to fivefold increase of blood oxygenation.

EXERCISES TO ASSIST BREATHING DEVELOPMENT

As stated previously, I suspect that the primary key to the depth of the relaxation response is the length and depth of the passive exhale, the length of the effortless inhale, and the pause at the end of it.

A shortened and or active exhale and or pause and you have a potentially stressful condition that stimulates the sympathetic nervous system. This may not seem significant but you breathe 5,000 to 30,000 times a day and the little pauses give you respite. No pauses, no respite. Type As and heart attack victims often have shorter pauses. Type “H”’s as well. “H” stands for Hate. People that hate often can’t really relax and hold allot of anger-in the shoulders. There are people with long pauses that are really holding their breath.
BREATHING COORDINATION AGAIN

The breathing-wave must transition easily up and down the body. If the active mode is more blocked and or exercised more then the passive or visa versa, the breathing-wave becomes restricted. Gentle Yoga, free form movement such as Butoh and varied dances (Gabriel Roth and Emily d’oud) are helpful in integrating the upper and lower breathing sections of belly and chest. I do not believe that any one of them is sufficient in of themselves for optimal breathing volume and coordination but they are extremely beneficial to experience. Regularly I hope.

SIMPLE WAYS TO IMPROVE YOUR BREATHING COORDINATION

In addition to the Level One and Two videos the Sleeping and snoring Videos
One can sing while riding a horse, lying down or while riding on any fast moving train. (A Chi Machine will create a similar affect) See the products page on www.breathing.com. The gentle rocking motion will disconnect some accessory breathing muscles and you will sing easier and better and become a little more connected and integrated inside yourself. See the Optimal Breathing workbook for variations on the lying position.

Get a chair and car seat that doesn’t suppress your breathing.

SPECIAL SITUATIONS
ILLNESSS, SURGERY and MORE

PRE AND POST SURGERY
Any pre and post surgery responds well to Optimal Breathing techniques but patients in a critical state of breathlessness or being prepared to withstand the stresses of surgery need very careful attention. Speaking during or after breathing exercises or even speaking at all can undo their benefits. Unable to conserve their air, it blows all out – much as air does when you remove the valve in an inner tube. When you blow it all out, you must try again to inhale, thus compounding the difficulty of inhaling or “breath heaving.” I believe silence really is golden for many emphysema victims, but to get some of them to stop talking is a real challenge. There are several more techniques, which require one-on-one training. The side resting/neutral passive breath exercises #2 from “The Optimal Breathing Workbook” may be very effective.

Massaging the sternoclydomastoid, shoulders, Occiput, and mid-back where the diaphragm connects to the spine helps as well. Rib presses as noted in Optimal Breathing Workbook help a great deal.

Heat packs, head down positioning from physical therapy, the Primary Resting Position (PRP) from my Optimal Breathing™ Workbook, face-down supported extension, and gentle yoga-like postures that make breathing easier, help as well. Special pillows and stretches aid progress when properly administered.

A comfortably lengthened passive exhale, increased energy, and strengthened voice are often marks of significant progress.

NO SURGERY
I believe that many cases of emphysema and COPD can be beaten without surgery. It requires time, maximum individual responsibility and intention and loving attention from one’s self and others.

Asthma

Asthma can be addressed by special breathing exercises combined with internal cleansing, nutrition and extra water consumption to help rid the lungs of mucous and toxins. I have observed many asthmatics breathe in a high chest dominant and constricted state. An acupuncturist described it as they send their energy up. The key is the relaxed belly centered inhales and passive exhale (see the Reflexive Breathing in the Secrets manual, conserving output of air. In addition to opening up the lungs to more volume so they work easier just like a twelve-cylinder car engine runs smoother and easier than a four cylinder one. Breathing exercises need be practiced daily, without fail. Posture and breathing styles are critical. Drugs, stress (emotional and physical), Biochemical elements (nutrition) and brain tumors are possible causes of asthma. Environmental and food allergies are a strong factor as well. For specific asthma nutritional insights, http://www.breathing.com/no-more-asthma.htm.
There’s a new asthma technique coming from Russia called Buteyko. I classify it as an illness model modality named after a Russian MD. It involves regular exercises emphasizing creating hunger-for-air, as if the asthmatic was getting too much. These exercises along with the two count inhale and four count exhale can help reduce asthma attacks and gas exchange but it has been my observation that the hunger-for-air approach conditions the body to function with less air but it doesn’t necessarily increase lung volume and breathing ease. I would rather have more volume than make do with less. Hyperbaric research has convinced me of this.

I am getting good results without the hunger for air approach, with athletes and opera singers as well. Athletes can develop asthma even in youth and emphysema in later years. The stresses of competition tighten up the diaphragm and rib cage and we lose our ability to "squeeze the sponge". We slowly and often imperceptibly breathe less and less over the years. Like boiling a frog, long term.

There are several exercises for strengthening the breathing without inflaming the lungs or adversely affecting the immediate brain-oxygen need as with "hunger for air" techniques. You can learn them at Optimal Breathing workshops and private sessions. Stay up to date with http://www.breathing.com/articles/asthma.htm and ongoing updates of this manual. See Building Healthy Lungs Naturally

**Bronchitis, Emphysema and COPD (Chronic Obstructive Pulmonary Disease)**

This is not intended to be a training manual but to provide insights that may prove beneficial.

The Center for Disease Control, National Center for Health Statistics, showed that the fourth leading cause of death in this country in 1994 was emphysema and bronchitis. Elsewhere reported, asthma has increased 66% in the last ten years. When the oxygen supply lessens the heart must work harder. Germs, viruses, and bacteria are anaerobic. They cannot survive in high concentrations of oxygen.

Body position and posture are absolutely critical to the breathing-compromised person. Even meditators sitting on zafus in what looks to be an erect posture can restrict their breathing. At the very best, Taoist practitioners would say that their full-bodied energy flow is blocked in the legs.

I visited a leading hospital pulmonary care unit which was preparing people for lung surgery and was surprised to see them exercising people without apparent concern for posturing and high chest diaphragmatic transition. When I questioned them about patients who were slumped over the exercise machine, I was told, “It is difficult to get them to stand erect”. I suspect that many “difficulties” are often lessened considerably when the exercisers are first taught breathing awareness and how to breathe easier and fuller. Plus, the handholds were not in the proper position to support an easy breathing posture.

When you bend forward, twisting or turning at the waist or upper body even slightly, without support for passive rib opening and diaphragm rise, you inhibit the diaphragm’s potential to go up into the lungs and “squeeze the sponge” – to force old air out so new air can come in. I suspect that many COPD people would benefit, when practical, to be maintained in an erect or slightly arched (extended) position while engaging in “passive” breathing exercises. Sitting in a chair and resting head and shoulders on a table top letting the chest hang a little below table top level can open the chest and make breathing easier. There are many variations on this insight I the Optimal Breathing workbook.

Strengthening or actively engaging the diaphragm can actually be negative to one’s progress while passive techniques are superior for many. Passive exercising is difficult to explain in print. Effortless is closest to the idea but sounds contradictory. It should be experienced to better understand, I have guided people through these exercises at workshops, in private sessions, and even over the telephone.

Bedridden people must be visited and trained daily until it is clear they will not digress. The trainer must learn to recognize subtle progress and train in very specific passive exhaling exercises until they can do them on their own. Volunteers may be trained to take over at a certain level of daily maintenance. Extremely difficult cases may take six months or more, but I believe most can be walking and smiling again with less time and with less or no drugs or surgery. For patients with lung disease, the recumbent type of stationary bike or mobile tricycle can help. The head
and neck must be supported and the chest “opened” lest the breather activate “accessory” (constricting) breathing muscles in the neck and torso and close off some of the “easier” inhaled air supply.

Nutrition with a strong raw organic natural food base, internal cleansing, and Specific megavitamin therapy is needed. A Certified Nutrition Educator, Nutrition Consultant, Clinical Nutritionist, Nutrition based MD Internist, Naturopathic Doctor, Chiropractor, acupuncturist, herbalist, homeopath, are almost indispensable adjunctive health professions. One glitch is that most western medical professionals, including dietitians, I have met lack the knowledge and time to fully address the breath. That’s why I have focused on the simple, fast and direct ways of improving ease and freedom of breathing in my workshops and private sessions. You can email me for an emphysema protocol from a local chiropractor that seems fairly complete, though I am sure there are effective variations on the theme.

With the emphysema patient as a worst case scenario, the breath can be invited to go into deeper and deeper passive inhales and exhales by gently guiding the inhales and simultaneously controlling the outflow of air but always staying in a more parasympathetic influenced phase. This is more an art form than a science at present but when given enough sessions, will most often result in increased diaphragmatic excursion and tidal volume. See Building Healthy Lungs Naturally .

ADDITIONAL ASSESSMENTS
BELLY CHEST AS AN ASSESSMENT
Stand and make a ball of air by breathing deeply into your belly. 5.1. Hold your breath and feel the bulge of air in the belly area. Still holding your breath, with your abdominal and chest muscles working in sequence, roll the ball of air up into the chest and back down into the belly and back and forth, up and down. Take about a second per direction. Count silently “one thousand one” to equal a second, one thousand two, one thousand three etc. Continue until you are comfortably out of air and then let a big breath come in. Wait a relaxed breath or two and repeat.

You may feel a hitch or unsteadiness in either the transition between the chest and the belly. Sort of an uneven movement. That is what I call the “Speed Bump” or “Speed Bump of Life” . This “bump” and its tension and or fear of transition from the belly breath to the rib breath weakens the “12 cylinder engine” we could breathe.

Belly-chest transition. Whether the transition of the movement is shaky or uneven going up or down, line up and down the solar plexus. If it is too tense an area to do it at all, X the solar plexus. This will get smoother (the “Speed Bump gets worn down) and easier, as the upper and lower breathing hemispheres becomes better coordinated/integrated.

Strongest sound. Take a deep breath and emit a strong sustained HO____ Remember how loud and strong it feels.

Then again a deep breath and loud and strong HA.

Which feels strongest to you? If HO____ LINE the belly If HA just mark HA ___here. If HO feels stronger you are probably breathing more in the high chest.

PERINEAL DIAPHRAGM
To experience the perineal diaphragm and its relationship to the depth of the breath Stand and unlock your knees and take a deep breath and exhale. Tighten the muscles between your rectum and genitals, the PC muscle in women, hold it tight and take a deep breath. Notice how the breath goes shallower, up in the chest, or in some way lessens. Tension in the perineum restricts the deep belly (core, tan tien, mingmen, Wuji) point breath. So might constipation, hemorrhoids, past sexual shame or abuse. Anal-retentive comes to mind.

28; 18F; 33 squats Body workers mark a line across the knees.
TO GAUGE THE ISOLATION OF the diaphragm from the mid and lower body

Stand and sense your breathing.  
Lie on your back. Take a deep breath and sing a song that you know. *Mary had a little lamb, little lamb, little lamb, Mary had a little lamb, and its fleece was white as snow.* Get a sense of how that feels and sounds. Record it if you wish.

Take a deep breath & hold your breath and raise your right leg as high as you comfortably can. Now slowly lower and raise and lower the leg as you sing the song. Does the leg lifting effect the sound of the song by reducing its strength or changing its pitch? It should not make it waver or change pitch. If it does, you have hip, Pelvis and abdominal muscles that are working that shouldn’t or ones that should be working that aren’t.

*If we are to be fully realized as human beings then we must feel life deeply at all times.* Michael Sky, “Breathing”

DIFFERENTIATING BETWEEN THE BELLY BREATH, BACK BREATH AND SIDE BREATH

You should be able to isolate either one. Stand erect and breathe into your belly and feel it expand. No expansion? Mark belly on BMP.  
Stand erect and place the stumps of your wrists into the area right below your ribs on top of your kidneys and breathe into your back. Feel the back expand. No expansion? Mark low back over and below kidneys.  
Stand erect and place the palms of your hands on your sides. Breathe in and feel your ribs expand. No expansion? Mark lower portion of side ribs.

The breath can assist in compensating for energy swings due to stress and diet. Food cravings often vanish after 3-15 minutes of conscious breathing.

STRUCTURAL ALIGNMENT - POSTURE

Posture really should be a primary assessment. If you stand a telephone pole straight up you need very little force to keep it that way. You could balance it with a piece of packaging string. Imagine tying a piece of string to the top of the pole and connecting it to the ground ten feet or so from the bottom of the pole. To the degree the telephone starts to tilt/pull away from the strings’ ground connection is the degree that the twine will have to become larger and larger to withstand the weight of the pole. The string is more and more supporting the weight of the telephone pole. To hold the increasing weight and to keep from breaking the string, the string will have to transform to a rope and as the weight increases, eventually into a thicker and thicker steel cable.

This is what happens to your back muscles when you don’t walk erect or slouch when you sit. And the muscles that strengthen often restrict the easy breath. The muscles get very large and stiff from carrying all the weight and eventually will get in the way of standing or sitting up straight. In doing most of the supportive work they also cause adjacent muscles to weaken or “go to sleep”.

It doesn’t work to try to make you stand up straight. Just about everybody that slouches has been told to “sit up straight or don’t slouch” and still hasn’t. The primary reason is the muscles in your back get stretched too long and the muscles in your front get too short. You try to sit up straight and these muscles and tendons restrict what breath you did have and you intuitively do not like that. As soon as you are distracted you slouch back into your familiar and slightly freer way of breathing.

To detect these “string cheeses” get on your hands and knees and try to resemble a swayback nag. At the low back position does your back sway without pain or discomfort? This is good. If you experience pain or discomfort here consult with a Rolpher, Heller Worker, Chiropractor or Yoga instructor (Sivananda, Iyengar or Phoenix Rising).
Does right below the shoulder blades sink in as well? Chiropractors or some BODYWORKERS can do diaphragmatic and rib muscle releases here. NEVER PRESS IN THE AREA MARKED “X”.

Do you have thick muscles observable or easily felt on either side of the spine right below the shoulder blades and on into the mid back? Like mozzarella string cheese? **Body workers** mark a slash across the back at about T10.

Are your shoulders stiff and sore like you carry the weight of the world on them? Are you large breasted and suffer from stiff shoulders from brassier straps?

Shoulder massages are absolutely wonderful but until you walk erect they will still get stiff and sore. Better check your car, home and office chairs as well. From my friend Margaret Leong, RPT -

**LOOSE PSOAS MUSCLE**
A large protruding abdomen and or a protruding rear end. Medical description: Anterior (forward) tilt of the ileum, reference point is the PSIS (posterior superior iliac spine), a point on the ileum by the sacroiliac joint. Therefore, anterior tilt is the PSIS moving anterior (toward the front) causing a greater curvature in the lumbar spine...hyperlordosis. Often accompanied with low back pain that invites reduced breathing depth. Exercise series 32B in workbook.

**OVER TIGHT PSOAS MUSCLE**
Flat back -. Flat rear end. The bottom - tailbone- of the pelvis in other than midpoint between the furthest point thrust forward and midpoint between the furthest point backward and the furthest point forward i.e. 3/4 of the way forward from the furthest point backward.
The Posterior Superior Iliac Spine moving posterior (toward the rear) causes a flattening of the lumbar spine, or hyperlordosis. Mark from 3rd lumbar to top of hip (lesser trochanter). Exercise 32A

**OCCIPUT TENSION AND SORENESS**
Press on the back of your skull at the top of the neck. There is a spongy portion that when sore, will stiffen the neck and send tension down the entire body suppressing the breath. It’s where a lot of those trapezius back muscles, (the steel cables that hold your telephone pole erect) are connected to. The portion of the brain that controls the breathing is right near there. Some place two tennis balls in a sock and roll their head on these sore spots. Too slow and soft for me, I prefer a device called a “Discintm” (see workbook for this). Mark back of base of skull.

**EYES**
What we strain to see or avert seeing sends tensions downward to restrict the breath wave. Squint your eyes really hard and take a deep breath. Relax them and take a deep breath. Which way is easier to breathe? Do it several thousand times and you lose breathing strength and eyesight clarity as the breath and eyesight are interrelated.

Natural vision teachers will prove to you that breathing and eyesight are very synergistic. Some things we do not want to see reduce our breath, and eyesight, even long after they have occurred. Eyes can restrict the breath. The way you breathe can restrict the eyes.
Don’t stare. TV watching is staring. Reading from side to side of page. If your eyesight worsens at night is a probable sign that stress is a cause of its decline. Practice exercises 2b,c, and d in this book. Try palming from Bates or Tom Quackenbush’s “Relearning to See” book. Take walks into nature. A friend of mine remembered that before her three-month trip to Europe she wore glasses. The constant view change exercised her eyes back to 20/20. See a natural vision teacher. Bates, Needleman or Quackenbush trained. Also, lie down in the woods and practice 2b,c, d.

FACE DOWN BREATHING REFLEX

Face the breather face down in a comfortable position. Administer the OBR’s. Wait till they take a deep effortless breath and observe if the high back rises first. If yes, double line through the belly.

Mid back breathing rise, probable block in belly and or high chest breathing, mark the chest and belly.

LOW BACK BREATHING RISE

Probable blocks in mid and upper chest breathe. Line across the mid and upper chest.

Entire back rises very high, beginning and remaining in lower back and increasing throughout mid and upper back. Looks good. Make it bigger all over.

RIB FLEXABILITY

During all this you will begin to get a sense of rib flexibility. I have flexed ribs more than three inches. My CPR instructor said that 1-1.5 inch rise is adequate to resuscitate someone. Try for three inches without knowing what it should feel like and you may well crack someone’s ribs, or worse yet puncture a lung. If you can’t get an inch and a half you have a very stiff rib cage. Some don’t give at all. More about this later, in the OPTIMAL BREATHE RELEASE, in the OBR section of this book.

A Chiropractic approach, from Louise Cash, D.C.

For postural breath-wave visuals have Pt prone on table. Arms at side, not overhead. It’s best if face is down looking to the floor. Once pt is relaxed observe the movement of the posterior neck, thorax, lumbar’s and sacrum. Optimally you should see a slight undulation run through the spine, from cranial to caudal, with respiration. Notice where it stops, where it gets stuck, or where it stops short. Notice the flow of the wave, is it smooth, or choppy. Notice the amplitude, or depth of the wave. [I'll insert here that I also watch an energetic wave run over the body.]

You can run your hand over the spine, I do it caudal to cranial, about 2” above the body, to feel the energy frequency that the pt is giving off. You are observing for a change in frequency, blocked or too high energy along the spine. These are areas of concern (subluxations in my office)...and breath will probably be blocked in these areas.

Try this...when you find an area of blockage; use your other hand to find an area with similar energy along the spine. Keep an open mind, for your observation alone can change the body. Feel which one is primary, which is secondary....trust your innate wisdom. Work first with the primary area with whatever bodywork/energy work you do. The secondary one may resolve itself.

Above all, keep an intention of “fun and exploration”. The body will tell you volumes.ABOUT BREATHING BLOCKS

This may cause you some problems visualizing. If so, get the Breathing Development 176 Video. I will walk you through it and it will be much easier to understand.

The natural breathing reflex is a natural breathing wave. It rises, moves upward and then falls, as does the sea. I lived in Long Beach California where there was incredible body surfing. They installed a breakwater. It ruined the body surfing by reducing the waves from several feet high to less than a foot. Sort of took the “breath of the surf” away.

The human body develops its own “breathing breakwaters”, - study the Major Blocks to Optimal Breathing chart (large black figures) to get deeper insight about this -. These breakwaters inhibit the ease and flow of breath that some call a
“full body breath”. Though it may not be so, full body breathing can also invite a deepened cellular, endogenous breathing, were every cell is jam packed with the smallest possible compressed oxygen molecules and pulsating in a contraction and expansion.

I’ve developed a guided recorded exercise called “The Watching Breath” that guides one into an experience of cellular breathing. But what I am referring to here is a visible rolling of the breath as it fills the chest, belly cavity and undulates the neck, shoulders, back, hips and knees. For a more clear understanding of this go to the Articles page of the website to a previously published article http://www.breathing.com/articles/breathwave.htm “The Breath-wave and The Speed Bump of Life”.

FOR NOW
Start with imagining what a fluid breathing pattern looks like. Imagine the breath transitioning up and down the body in an undulating wave. Visualize lying down at the beach, on your back, with your feet flat into the sand and toes pointed toward the water. Watch the rise of the ocean out about one hundred yards. Go to the animated breathing logo on the web site if you’ve time and opportunity.

Begin the breath at your belly. As the belly stays largely in a fully extended/engorged position, observe the calm, surf less water come forward up to the shoreline (the bottom of your breastbone) where it begins to travel up the sandy beach towards the end of its pathway at the back of the top of your head. (The breath wave including your chest expansion.) The Better Breathing Exercise #1 is a great experience of this.

It (the breath) then recedes back towards the depths of the ocean (your belly) while the belly slowly sinks to wait the next cycle in inhalation. Inhale = Belly expand, chest expand, exhales = chest relax belly relax – almost simultaneously with the chest being slightly ahead of the belly. For the exhalation also imagine the ocean water receding and dropping somewhat evenly overall and again slightly faster in the chest area (on the beach). If you've watched the ocean rise while the waves rush in and recede, you will know what I mean. If you've never been near the ocean, watch a movie showing the waves at the shoreline. Imagine it in slow motion.

Another visualization that might serve you. In the standing or sitting position, imagine stacking books inside your belly and chest. As you breathe in begin the stack at the top of your pelvis and place one book on top of the other letting the stack rise past the bottom of the ribs. Let the lower ribs widen all the way around front side and back as the books reach the top of the breast bone. As your ribs learn to expand more, the stack of books will get slightly wider. Not higher so much but wider. Higher may be trouble. Wider is what deeper is a lot about. As you exhale, let the books dissolve all at once. The entire stack fades away at the same time.

The standing breathing-wave looks like an undulation supported from the feet and legs but beginning essentially at the slightly flexing knees. It then travels upward like the undulation of an ocean wave. As the bottom of the pelvis comes forward, (see the Optimal Sleeping Video or Gay Hendricks’ How to Breathe Video for more of this action and observe the Belly chest), the forward movement undulates upward causing the belly and then the chest to come forward. The chin is bobbing up and down like a boat would in the ocean wave action. The head is also simultaneously tilting backwards as the chin rises. The videos will give you a much better understanding of this belly chest and chin raise.
The following pictures may help. The breath must be expanding the body as below. You become wider side to side, deeper front to back and bigger all around.

Imagine the lungs are shaped like a rectangle.

When a belly breath is taken the lower portion bulges (hopefully) outward in ALL directions front, side and back.

When a rib breath is taken in, the rib cage expands sideways, front and back (not up) almost all at the same time. The belly maintains its expansion.

If the shoulders get raised the box could not enlarge at the belly and the ribs would be forced to rise. The expansion would be upward instead of outward.

This is tricky to describe in print but a video is easy. Most of my videos have a fundamental description of this wave action. With this above picture in mind, let’s begin with a series of breathing exercises designed to work for almost everyone.
XV. APPENDIX

APPENDIX 1
BRONCHITIS - CHRONIC AND ACUTE

Bronchitis can be avoided by learning how to develop your breathing naturally. When you have bronchitis your breathing system shrinks. To live a long and healthy life you need to offset the "shrinkage" of the breathing system with specific breathing exercises and techniques. See the 176 Video/DVD and the Optimal Breathing Manual.

The person becomes increasingly open to infections, which further weakens the immune system possibly becoming life threatening. Continually taking antibiotics help less and less as they destroy the healthy bacteria and allow the recurrence of unhealthy bacteria, and of course then the bronchitis returns.

Chronic bronchitis is an infectious condition. Having a poor diet, prolonged stress, fatigue or smoking, weakens the immune system and over the years it compounds the effects of the bronchitis and It will not go away without taking more drastic means. Acute bronchitis is inflammation of the bronchial tree. This shrinking and or reduction in expansion/contraction flexibility of the breathing system are "Undetectable" because the shrinkage tends to invite further episodes of bronchitis or chest colds and it is overlooked. One way to measure it is by regularly taking the tests at the Breathing.com TESTS page plus the rib expansion test.

If you are a singer you will notice occasionally or frequently that you are having trouble reaching high notes or low tone sustains.

Symptoms.
Acute bronchitis symptoms are like a deep chest cold, slight fever; inflammation, weak voice, limited speech, shortness of breath, headache, nausea, lung and body aches; repeating hacking dry or mucous producing cough.

Chronic Bronchitis: The bronchial tubes become inflamed, and mucous becomes thicker and more profuse. Difficulty breathing and shortness of breath from clogged airways: and repeated attacks of acute Bronchitis. Chest congestion, along with mucous and wheezing that will last for 3 months or more, also fatigue, weakness and weight loss; low grade lung infection and general malaise.

Common causes:
Poor breathing coordination, high mucous forming and acid forming diet; suppressive "cold preparations"; lack of exercise inviting poor circulation; smoking; air-born toxins; immunity weakness, stress and fatigue.

Insufficient activity encourages poor respiration and elimination. Toxins build up in the lungs and colon and create tension, exhaustion, skin and hair problems, and pale complexion. Complexion often changes within Minutes, when the breathing is improved.

When you are coughing it is mandatory to breathe as low down as possible into the belly back and sides. Do the squeeze and breathe (see Exercises) immediately upon feeling the need to cough.

Go to the web site for more nutritional information regarding bronchitis.
http://www.breathing.com/no-more-bronchitis.htm

See also CHEST PAINS

APPENDIX 2

Hering, Karl Ewald Konstantin (1834-1918), German physiologist and psychologist. Hering is known for his great influence on contemporary sense physiology and the evolution of modern psychology, especially Gestalt psychology. His early research was on binocular vision. From 1861 to 1864 he published a five-part study on visual space perception. In 1868 with Josef Breuer he discovered the reflex reaction that originates in the lungs and is mediated by the fibers of the vagus nerve and that is now known as the Hering-Breuer reflex. In a series of papers published between 1872 and 1875 he presented his theory of color vision. From that time onward, he devoted most of his career to studying color phenomena and devising new experiments and instruments for demonstrating the validity of his theory.

Breuer, Josef (1842-1925), Austrian physician and physiologist, a major forerunner of psychoanalysis, Breuer is famous for relieving the patient "Anna O." of her hysteria by inducing her to recall, while under hypnosis, traumatic
experiences of her early life. He reached the critical insight that neurotic symptoms derive from unconscious processes and that the symptoms can disappear when the processes are made conscious. Sigmund Freud was an early colleague of Breuer, and in 1895 the two men wrote a book on hysteria in which Breuer's method of psychotherapy was described. In 1868 with Karl Hering he described the Hering-Breuer reflex.

APPENDIX 3.
Tartang Tulku: In the book called Kum Nye from Dharma Press, Berkeley. Ask Dharma to send you a picture of Odiyan, a retreat center on the California North Coast. The result of one man’s focus and dedication, the willingness of thousands of others to join him, to make his dream become theirs as well. This religious retreat center is not for everyone. I’ve only visited myself but the complex is very inspiring. They planted over 200,000 trees and thousands upon thousands of roses and other flowers to the formerly clear-cut land. Seeing Odiyan helped shape my vision for a world class breathing school and center.

Even people with no health concerns who have never been sick a day in their life are learning that by developing Optimal Breathing, they can look better, feel more rested get more done and have more fun, and live a lot longer.

APPENDIX 4
SOMATIC EDUCATION

I am a somatic educator.
Somatic education is the study of the body; everything we can know about how it moves, feels, learns, heals, senses and adapts to its environment; how we work with it to release trauma, heal injury, and promote greater ability and aliveness. Studies have shown that we have far more control over our state of health, our body processes and our physical discomfort than most thought ever possible.

To stay in tune with the beauty of that inner being that resides in all of you, and allow it to come forth and realize its fullest human potential, I believe you must understand the mechanics and dynamics of the life force. This book and its companion workbook address many of those mechanics and dynamics. Each time you work with these books you can learn something new about your breath and yourself. Your best teacher will be your own willingness to persist, explore and experience. Awareness is often senior to function. Process is often senior to goal.

It is my opinion that regaining the fullness and strength of the breath is paramount to gaining superior health, peak performance and an extended life span. Optimal Breathing is a practice in the fields of, depending on your licensing or certification, either respiratory psychophysiology or somatic education. As I am not a licensed medical professional, my choice is somatic education. It addresses breathing itself as a subject and compliments all forms or exercises and therapies.

Because most people get lost or confused following written training instructions that are over a few words, I prefer to use recorded guides for MY breathing development. You can further your insight and connection with your breathing by practicing with our videos or audio recorded trainings. See the web site of the back of this manual for more selections.
APPENDIX 5
Studies and important articles from India

1. Telles S. & Desiraju T (1991), Oxygen consumption during pranayamic type of very slow-rate breathing. Indian Journal of Medical Research 94 [B]


APPENDIX 6
Thyroid Low? How do you know?

Why this in a manual about breathing? Your oxygen is your gasoline. Your thyroid is your spark plug.

Low energy such as in chronic fatigue or Fibromyalgia often means low thyroid gland sufficiency. Many blood tests to not detect subtle or severe hypothyroidism.

Low thyroid can be at the base of many illness symptoms, or it can accompany and "hide" behind other degenerative diseases. The list of health complaints consistently associated with an under-functioning thyroid is long and shocking. Conditions include memory loss, depression, infertility, rheumatic pain, repeated infections, skin problems, migraines, anemia, constipation, and poor vision. The routine thyroid tests used today often do not detect low thyroid function.

Low thyroid increases oxygen cost, hinders metabolism and forces us to breathe more which increases the oxygen cost of breathing. We may get more energy immediately which is good but the oxygen cost is immense. Our engine overworks to make up for the "dirty spark plugs" of our thyroid and parathyroid glands. With proper nutrition to guide you, you can use Optimal Breathing techniques to help rebuild your thyroid.

Here’s an inexpensive, safe and easy test that can be better than a blood test for low functioning thyroid but it is not to replace the test.

SIMPLE TEST.
Because the best time for this test is in the am immediately upon awakening (before rising), shake down (or have a digital) thermometer and place it beside your bed on a table or chair before going to bed. Immediately upon awakening, place the thermometer snugly in your armpit for ten minutes by the clock. The normal basal temp is between 97.8 and 98.1. A temperature below 97.8 often indicates the possibility of low thyroid activity; hypothyroidism. Women: As the temperature varies with phases of the menstrual cycle, the first test should be made on the second and third days of menstruation. CHILDREN: In young children, rectal temp can be taken: two minutes are adequate. Oral temperature is often misleading, because any respiratory infection, including sinusitis will elevate the mouth temp while the rest of the body may be normal. Track this for a month and you will probably spot a significant pattern before the month is up; sometimes in just a few days. It you normally have a low temp I am not sure of the significance. I would watch the
breath rate and pauses as well. Fatigue and low energy often accompany hypothyroidism. Included in the Holistic Health Questionnaire (HHQ)

I recommend consulting with a licensed health professional. A special website addressing thyroid issues is at http://www.Integrative-Med.com

APPENDIX 7
TRAUFLEXIVE™ BEHAVIOR. (Trauma reflected in the breathing reflex)

1. Abrupt mood swings, e.g., rage reactions or temper tantrums, shame
2. Amnesia and forgetfulness attraction to dangerous situations
3. Avoidance behavior (avoiding certain circumstances and phobias
4. Chronic fatigue or very low physical energy
5. Constriction
6. Depression, feelings of impending doom
7. Difficulty sleeping
8. Difficulty with sleep
9. Diminished interest in life
10. Dissociation (including denial)
11. Exaggerated emotional and startle responses
12. Exaggerated or diminished sexual activity
13. Exaggerated startle response
14. Extreme sensitivity to light and sound
15. Fear of dying, going crazy, or having a shortened life
16. Feelings and behaviors of helplessness
17. Feelings of detachment, alienation, and isolation."living dead"
18. Feelings of helplessness
19. Frequent crying
20. Frequently stressed out)
21. Hyper-vigilance (being "on guard" at all times)
22. Hyperactivity
23. Hyper arousal
24. Hyperactivity
25. Immune system problems and certain endocrine
26. Inability to love, nurture, or bond with other individuals
27. Inability to make commitments
28. Intrusive imagery or flashbacks
29. Mental "blankness" or "spacyness"
30. Nightmares and night terrors
31. Panic attacks, anxiety, phobias
32. Problems such as thyroid dysfunction
33. Psychosomatic illnesses, particularly headaches, neck and back problems, asthma, digestive, spastic colon, and severe premenstrual syndrome.
34. Reducd ability to deal with stress (easily and frequently stressed out)
Reduced ability to deal with stress and to formulate plans

If you experience states of being in the trauflexive list you may well have been seriously traumatized in some way.
Consequently you may wish to consider working with a health professional experienced in trauma resolution.
Take this manual with you and have the health professional read it. You can email me at trauma@breathing.com for referrals.

If you are not sure how strong, open, free and easy your breathing really is, you should take the latest assessments on the breathing.com site.
APPENDIX 8.
Manfred von Ardenne

This book is a masterful compilation of clinical insights and variations on breathing assessments, cofactors and some techniques of breathing development called Oxygen Multi-step Therapy

Dr. Manfred von Ardenne was a student of Dr. Otto Warburg. Warburg received the 1931 Nobel Prize for proving that cancer is anaerobic; it cannot survive in a high oxygen environment.

Germs, fungi and bacteria are anaerobic as well. Karl Lohmann who discovered adenosine triphosphate, ATP, which many believe to be the human body’s main energy currency, also inspired Von Ardenne. Von Ardenne was an electron physicist who in addition to his interest in astronomy developed quite a good reputation for cancer research. He went on to develop a process he called Oxygen Multi-step Therapy. In his book of the same name Dr. von Ardenne addressed some 150 respiratory and blood gas aspects including elements of what we might call respiratory psychophysiology.

Some studies addressed in the book are:

- Dependence of O2 uptake at rest
- The O2 deficiency pulse reaction as a warning sign of a life threatening crisis, and the lasting remedying of the crisis
- A procedure that influence and measure increases and decreases in arterial and venous O2 blood levels.
- The necessary physical exercise to attain a training effect (less than you might believe)
- Increases in brain circulation during physical strain
- Rate of blood flow in the circulation of the organs
- Various examples in changes of O2 uptake
- Heart minute volume and blood flow of the organs decisive for O2 transport.
- Relation of ATP concentrations in rat brains as a function of the oxygen partial pressure of the inspired air.

He graphed much of his research.

Other cofactors that influence lung volume are airways hyper-responsiveness, atopy, childhood respiratory infections, air pollution, posture, subluxation of the spine, exercise, deep and superficial fascia, nutrition, occupational hazards, abuse and trauma, attitude, and age, height, weight and sex.

The Manfred von Ardenne studies are best obtained by getting his book called Oxygen Multi-step Therapy. His material is good but it is still primarily within the illness model instead of the wellness model.
**APPENDIX 9** Use this chart for Body Mapping.
I use the above chart to map areas of posture, pain, tension or internal constriction. Things I want to return to.

**BODY MAPPING CHART**
APPENDIX 10.
WISDOM & INSIGHTS TO LIVE AND BREATHE WITH
Originally published as a small booklet called Get More Done Have more Fun, 1993. I encourage you to use some of these as sidebars in your books as did Gay Hendricks in his book called Conscious Breathing. Please credit the appropriate author as well as this manual.

A restricted breath often manifests as restricted thought or action. mgw

All of the contracted and unresolved patterns of our past are manifested now, in present time, and they can be touched, felt and transformed now, in present time, through conscious breathing. Michael Sky, “Breathing”

Breathing only in the abdomen avoids the powerfully creative energies of the heart and throat. Breathing only in the upper chest avoids the strong creative energies of the abdomen and sexual organs. Mgw

Carbon dioxide (CO2) in soda drinks depletes the oxygen supply; the lungs have to work harder to eliminate or balance out the excess waste product and all cellular functions needing oxygen are adversely affected. Basic Physiology

"Cellular memories" are being quantified by the experiences of organ transplant recipients. The recipient experiences memories of the donor. Magazine article

Conscious breathing does not create contracted breathing. It reveals it. Michael Sky “Breathing”

Coronary heart disease is due to a lack of oxygen received by the heart. Dr. Dean Ornish, "Stress, Diet and Your Heart".

Deeper meditation cannot be expressed by language for as soon as we verbalize or Conceptualize experiences, they become solidified and awareness stops. Tartang Tulku "Gesture of Balance"

Changing the breathing patterns can alter emotional and physical states. Wilhelm Reich

Every disturbance of natural breathing is due to unconscious holding patterns or muscular tension. Alexander Lowen, “The Spirituality of The Body”.

Gently forced into action, most lungs slowly rebuild themselves. Basic Physiology

Give your dreams nurturing choices by breathing consciously. mgw

If experience is the best teacher and we are not in touch with our feelings, how can we Learn from our experience? Mgw

If we are to be fully realized as human beings then we must feel life deeply at all Times. Michael Sky, “Breathing”

If you don’t know where you want to go you will probably wind up somewhere else. The Old Dutchman

Improper breathing is a common cause of ill health. Dr. Andrew Weil "Health and Healing".

In Ayurveda, the ability of total deep relaxation is the most important precondition for curing any disorder. Deepak Chopra "Quantum Healing"

Increase in the rate and depth of breathing typically loosens the psychological defenses And leads to release and emergence of the unconscious (and super conscious) material

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Stanislov Groff "Adventures of Self Discovery"

Just a single thought is capable of changing the breathing pattern. Ilsa Middendorf

Meditation in action is a billion times superior to meditation in stillness. Hakuin

Meditation is easy - we complicate it. J. Krishnamurti. Meditations

Much of success in life stems from feeling your feelings, telling the truth, and keeping Your agreements, Gay Hendricks, PhD

Nerve force contains much of its power in the breath. Yoga Sutras

Pleasant happy feelings seldom create problems. Swami Rama

Positive energy itself becomes a cure and a self-healing process naturally takes place. The physical blockages, which cause so many psychosomatic problems, begin to dissolve And when the body becomes healthy, refreshed and cleansed of poisons, the mind Also becomes clear and lucent. Tartang Tulku, "Gesture of Balance"

Quite often eating of drinking a sweet or stimulant or smoking will give us a lift or Take our mind off our troubles and when we do that we spontaneously take a deep Breathe and feel better. It is often the breath more than the substance that energizes and releases the tension and troubles. Mgw

Simplify self-esteem. Take deep breaths often. Mgw

Smokers often smoke to energize. Much of the energy created is from the intake of Oxygen, not the cigarette, this is basic biochemistry.

Smoking gives the sensation of breathing without introducing much oxygen into the Body, oxygen that might stir up painful feelings Alexander Lowen "The Spirituality Of the Body"

Studies show that city air may be three to four thousand times as polluted than sear Air. Nancy Appleton, "Lick the Sugar Habit"

The ancients called the Solar Plexus the "Abdominal Brain". Yoga Texts

The best way to avoid harmful stress is to select an environment (wife, boss, friends) which are in line with your innate preferences, to find an activity which you like and respect. Only thus can you eliminate the need for frustrating constant Re-adaptation that is the major cause of distress Hans Selie, "Stress Without distress"

The breath can assist in compensating for energy swings due to stress and diet. Mgw

The breath cycle has three components. Inhalation, exhalation, pauses. Mgw.

The link between what is perceived as separate body and mind is energy. The Source of that energy is the breath. Yoga Sutras

The majority of complex carbohydrates are excreted as carbon dioxide through the Lungs. Basic Physiology

The mind needs the proper flow of breath to function optimally. Yogi Ramacharaka
The more long, slow deep breaths you take he longer you will live. Paul Bragg, "Super Brain Breathing"

The more we breathe and make contact with our innermost feelings and learn to live joyfully in the present, the less we need be concerned about origins of deep seated problems of the past. Mgw

There is reason to believe that by working with breath, you can change your autonomic tone and affect many of the "involuntary functions". Andrew Weil, M.D. "Health and Healing.

The source of your "second wind" is your intention plus your breathing. Mgw

Those that experience a balanced breath develop an aversion to states of mind and Body induced by narcotics, alcohol and sugars. Mgw

To achieve peace of mind and fulfillment through self-expression most people need a Commitment to work in the service of some cause that they can respect- Author unknown

To be is to do, Santayana; to do is to be, Sartre; do, be, do, be, do. Sinatra

To be completely absorbed in the moment, we become acutely perceptive, clear headed And very much alive. This is a breathing meditation. Mgw

To our ordinary consciousness breathing only serves to maintain our body: but if we Go beyond our mind, breathing can open up a completely new foundation for our life. Ilsa Middendorf, “The Perceptible Breath”

What happens when you start to get excited? Whole new possibilities open up. An idea, a technique, an opportunity or a principle hits you smack in the middle of the face. And if you have the courage to run with it, to take massive action then...Robert Middleton

What we must do is seek more compassion and understanding within ourselves, and Thus attract to us those persons who embody a similar compassion and understanding. Rev. Margaret Stortz, "Start living every day of your life".

When the universe hands you a lemon, (take a big breath and) make lemonade."(Anon) italics mgw.

Without full awareness of breathing, there can be no development of meditative stability and understanding. Thich Nhat Hanh

You can change your mood with only a few minutes of balanced breathing. Mgw

You can increase the current of nerve force with the breath and send it to heal parts of Your body Yogi Ramacharaka, The “Science of Breath”

You cannot achieve such breathing by merely understanding intellectually, the mechanism of breathing. Moshe Feldenkrais. "Awareness Through Movement"

You can use Conscious Breathing and Willingness in each and every moment to balance your energy, face a challenge, love yourself and others and release your creativity. Sujata (Lois Hochenaur, Master Rebirther)

You can worship Shakti or Shiva. You can worship any deity. Even three times each Day. But do not remain far from your inner self. The Supreme Self encompasses all deities. Convince yourself of this. "Lalleshwari”... Rendered by Swami Muktananda. Translated by Yogini Shri Malti Devi (Gurumayi)

Your breathing and posture often reveal and guide your state of mind and emotions. Ilse Middendorf, “The Perceptible Breath”
Seek a balanced and swaying equilibrium. mgw

Your shoulder muscles can restrict your breathing. Your chest muscles can restrict
Your breathing and your ankle muscles can restrict your breathing. mgw

APPENDIX 11.
RESPIRATORY PSYCHOPHYSIOLOGY*

Pleasant happy feelings seldom create problems. Swami Rama

The western field of medicine addressing breathing and the human condition is called respiratory psychophysiology. It is in its infant stages. It has much to learn from the ancient eastern practices, when they are practiced properly. Joseph Campbell uncovered consistent personality archetypes that also speak to a generic way of breathing. But there are cultural and functional biases in the way we use the breathing coordination. A free diver might want to hold the breath while an opera singer shouldn’t. Sending the breath to the brain, kidneys or liver can be beneficial but must be balanced out with exercises that soften and reestablish fluid breathing coordination. All so-called ancient breathing exercises are not necessarily healthy. To me the more “Secret” the less I am interested. A manic-depressive, stutterer or anorexic breathe much differently than a person who is healthy, happy, hardy and whole. Many breathing exercises disorient, while others balance and integrate.

The link between what is perceived as separate body and mind is energy.
The source of that energy is the breath.
Yoga Sutras

The naturally reflexive breath-wave acts as a cleansing broom that sweeps across and through the plains of tension and trauma. It releases and resolves past events with a soothing, calming, deeply relaxing integration of self with self. To bring one back to this experience is the key to resolution of many problems of the past and present.

You can increase the current of nerve force with the breath and
Send it to heal parts of your body.
Yogi Ramacharaka, The “Science of Breath”

*For a comprehensive list of books relating to respiratory psychophysiology see the bibliography at www.breathing.com/about.htm at the end of the web page.

APPENDIX 12.
CANDIDA TEST . Email candida@breathing.com for the most up to date version.

APPENDIX 13. Life Threatening Illnesses
If you are not working with an alternative health professional or feel you need more help then you are getting I strongly recommend you contact a clinical nutritionist or member of Healthful Living International at http://www.healthfullivingint.org, for personal consultation. Integrate our optimal Breathing programs with this state of the art Natural Hygiene approach

As a wellness program and as a preventive measure only, you may legally, safely and without need for a medical doctor office visit and for a fraction of the cost, have your own blood drawn and screened for over 70 key factors. Direct Labs 1 800 908 0000. Ask for John Bell. Say hello to him for me.

APPENDIX 15. Diaphragm Development
From an enlightened medical doctor. "Mr. A has had an injury to his diaphragm -- inability to function properly --adversely affecting his breathing. There is no established medical treatment for this condition and patient has been encouraged to seek any and all alternative treatment modalities."
Partly good advice but yikes on the many sources of mediocre to bad information sources that are out in the world these days.

The primary factor in breathing development is about the diaphragm. Lungs are in important but the diaphragm is first in line if you want any long term improvement.

The diaphragm is the central muscle of the human body, the principal muscle of your breathing. It almost completely separates the body in half from top to bottom. Ancient Greece called the diaphragm phrenos, the unity of all possibilities of human expression.

Your heart rests over it your liver, gall bladder spleen, stomach and kidneys lie below it. It is attached to your spine as it moves and massages all your abdominal organs.

Your diaphragm is the mediator of all the biological and emotional rhythms of your body. Including the autonomic nervous system. The diaphragm interconnects your abdomen, lungs and spine. Because of these relationships its movement is profoundly influenced by posture, http://www.breathing.com/articles/posture.htm and continuously influences digestion, elimination and respiration.

The rhythmic movement of your diaphragm is changing constantly. It is shaped like a half dome arching into the cavity of your chest. As you inhale it contracts down pressing on your organs and hopefully with a proper deep breath, opens up your chest. Air rushes as you breathe in and as you exhale, your diaphragm relaxes and rises (again hopefully) , pushing the air up and out.

But the diaphragm shrinks. And when it does it loses some or most of its air drawing and exhaling ability. It is then that we can learn about how much of so called diaphragmatic breathing really ISN’T full breathing.

All optimal breathing is diaphragmatic + rib breathing. Some COPD victims breathe diaphragmatically, just not very much. Practically NO rib breathing. Some breathe with the ribs and hardly any diaphragm.

If you think of the diaphragm as a face down half-dome shaped bowl like a fresh half plum that can weaken and shrivel up on the top and all around its sides like a prune. This means that the diaphragm is effected on ALL sides of it. It can weaken on any part of its bowl shaped surface. And according to Carl Stough, aka Dr. Breath, it most often stays weakened unless something is done about it. The ancient saying "if you don't use it you lose it " comes to mind.

With the recent "new age" popularity of daily conscious breathing exercises, many are being trained to either breathe into the belly, consistently watch their breath, create postures that are supposed to expand the breathing (many do), or forcefully inhale or exhale in an attempt to increase breathing rate or volume.

The belly breath can stabilize the nervous systems and emotions and is generally a good place to begin strengthening. But I have seen many exceptions to this as a improperly trained belly breath can also become an habitual distraction and breathing restriction.

Watching the breath is good for many to focus and get calm but can develop into an ongoing distraction. Postures can expand or distribute the breath as well as cause the breathing restriction they hope to eliminate. The forcefulness/effort can be valuable but is in many ways unnecessary and can cause sympathetic arousal and unneeded restriction of full breathing volume, ie "breathing blocks". These blocks are tensions and postures in the body that restrict the natural flow of the breathing energy called life-force, chi, ki, qi, ha, prana, pneuma, elan vital and many, many others. Breathing awareness, physical assessments, and sound production quality and quantity are the primary markers for positive change of the breath.

EASIER, FULLER BREATHING

Many techniques exist to modify, direct or observe the activity of the breath. Each has its purpose and limitation. Any one exercise you do with the breath will, after enough repetitions, restrict the diaphragm and rib cages freedom and fullness. When we forcibly take deeper belly breaths we also partially stimulate the sympathetic nervous system because we are efforting the activity. When practicing breath awareness, observation of the breath may cause it to speed up slow down or go somewhat shallow.

‘Breath awareness’ is more of a sitting or walking meditation http://www.breathing.com/meditation-program.htm and a pretty good one except I have had clients tell me that to follow their breath made them extremely anxious and others that just couldn’t do it due to stress and internal distractions.

Redevelopment of the diaphragm is the primary goal of Optimal Breathing. The lungs are quite important but secondary.

The diaphragm shrinks and as it shrinks it will rise less and less up in to the chest. Liken it to a bicycle pump. If you pull the handle out just a little you get very little air into the tire. The higher the diaphragm rise the higher the pump handle can rise and the more air it can push/pull into the tire/lungs.

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It shrinks irregularly as well. This happens with almost every lung issue. I have had video fluoroscopes of MY diaphragm. It was fascinating. The MD radiologist was kind enough to let me x-ray MY diaphragm but did not have a protocol for this which suggests to me a lack of clinical research into diaphragm function and development.

ANATOMY

LUNG FUNCTION - The lungs lose their capacity to increase vital capacity primarily in five ways.

My order of priority.

1. The ribcage either shrinks, becomes stiff and inflexible, or freezes in hyper-open position. (The ribs must squeeze the lungs; so must the diaphragm). People with large frozen chests may well be heart attack or lung disease prone. A sustained bear hug from big uncle Ben, or a belt or girdle, will make it harder to breathe. Pythons slowly squeeze their prey and it suffocates to death or dies of fright. Underbreathing is also a lot like boiling a frog. I am told that if you place a live frog in a pot of cold water that you can raise the temperature so slowly that it will not notice the rising temperature. It will allow itself to be boiled to death.

See the diaphragm right above this picture and note how the stomach is directly underneath the diaphragm. With food in your stomach you can not breathe as easily. Food also lowers your blood oxygen.
See the lungs below and notice how they are mostly in the sides and back and not the front. So it is a waste of time trying to get any breath in the chest area.

2. The diaphragm muscle deteriorates (shrinks and shrivels like a prune) and can’t expand to push the bad air out so new air can come in. See the picture below.

6.1.

and observe how one has a larger - higher rise - diaphragm than the other.

The smaller diaphragm won’t travel up into the chest as far the other and "squeeze the sponge" of lung tissue so that new air can be exchanged for old air. The more you pull the bicycle pump out back the more air you draw in and can then push back out.

3. The lungs collect debris inside the Cavity of alveolus which displaces the life giving air and clogs up general lung functioning such as gas exchange of oxygen from the alveolae to the blood cells. See Feed, Develop and Cleanse. The food we eat can clog up the respiratory/elimination system. Bad breath is often a sign of an unhealthy colon. The colon malfunctions hindering the lungs' ability to eliminate toxins.
4. **Posture** and coordination of the pelvis, abdominal, side, chest and back and neck muscles that support the breathing-wave becomes compromised and we breathe in a somewhat restricted, robotic or uncoordinated manner. If you’re right handed, try to throw a ball left handed, and you have an extreme example of improper coordination. Uncoordinated breathing is often so subtle you think it is normal.

Normal may not be even close to healthy.  [http://www.onthewww.com/breathing/articles/clinical-studies.htm#Decline in FEV1](http://www.onthewww.com/breathing/articles/clinical-studies.htm#Decline in FEV1)

5. The soft organs can swell and inhibit diaphragm and lung expansion. These organs are massaged by the movement of the diaphragm and ribs and the lack of diaphragmatic excursion (upward mobility) reduces the squeezing/massaging and cleansing of the heart, liver, spleen, kidneys, etc, and blood and vital fluids.

**PUMPING ACTION**

The diaphragm needs to developed to be larger, stronger, wider, to rise higher in the chest higher, and become more flexible, more malleable and stronger.

Like a bicycle pump, you cannot draw in air to the tube of the pump unless you can first push the plunger further in to the pump than when you started. This is the exhale. If you can’t push it forward (excursion) you can’t draw the pump handle back, and you can’t draw air in to it. You have, so to speak, shortened the piston stroke. Figures 3.4 & 6.2 show a reduced height of another diseased person’s diaphragm. Because of its reduced height, it drew less air because its pumping stroke was less.
The diaphragm loses excursion height and does not draw as much air into the lungs. (If you don’t pull the bicycle pump plunger out, you cannot force the air in. Spirometry, forced inhales and exhales will improve O2 saturation and may strengthen the diaphragm but the ribs will tighten up and lose their ability to expand (see animation below. This is why I advise many asthmatics use the spirometer as little as possible. The diaphragm needs to become larger. A larger car engine runs slower and smoother. Observe the fastest cats (Cheetahs) and dogs (Greyhounds) to get a good example of breathing and its relationship to chest size.

SLEEPING POSITIONS  http://www.onthewww.com/breathing/articles/sleepingsnoring.htm

**Poor posture** compresses the entire system and inhibits full and free inhalation.

Note all the air areas in picture above and areas that need be open to allow for air passage. Upper respiratory factors including neck and throat allow for or distort free flow of air and sound quality.
Debris builds up in the lungs that can not be squeezed out causing or contributing to emphysema and COPD. The tensions help throw off the nervous system inviting asthma and anxiety. Each factor erodes the optimal breath.

Watch the logo animation on the web site home page and let it guide your breathing. See how the ribs expand as the diaphragm goes down pulling in air from the windpipe into the lungs. It is timed to be reasonably good breathing. Not optimal, just reasonably good. The pattern will vary somewhat with each breath. Look at yourself in the mirror and see if your breathing looks anything like that. Or breathe with it and see how you feel.

**A hole in the diaphragm** [http://www.breathing.com/articles/diaphragm-hole.htm](http://www.breathing.com/articles/diaphragm-hole.htm)

I hope this clarifies some things for you.

Very few people even consider the possibility that they're doing harm by athletically over-taxing an uncoordinated diaphragm. [see sports induced breathing problems.](http://www.breathing.com/articles/sports-induced-breathing-problems.htm)

If you have not already done so, take the Breathing Tests. Get the manual and recorded exercises and improve your breathing. Don't wait until you have no energy and need me to help you. To be really alive at one hundred and five, you need to learn to breathe better now.
THE OPTIMAL BREATHING SCHOOL

The Optimal Breathing School is a Worldwide Training-Certification program in proprietary touch & non touch methods to rapidly develop natural breathing in your self, clients, patients, friends and loved ones, without inflicting pain, drugs or surgery. The primary purpose of this school is to train leading edge traditional and alternative modality practitioners plus those interested in breathing development as a support for themselves, friends or loved ones.

Because breath is life, its secondary goal is to create a community of those that breathe optimally. This includes students and practitioners who will carry forward the teaching of Optimal Breathing.

"There are no new fundamentals." Vince Lombardi

"It's the same with breathing" Michael Grant White

CONSIDER THIS

If you do not know what optimal is how will you know when you observe otherwise?

Is the way you or your clients, patients, friends or loved one’s breathing making them sick, hindering their performance or shortening their life?

Clinical studies show how long and well you will live is greatly dependent upon how well you breathe. We invite you to Begin the process of becoming expert in a field few health professionals clearly understand and to learn how to reduce or eliminate poor breathing as an underlying contributory or causative factor in disease

Did you know that most people have limited breathing capability?
Did you know that anyone, regardless of their condition, can learn to breathe better.
Did you know there are fast, painless ways to greatly improve yours and other's breathing in one session? Techniques that have added up to a liter of breathing that also help balance the nervous system?

Key statistics from over 40,000 Breathing Tests taken on the breathing.com web site are showing us which maladies are most helped by better breathing and which breathing skills are best to develop..

Optimal Breathing is a developable skill. When you approach breathing as a skill you can learn key ways that tell you if your or your patients are just feeling better momentarily or has something lasting really occurred?

We know that the average person reaches peak respiratory function and lung capacity in their mid 20's. Then they begin to loose respiratory capacity: between 10% and 27% for every decade of life! So, unless you are doing something to maintain or improve your breathing capacity, it will decline, and with it, your general health, your life expectancy, and for that matter, your spirit as well

Please join us. www/breathing.com/school/main.htm
SECTION 2
Building Healthy Lungs Naturally

Biochemical & Environmental Aspects of the Optimal Breathing® Development System

by Michael Grant White • LMBT • NE • OBDMT • http://www.breathing.com

Author of: *Secrets of Optimal Breathing® Development
*The Way You Breathe Can Make You Sick or Make You Well!

$15.95
BUILDING HEALTHY LUNGS
“NATURALLY”

First © January 2004 by Michael Grant White, LMBT • NE • OBDMT
Revised © January 2005

Edited by: Jan Jenson, Earnestine Nix and Kay Graybeal
Layout by: Jan Jenson • The WELLth Coach!

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Medical Disclaimer:
Exercises or advice given in this book are not intended to replace the services of your physician, or to provide an alternative to professional medical treatment. This book offers no diagnosis or treatment for any specific medical problem. When we suggest the possible usefulness of certain practices in relation to certain illnesses or symptoms, it is for educational purposes — either to explore the relationship of natural breathing to health or to expose the reader to alternative healing approaches. At the first suspicion of any disease or disorder please consult a licensed primary health care professional. Bring this book with you. Second and third opinions are often quite valuable especially when drugs and/or surgery are involved. Make sure your health professional knows about our Optimal Breathing® Development System before they administer their services. Unless you have no other practical choice, don’t just “go with” what you’re told first!” — Michael Grant White

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Goals and purposes of Optimal Breathing®
✘ To show traditional and alternative health professionals and associated professions exactly HOW to utilize the fundamentals of Optimal Breathing®, and in doing so;
✘ To enhance their services with ours and apply their newly integrated/holistic paradigm for all patients, clients, teachers and students’ unique needs.
✘ To give new hope to the sick and dying.
✘ To give internal power and energy to people in need.
✘ To attract and educate people who want to take responsibility for their health and longevity.
✘ To help people realize that all non-surgically altered and congenitally normal humans breathe the same way and that everyone can learn to breathe better.
✘ To bring awareness to simple approaches and practices everyone best for them for their unique health, performance and life extension.
✘ To help people to realize the emerging patterns, rising out of our primitive and enduring “suck, swallow, breathe” reflexes.
✘ To motivating everyone to reflect on the extent to which these patterns greatly influence who we are and what we do as we unfold our lives one breath at a time.
✘ To help people realize that the way they breathe CAN be incredibly inspirational, and that it is their intention that makes it so, resulting in their improved breathing becoming a major priority. They can in-turn inspire others to learn about Optimal Breathing® Development.
✘ To restore and strengthen our faith in who we are and who we want to be.

With Optimal Breathing® as our foundation, we have a lot more to say about our present and future than we ever thought possible.
# Table of Contents

**INTRODUCTION**

**CHAPTERS**
- 1. Mechanical Breathing Function  
- 2. Posture & Ergonomics  
- 3. Movement and lung function  
- 4. Breathing Exercises  
- 5. Squeeze and breathe  
- 6. Diet & Nutrition  
- 7. Digestion and elimination - just as important as healthy eating  
- 8. Sunshine  
- 9. Water  
- 10. Supplements - including 55 lung-friendly ones  
- 11. Hair, Urine & Blood Testing- save a lot of money  
- 12. Fasting, cleansing  
- 13. Detoxification – food, air, environment, cosmetics  
- 14. Weight control  
- 15. Lung Diseases  
- 16. 300 meds that can harm the lungs  
- 17. Oxygen therapies  
- 18. Testimonials touch all who are living because “Breath is Life”

Results from over 40,000 free breathing tests at [http://www.breathing.com/test.htm](http://www.breathing.com/test.htm) have convinced me that poor breathing is connected with virtually every illness or compromised human ability. Breath is life. But the big questions are WHY, HOW and WHEN is breath life?

**APPENDIX**
- Recommended Websites  
- Recommended Books  
- Websites for Courses to take, products, recipes

**OPTIMAL BREATHING SCHOOL**

**ORDER OPTIMAL BREATHING® PRODUCTS**
- Books; DVDs/Videos; CD/cassettes; Nutritional products

Do you know that Optimal Breathing® does not come naturally?  
It is a **LEARNED SKILL**.  
We ALL need to breathe optimally  
and we ALL can learn to breathe at a much more optimal level.
BUILDING HEALTHY LUNGS
“NATURALLY”

Biochemical and Environmental Aspects of the
Optimal Breathing Development System

Companion book to:
✘✘✘✘✘ Secrets of Optimal Breathing® Development (Manual)
✘✘✘✘✘ Fundamentals of Optimal Breathing Development DVD #176
✘✘✘✘✘ The Way You Breathe Can Make You Sick or Make You Well
✘✘✘✘✘ Sleeping, Snoring & the Stress Level Elimination Energy Plan — S.L.E.E.P.

The Optimal Breathing® System is comprised of:

A. Secrets of Optimal Breathing Manual – A synthesis of 30 years of research related to the
authors’ personal quest to regain healthy breathing. It addresses the vast range of supplemental breathing
development techniques learned from my 30 years experience and includes insights from more than 40,000
online test results from my website: http://www.breathing.com/tests.htm. This enhances self teaching and
enables me and the Optimal Breathing School staff and graduates to help others with singing, athletics,
meditating, laughing, bliss, crying, speaking out, performing delicate tasks, and recovering from stress of
habitual activities that cause shallow or distorted breathing.

B. The Fundamentals Of Optimal Breathing Development DVD #176. Benefits include: A great deal of
chest expansion and increased volume and ease of breathing. Exercises and strapping techniques
demonstrated on the DVD/video quickly and gently release tensions in the muscles of the rib cage to improve
breathing ease, chest and lung shape and volume. These techniques help you use more of your vital capacity;
ease heart function by freeing up the space the heart needs to expand in, and release unnecessary tension that
keeps your breathing in an inefficient pattern. The exercises help you restore natural breathing rhythm while
enhancing breathing sequencing and balance; reduce residual lung volume; reduction or elimination of
excessively fast (rapid and/or hyperventilation) breathing; postural and breathing musculo-skeletal balancing;
respiratory chemistry improvement; improves being in “present time”, and ways of objectively marking
progress. You will notice improvement immediately! This helps many troublesome or difficult/chronic health
problems and often reduces or eliminates low back pain. Our techniques are compatible with all forms of
exercise, performance, movement and therapy.

C. Building Healthy Lungs Naturally. This portion of our Optimal Breathing System is about key aspects
of biochemical, toxicity and everything else EXCEPT the mechanical aspect of breathing development.

D. The Way You Breathe Can Make You Sick or Make You Well is a wake up call to alert you and offers
ways of assessing if something is wrong with your breathing. Did you know the way you breathe can cause
or worsen addictions, allergies, anxiety, asthma, bad memory, cancer, chest pains, depression, fatigue,
forgetting to breathe, holding breath, low sex drive, overweight, panic attacks, phobias, poor voice quality,
shortness of breath, being almost constantly stressed out trouble sleeping?

E. Sleeping, Snoring and the Stress Level Elimination Energy Plan (S.L.E.E.P.) addresses key
aspects of our Optimal Healthy Stress Elimination Exercise Plan.

F. The Optimal Breathing School. A worldwide training and certification program in proprietary touch &
non touch methods to rapidly develop natural breathing in your self, clients, patients, friends and loved ones.
without inflicting pain, drugs or surgery. The primary purpose of our school is to train leading edge
traditional and alternative modality practitioners, plus people interested in breathing development as a
support for themselves, friends or loved ones. Because breath is life, our primary goal is to create a
community of people and practitioners who breathe optimally. Our students and practitioners will carry
forward the teaching of Optimal Breathing®.

G. The Optimal Breathing Development system is augmented by CDs/cassettes:

Recorded breathing exercises for:
1. Deeper Relaxation and Calming
2. Extra Energy
3. Mental Focus.
4. Self Esteem

Seminars, talk shows and workshops
1. Optimal Breathing Seminar at the 2001 Portland Raw foods Festival
2. The Breath of Life - a radio talk show discussing 15 things you must know about breathing to live a
good life.

H. In addition we offer various products such as for nutrition and diet, homeopathics, protecting your
respiration, mechanical breathing development aids, manuals, books and booklets here: http://
www.breathing.com/programs.htm

I. The Breathing.com Web site has over 1,000 pages and 300 articles on a wide range of breathing related

Due to its immense size and the scope required by the subject of breathing, we encourage you to call or email
if you have a question about your specific needs. FIRST take our free breathing tests so you have a better
idea how we are trying to help you. http://www.breathing.com/tests.htm

BARRING HARMFUL ACCIDENTS, BIRTH DEFECTS AND CERTAIN SURGERIES,
PRACTICALLY EVERY HEALTH GOAL CAN BE ATTAINED BY UTILIZING A
HOLISTIC COMBINATION OF:
• Cleansing & Fasting
• Detoxification Including Identifying Toxins In Personal Care &
  Cleaning Products, Air, Water, Foods, Environment
• Organic Live Nutrition
• Supplements
• Digestion & Elimination
• Prayer & Meditation
• Positive Affirmations
• Ergonomics
• Movement & Exercise
• Oxygen Therapies

Do you know that Optimal Breathing does not come naturally?
It is a SKILL.
We ALL need to breathe and we ALL can learn to breathe much better!
ABOUT BREATHINGÉ

The mechanistic approach of modern science and the abstract and jargon-laden nature of spiritual and psychological explorations have obscured the mysteries and power of the breath. Why and how we breathe needs to be clarified for a simpler, common sense understanding.

Breathing involves the physical and mechanical acts of muscles, chemicals, and neural activity that draw air into your body through expansion, contraction and pulsation. Structural, postural, muscular, energetic and hormonal aspects of your body support or inhibit this process.

Breath is the air or life force that is taken in. The influence your life force has on your breathing can alter, to a great degree, all aspects of your thought, experience and expression of life. As you grow from infancy to adulthood, your breath ebbs and flows and your body becomes an outward expression of your breathing freedom or restriction.

This portion of our Optimal Breathing® Development System (BHLN) addresses the biochemical and environmental aspects of breathing (mechanics) and respiration (chemistry).

"Breathing is the FIRST place not the LAST place one should investigate when any disordered energy presents itself."

— Sheldon Saul Hendler, MD Ph.D.
INTRODUCTION

First, learn why you need to improve your breathing in *The Way You Breathe Can Make You Sick or Make You Well*. [http://www.breathing.com/theway.htm](http://www.breathing.com/theway.htm) Then, if you have an interest, you can take our self-help courses and/or advanced training and become certified to teach others how to improve their breathing. Breathing is generic to all humanity, therefore all health care professionals will find breathing development a valuable addition to the services they offer.

You should invest in our most popular home study training programs:

**Introductory:** #176 DVD or video [http://www.breathing.com/176.htm](http://www.breathing.com/176.htm)

**Advanced:** Our Most Popular Program #250 [http://www.breathing.com/250.htm](http://www.breathing.com/250.htm)

(The #250 program contains the #176 DVD/video and a LOT more valuable and useful information!)

Check our calendar of events for the days and place of the next scheduled Optimal Breathing School: [http://www.breathing.com/school.htm](http://www.breathing.com/school.htm)

EVERYONE can greatly improve their breathing!

But why bother learning about breathing at all?

THE PROMISE

“I believe that barring harmful accidents, birth defects and certain surgeries, practically every health goal CAN be attained with a holistic combination of breathing development, cleansing, fasting, organic live nutrition, vitamin/mineral supplements, prayer and meditation, positive daily affirmations, pure water, clean air and living environment, optimal ergonomics and moderate exercise.

Breathing properly allows us to run the full range of emotions, and yet come back to deep peace, etc. We become able, like the animals in the wild, to shake off our stress, become calm and recover in the shortest possible times. “Reasonable” is defined by our individual values. Hopefully we seek those values that support our highest way of being. If this is not achieved then it is not optimal. States of peace, love and joy are what my research leads me to believe is the physical body's natural state of being. It allows for the longest and most satisfying life.” — Michael Grant White

WHY SHOULD YOU DEVELOP YOUR BREATHING?

**LEADING CAUSES OF DEATH IN THE U.S. in 2002**

<table>
<thead>
<tr>
<th>Cause</th>
<th>Deaths</th>
</tr>
</thead>
<tbody>
<tr>
<td>Heart Disease</td>
<td>696,947</td>
</tr>
<tr>
<td>Cancer</td>
<td>557,271</td>
</tr>
<tr>
<td>Stroke</td>
<td>162,672</td>
</tr>
<tr>
<td>Chronic lower respiratory diseases</td>
<td>124,816</td>
</tr>
<tr>
<td>Accidents (unintentional injuries)</td>
<td>106,742</td>
</tr>
<tr>
<td>Diabetes</td>
<td>73,249</td>
</tr>
<tr>
<td>Influenza/Pneumonia</td>
<td>65,681</td>
</tr>
<tr>
<td>Alzheimer's disease</td>
<td>58,866</td>
</tr>
<tr>
<td>Nephritis, nephrotic syndrome, nephrosis</td>
<td>40,974</td>
</tr>
<tr>
<td>Septicemia</td>
<td>33,865</td>
</tr>
</tbody>
</table>

(Source: Deaths/Mortality: Final Data for 2002: [http://www.cdc.gov/nchs/fastats/deaths.htm](http://www.cdc.gov/nchs/fastats/deaths.htm))

Number of deaths: 2,443,387

Death rate: 845.3 deaths per 100,000 population

Life expectancy: 77.3 years

*These statistics don’t include the lack of oxygen factors for the first three causes of death, which all have a HUGE issue related to breathing!*
Your best source of oxygen is the way you breathe, so, MAKE THE CHEMISTRY AND MECHANICS OF YOUR BREATHING YOUR FIRST PRIORITY!

“The average person reaches peak respiratory function and lung capacity in their mid 20's. Then they begin to lose respiratory capacity: between 10% and 27% for every decade of life! So, unless you are doing something to maintain or improve your breathing capacity, it will decline, and with it, your general health, your life expectancy, and for that matter, your spirit as well.” — Dan Brule

Heart attacks, cancer, strokes, pneumonia, asthma, speech problems and almost every disease known to mankind is worsened or improved by how well you breathe; the quality of your respiration.

Within certain limitations (i.e. genetic or surgical abnormalities), time and age of the individual, lung tissue can be revitalized. We focus somewhat on emphysema here to show others that even it can be improved and to use it as a role model and source of inspiration. You can utilize more aspects of this holistic program to progress faster.

Optimal Natural Breathing (ONB) addresses a Utopian or non-Utopian world in the best way possible. It is a qualified and quantified look and feel that is reflective of the best that can be had in the moment. It stems from a strong foundation and allows for freedom and depth and range of maximal experience. It allows for singing, athletics, meditating, laughing, bliss, crying, speaking out, performing delicate tasks, recovering from stress, or habitual activities that cause shallow or distorted breathing, the quickest and most thorough healing of wounds, illnesses, physical as well as emotional and spiritual.

ONB allows us to run the full range of emotions, yet go back to deep peace. We become able, like the animals in the wild, to shake off our stress, become calm and recover in the shortest possible time. "Reasonable" is defined by our individual values. Hopefully, we seek those values that support our highest way of being. If this is not achieved then it is not optimal, because states of peace, love and joy are what my research has lead me to believe is the physical body's natural state of being — it allows for the longest and most satisfying life!

THE CENTER FOR DISEASE CONTROL, NATIONAL CENTER FOR HEALTH STATISTICS, showed that the fourth leading cause of death in this country in 1994 was emphysema, then bronchitis. Elsewhere reported, asthma has increased 66% in the last ten years. When the oxygen supply is reduced, the heart must work harder.

Germs, viruses and bacteria are anaerobic: they cannot survive in high concentrations of oxygen. Breathing properly greatly increases oxygen levels in the body, thus reducing disease!

DO YOU OFTEN CATCH YOURSELF NOT BREATHING?
Do you experience shallow, labored breathing; shortness of breath; a high chest; stuck, erratic or reverse breathing? Are you unable to catch your breath? Do you have blue-tinted lips or fingernails; trouble sleeping; more than 6-8 resting breaths per minute with 3-6 second pauses; heart beat irregularities; poor posture, mild to severe depression; tightness across your chest; excessive stress; asthma or COPD symptoms; constant fatigue; chronic pain; chest pains; anger; anxiety; hyperventilation?

THE LUNGS CAN BE REACTIVATED
“Curing emphysema is possible. The lungs that medical science thought impossible to re activate can in fact be reactivated”. — Robert Nims, M.D. Pulmonary Specialist.

Your lungs become less active and actually shrink in size if you do not use them properly or abuse them through smoking, bad air or devitalized food. If you want to live as long and as healthy as possible, you need to offset that "shrinkage" and weakness with specific breathing exercises, lung expansion and diaphragm-
enlarging techniques, clean air, moderate exercise, proper digestion, internal cleansing, and healthy nutrition. Lung tissue, just like brain and heart tissue, thought previously to be lost to sickness or non-use, can be reactivated. Sadly, there is still little recognition that lung cells are renewable cells as well. I believe ALL cells, if still alive, can, to a reasonable degree, be brought back to significant function. When you can no longer revitalize the lungs you can enlarge the rib cage and make more room for what lung tissue you do have to be moved-squeezed and expanded more, which displaces debris and aids gas exchange, volume and

The exercises shown on our #176 DVD and using the Diaphragm Strengthener aid this expansion quite well. http://www.breathing.com/176dvd-ds.htm

MOUNTING EVIDENCE FROM CLINICAL STUDIES
Clinical studies including thousands of participants spanning a 30-year period (Framingham Study) offer persuasive evidence that the most significant factor in health and longevity is how well you breathe.

The Framingham Study focused on the long-term predictive power of vital capacity and forced exhalation volume as the primary markers for life span. "This pulmonary function measurement appears to be an indicator of general health and vigor and literally a measure of living capacity". — Wm B. Kannel and Helen Hubert.

These researchers were able to foretell how long a person was going to live by measuring forced exhalation breathing volume, FEV1 and hypertension. We know that much of hypertension is controlled by the way we breathe. (Doing the exercises on our #176 DVD/video plus using the Diaphragm Strengthener will develop breathing volume. http://www.breathing.com/176dvd-ds.htm)

"Long before a person becomes terminally ill, vital capacity can predict life span." William B. Kannel of Boston School of Medicine (1981) stated, "The Framingham exam’s predictive powers were as accurate over the 30-year period as are more recent exams." The Study concluded that vital capacity falls 9 percent to 27 percent each decade depending on age, sex and the time the test is given. The Study’s shortcoming was in suggesting that vital capacity cannot be maintained and/or increased, even in severe cases of chronic obstructive pulmonary disease (COPD).

Any opera (not necessarily voice) teacher will support the idea that breathing volume can be increased. Yet activities such as singing or sports are no guarantee of optimal breathing. In fact, they can even invite breathing blocks from gasping, forcing the exhale and breath heaving. You don't have to learn how to sing to have a huge pair of lungs. But you DO need to know how to breathe properly. I maintain that if you train someone to breathe correctly, they will naturally know how to sing. I’ve never seen it fail.

You can get the complete Framingham Study at the National Institute of Health's Database. http://www.ncbi.nlm.nih.gov/PubMed/ We provide copies of it for our Optimal Breathing School attendees. We also include magazine interviews with the leaders of the Study.

REMININDER: Most scientific research is and was done with rats and primates who do not breathe the same as humans. Researchers did not seem to believe (at that time) that you could improve your breathing. Many still do not believe anyone can improve their breathing. This is simply not true!

29 Years After The Framingham Study, The Same Conclusions Prevail.
Lung Function May Predict Long Life É or Early Death

How well your lungs function may predict how long you live. This finding is the result of a nearly 30-year follow-up of the association between impaired pulmonary function and all causes of mortality. Researchers at the University at Buffalo conducted a study and their results appear in the September 2000 issue of *Chest*.

The purpose of the current study was to investigate the association between pulmonary function and mortality for periods that extended past 25 years, the limit of previous studies. Dr. Schunemann and colleagues also wanted to determine how and why poor pulmonary function is a significant predictor of mortality.

Results showed that lung function was a significant predictor of longevity in the whole group for the full 29 years of follow-up. "It is important to note that the risk of death was increased for participants with moderately impaired lung function, not merely those in the lowest quintile," Dr. Schunemann said. "This suggests that the increased risk isn't confined to a small fraction of the population with severely impaired lung function."

"The reasons lung function may predict mortality are not clear," Dr. Schunemann said, noting that increased risk is found in persons who never smoked, as well as among smokers. "The lung is a primary defense organism against environmental toxins. It could be that impaired pulmonary function could lead to decreased tolerance against these toxins. Researchers also have speculated that decreased pulmonary function could underlie an increase in oxidative stress from free radicals, and we know that oxidative stress plays a role in the development of many diseases."

Dr. Schunemann said the fact that a relationship does exists between lung function and risk of death should motivate physicians to screen patients for pulmonary function, even if more research is needed to determine why. "It is surprising that this simple measurement has not gained more importance as a general health assessment tool," he noted.


From Mike: “Surprising” is a masterpiece of understatement!


This study shows the importance of longitudinal studies as opposed to cross sectional ones.

This published article focused on a compilation of 83 published reports and clinical studies showing clearly that the primary measurement for lung function -FEV1 - is based on cross sectional data instead of longitudinal data. This means essentially that they include sick people with widely diverse circumstances in their statistics and compile everyone's data for mass diagnosis.

This 1997 research paper points out that (italics Mike’s) “from one low measurement of FEV1 (forced exhalation volume) in an adult, it is impossible to determine whether the reduced lung function is due to not having achieved a high maximum during early adulthood, or to having an accelerated rate of decline or to any combination of these.” "Western medical studies, via cross sectioning, continue to look for role modeling epidemiological "norms" that include the ranks of the ill. Cross sectioning is 60% effective and proven by many to be ineffective over the last 40 years."

The health professional's opinion can have immense personal, social, legal, and economic consequences. When it is based on information colored by sick or otherwise non-optimum healthy or inappropriately chosen individuals, the statistic(s) become weighted in favor of, or excessively influenced by, illness or what is perceived as illness, and may well be in reality, simple mechanical
dysfunction. Cross sectional studies can bring the averages down and cause many who do not need the intensity, duration or style of treatment recommended by many health practitioners to be over or under medicated, or inappropriately fed, exercised, massaged or educated. Dwelling too much on problems and pathology (illness model) gets in the way of creativity and flexibility. We need to focus on how to improve breathing, not so much how it on how it became impaired. How is important so we do not repeat our mistakes but without the insights of the skills of optimal breathing development we will never know what direction to travel to attain the best possible breathing capabilities.

FAMOUS STUDENTS OF OXYGEN AND RESPIRATION
Dr. Manfred von Ardenne was a student of Dr. Otto Warburg, who received the 1931 Nobel Prize for proving that cancer is anaerobic: it cannot survive in a high oxygen environment. Germs, fungi and bacteria are anaerobic as well. von Ardenne was inspired by Karl Lohmann who discovered adenosine triphosphate (ATP), which many believe to be the human body’s main energy currency. von Ardenne was an electron physicist, who in addition to his interest in astronomy, developed quite a good reputation for cancer research.

The von Ardenne studies focused on oxygen’s relationship to most major categories of illness. When your blood oxygen goes way down, you get sick, die or at least shorten your life span. His book is a masterful compilation of clinical insights and variations on breathing assessments, co-factors and some techniques of breathing development he called Oxygen Multi-step Therapy. In his book of the same name, Dr. von Ardenne addressed at least 150 respiratory and blood gas aspects, including elements of what I call respiratory psychophysiology.

The von Ardenne material is good but remains primarily within the illness model instead of the wellness model.

Some studies addressed in von Ardenne’s book include:
- Dependence of O2 uptake at rest.
- The O2 deficiency pulse reaction as a warning sign of a life-threatening crisis and the lasting remedying of the crisis.
- Procedures that influence and measure increases and decreases in arterial and venous O2 blood levels.
- The necessary physical exercise to attain a training effect (which is less than you might expect).
- Increases in brain circulation during physical strain.
- Rate of blood flow in the circulation of the organs.
- Various examples in changes of O2 uptake. Heart minute volume and blood flow of the organs decisive for O2 transport.
- Relation of ATP concentrations in rat brains as a function of the oxygen partial pressure of the inspired air.

von Ardenne graphed much of his research. Other co-factors that influence lung volume include: airways hyper-responsiveness, atopy, childhood respiratory infections, air pollution, posture, subluxation of the spine, exercise, deep and superficial fascia, nutrition, occupational hazards, abuse and trauma, attitude, and age, height, weight and sex.

MORE BREATHING CO-FACTORS
In a recent Health Sciences Institute newsletter, major medical journals confirmed that simple breathing techniques could reduce blood pressure, treat asthma and eliminate pain.

Breathe away disease without drugs, surgery or even supplements! Squash heart disease and hypertension... Strike out irritable bowel and ulcers... Eliminate arthritis, gout and back pain...Beat insomnia and stressed out nerves... Ease menstrual and menopausal suffering...Clobber asthma and bronchitis...

Suddenly, strangely, all manner of "incurable" ailments
Imagine your blood pressure plummeting in minutes...
Simply breathing away the pain when your arthritis flares up...
Instantly calming colitis, even if you've been suffering all your life...
Feeling hot flashes fade away, without the need for HRT.

✘ Do you experience shallow, labored breathing; shortness of breath; a high chest; stuck, erratic, or reverse breathing?
✘ Are you unable to catch your breath?
✘ Do you have blue-tinted lips or fingernails; trouble sleeping;
✘ Do you have more than 6-8 resting breaths per minute with 3-6 second pauses; heart beat irregularities;
   poor posture, mild to severe depression; tightness across your chest; excessive stress; asthma or COPD symptoms; constant fatigue; chronic pain; chest pains; anger; anxiety; hyperventilation?
✘ Do you often catch yourself not breathing?
✘ Do you think you can't sing or want to sing better?

For more breathing-relevant studies in a free newsletter or take our FREE breathing self-tests and see how you compare to others, go to:
http://www.breathing.com/tests.htm

Breathing properly will oxygenate the body but it also may well balance the nervous system. In other words, given even pristine circumstances on ALL levels of nutrition, environment, toxicity, exterior stresses and all other factors influencing the human condition, the nervous system will never be or stay balanced without balanced breathing.

Traditional respiratory models often over-use drugs and surgery. Breathing mechanics and respiration are compromised long before they are detected by conventional diagnosis. Asthma, bronchitis, laryngitis, emphysema, COPD, Spasmodic Dysphonia, stuttering, panic disorders and heart conditions all have HUGE breathing components, do not develop overnight and often take decades to develop enough to become “symptoms”. By that time the patient has lost over 50% of their breathing function!

People with poor oxygen levels, lessened brain function, compromised cellular strength, hampered detoxification and overworked nervous systems develop sickness or “symptoms” more often and stay sick longer.

Go to the Free Breathing Tests at http://www.breathing.com/tests.htm for an in depth assessment of your breathing

Identifying Causes of Unbalanced Dysfunctional Breathing (UDB) Gives You A Starting Point for Rebuilding Your Health!

"Breathing is the FIRST place not the LAST place one should investigate when any disordered energy presents itself."
— Sheldon Saul Hendler, MD Ph.D. The Oxygen Breakthrough
DIAPHRAGM DEVELOPMENT – Your primary muscle organ for breathing.
From an enlightened medical doctor..."Mr. A had an injury to his diaphragm -- inability to function properly - -adversely affecting his breathing. There is no established medical treatment for this condition and patient has been encouraged to seek any and all alternative treatment modalities." Partly good advice but yikes on the many sources of mediocre to bad information sources that are out in the world these days. We begin with the 176Video/ DVD and diaphragm strengthener. Everything else centers around this extremely powerful 1-2 combination.

Your diaphragm is a prime mediator of all the biological and emotional rhythms of your body. Including the autonomic nervous system including brain functions of circadian and ultradian rhythms. The rhythmic movement of your diaphragm is changing constantly. It is shaped like a half dome arching into the cavity of your chest. As you inhale it contracts down pressing on your organs and hopefully with a proper deep breath, opens up your chest. Air comes in as you breathe in and goes out as you exhale. During the exhale your diaphragm relaxes and rises like the handle on a bicycle pump being withdrawn upÉ so it’s ready to draw air into É. your lungs.

Your diaphragm shrinks and weakens as you age. Your “bicycle pump” (diaphragm) gets smaller and can’t draw as much air as it did when you were in your 20’s and 30’s.. As it ages, your diaphragm loses some or most of its nervous-system-balancing-ability. This means you can and should learn how much of so-called diaphragmatic breathing really ISN’T full breathing at all!

Poor breathing is a cause and contributor to most disease and nervous system dysfunction. Make absolutely sure you develop your breathing by using our exercises shown on the #176Video/ DVD and the Optimal Diaphragm Strengthener: http://www.breathing.com/176dvd-ds.htm and sometimes the Blue Velcro Strap: http://www.breathing.com/bvs.htm
CHAPTER 1
Mechanical Breathing Function

Breathing mechanics and respiration will oxygenate the body but they may also balance or unbalance the nervous system. In other words, given pristine circumstances on ALL levels of nutrition, environment, toxicity, exterior stresses and all other factors influencing the human condition, the nervous system will never be or stay balanced without the ease, depth and balance of one’s breathing.

Traditional respiratory models often over-use drugs and surgery. Breathing mechanics and respiration are compromised long before they are detected by conventional diagnosis. Asthma, Bronchitis, laryngitis, Emphysema, COPD, Spasmodic dysphonia, stuttering, panic disorders and heart conditions which all have HUGE breathing components do not develop overnight and often take decades to present. By that time the patient has lost over 50% of their breathing function.

People who have poor oxygen levels, lessened brain function, compromised cellular strength, hampered detoxification and overworked nervous systems get sick more often and stay sick longer.

Unbalanced or undetected Dysfunctional Breathing (UDB) is both a cause and contributor to most disease.

Breathing mechanics and respiration will oxygenate the body but they may also balance or unbalance the nervous system. In other words, given pristine circumstances on ALL levels of nutrition, environment, toxicity, exterior stresses and all other factors influencing the human condition, the nervous system will never be or stay balanced without the ease, depth and balance of one’s breathing.

Traditional respiratory models often over-use drugs and surgery. Breathing mechanics and respiration are compromised long before they are detected by conventional diagnosis. Asthma, bronchitis, laryngitis, Emphysema, COPD, Spasmodic dysphonia, stuttering, panic disorders and heart conditions which all have HUGE breathing components do not develop overnight. They often take decades to present. By that time the patient has often lost over 50% of their breathing function!

People with poor oxygen levels, lessened brain function, compromised cellular strength, hampered detoxification and overworked nervous systems get sick more often and stay sick longer.

Assessing for UDB is fairly simple. Go to http://www.breathing.com/tests.htm and take our FREE Breathing Tests. There are over 100 test factors presented that allude to the following page of UDB cofactors. Take the free breathing tests to see how much your breathing might be impacting or impacted by the following UDB list.
Unbalanced Dysfunctional Breathing - UDB

UDB causes or increases shortness of breath, hyperventilation, anxiety, panic attacks, seizures, asthma, COPD, nervous system dysfunction, etc. Bad breathing can: *make you anxious *make you sick/sicker *make you think you’re crazy *destroy your energy *make/keep you fat *steal your personal power *hinder your voice and *shorten your life. Your breathing may be “authentic” but still severely unbalanced. Make copies of this page so you can record your progress for 3-6 months. Or download our PDF file to keep on file. http://www.breathing.com/articles/udb.htm Check ✔ the numbers (issues) you’re experiencing now. At subsequent evaluations, report good progress or where you feel you need to improve or change what you’re doing. Close your eyes, go within and inhale and exhale deeply (twice), as you would normally breathe. Open your eyes and reflect on whether you (now or often) experience any of these issues. More than two circles means you are experiencing UDB.

1. Addicted
2. Air hunger
3. Allergies
4. Altitude makes breathing harder
5. Anxiety –chronic
5b. Anger –chronic
5c. Fear - chronic
6. Apathy
7. Apnea
8. Attention problems
9. Back pain–low or mid back
10. Blood sugar swings (wide)
11. Bowl or rectum disorder
12. Blood sugar swings (wide)
13. Look in a mirror and breathe
14. Breathing feels like a series of events, instead of one smooth internally coordinated continuous flow
15. Breathing feels stuck
16. Breath heaving
17. Breathing labored/restricted
18. Breathing is shallow
19. Breathlessness
20. Can’t catch breath or deep breathing curtailed
21. Can’t feel breath in nostrils
22. Can’t meditate
23. Can’t relax
24. Can’t sleep on back
25. Can’t walk and easily talk at the same time
26. Chest is large and stiff
27. Chest pain
28. Chest sunken
29. Chest tightness after surgery
30. Chest wall defects (faults)
31. Chest wall tenderness
32. Chronic cough
33. Chronic pain
34. Cold hands or sweaty palm
35. Cold temp bothers breathing
36. Confrontations make your voice pitch go up
37. Confused or sense of losing normal contact with surroundings
38. Constant fatigue
39. Constipation
40. Cramps in abdomen or below sternum, or side stitches
41. Depression
42. Digestion poor
42b. Ulcer
43. Diaphragm excursion poor
44. Diaphragmatic impairment
45. Dizzy when excited-anxious
46. Do you often PRESS your tongue to the roof of your mouth?
47. Dry mouth
48. Fanny sticks out in rear
49. Fall asleep watching TV or at theater when you would rather watch program?
50. Feel a hitch, bump or lump right below your breastbone when you try to take a deep breath
51. Feelings of suffocation
52. Finish other’s sentences for them
53. Furrows brow often
54. Gasping
55. Get tired from reading out loud?
56. Get drowsy from driving a vehicle
57. Grind teeth at night
58. Dynamic hyperinflation
59. Headaches
60. Heart condition or attack(s)
61. Heavy breathing
62. High blood pressure
63. History of or present lung disease
64. History of abuse or trauma
65. Hold breath a lot
66. Hormonal fluctuations
67. Hot flashes
68. Hyperventilation, over-breathing
69. Hypocapnea (exhale too little carbon dioxide)
70. Hypoglycemia
71. Irregular heartbeats
72. Irregularly formed rib cage (can you see it in mirror?)
73. Jaw tension
74. Jet lag or severe jet lag
75. Longevity wanted
76. Lump in throat
77. Migraines
78. Mouth breather
79. Nightmares
80. Nodules
81. Obese
82. Often catch yourself not breathing?
83. Often shift weight from side to side while standing
84. Panic attacks
85. People have difficulty hearing you and are not partly deaf
86. Phobic
87. Poor boundaries
88. Poor sleep
89. Posture poor
90. Pregnant
91. Public speaking
92. Pulsing or stabbing feeling in and around ribs
93. Reduced pain tolerance
94. Reflux
95. Repetitive strain injury
96. Ribs flail outward at bottom during inhale
97. Sallow complexion
98. Scoliosis or abnormal curvature of the spine
99. Seizures
100. Self esteem poor
101. Shortness of breath
102. Shortened stride
103. Shoulders rounded forward
104. Sigh or yawn often
105. Singing poorly
106. Snore
107. Soreness or pain in throat with "prolonged" vocal use
108. Sore deep pain feels like a band across your chest
109. Speech problems
110. Sports/exercise induced asthma
111. Stiff neck
112. Stressed out
113. Stomach tense while unaware or unable to relax it.
114. Stroke
115. Sunken chest
116. Sustaining low tones difficult
117. Swallowing difficulty
118. Swim - can’t at all, as well or as easily as you used to
119. Talking on the phone makes you short of breath
120. Tension around the eyes
121. Tense overall feeling (hypertension)
122. Thoughts run amuck
123. Tightness around mouth
124. Thoracic insufficiency syndrome
125. Tightness, soreness or pressure in the chest or below breastbone
126. Type “A” personality
127. Upper note singing problems
128. Upset stomach or irritable bowel syndrome
129. Vision blurred or eyesight better in AM than before bed?
130. Voice or speech problem
131. Voice feels weak
132. Nervous quiver in voice
133. Wake from sleep suddenly not breathing = Apnea
134. Washboard abs
135. Washed out
136. Wheezing

My breathing is mainly _____
(Sh)=Shallow; (La)=Labored, (F)=Fast; (Sl)=Slow
(D)=Deep, (B)= Belly
(HC)=High Chest
(CO)=Cough; (HB)=Hold breath;
(E)=Erratic
(FA)=Easy; (SM)=Smooth
(FO)=Forced; (R)=Raspy
(HO)=Hoarse; (O)=Other

Write down the 3 items above you want MOST to improve:

UBD® or Unbalanced Dysfunctional Breathing® was first clarified by Michael G. White, Optimal Breathing® Coach. It's wise to eliminate UDB as it can severely hinder oxygenation and nervous system function. More about this at http://www.breathing.com/articles/udb.htm and http://www.breathing.com/articles/carbon-dioxide.htm

Optimal Breathing® Toll Free 866 My Inhale 866.694.6425 © 2004 Michael Grant White
CHAPTER 2
Posture & Ergonomics

FIRST COMES THE DIAPHRAGM.
Redevelopment of the diaphragm is the primary goal of Optimal Breathing®. The lungs are quite important but secondary in terms of development. As the diaphragm shrinks it will rise less and less up into the chest and allow the lungs to build up “debris” in the form of bacteria and toxins.

Compare the function of the diaphragm to a bicycle pump. If you pull the pump handle out just a little you get very little air into the tire when you push the plunger in or down. As the pump handle rises so does the diaphragm rise and similarly the more air it can pull into the lungs. Due to poor usage, the diaphragm can shrink and weaken. A larger higher rise /excursion is better than being only stronger because if the diaphragm rise is larger it will also be stronger, but if it is stronger it may not be larger. Breathing VOLUME is the key to optimal oxygenation and longevity.

Think of the diaphragm as a face-down half-dome-shaped bowl (like a fresh halved plum) resting downward on the flattened surface. Imagine its sides weakening and shriveling up all around like a prune. This means that the diaphragm is affected on ALL sides of it. Poor posture such as slouching or tilting sideways can cause it to be unable to rise or expand outwardly. This restriction of full rise and fall (excursion) can weaken any part of its bowl shaped surface. Since it’s a muscle, the diaphragm most often stays weakened unless something is done about it. The ancient saying "if you don't use it you lose it " is very appropriate here!

When the diaphragm shrinks it often shrinks irregularly. This happens with almost every lung issue. I had a video fluoroscopes of MY diaphragm. It was fascinating. The MD radiologist was kind enough to let me x-ray my diaphragm but did not have a protocol for this, which suggests to me a lack of clinical research into diaphragm function and development.

Try this. Sit down and bend over and try to breathe in. Notice how it is harder to breathe. This is an extreme example of how our muscles and tendons get over restricted and cause a reduction of depth and ease of breathing.

SIT UP STRAIGHT?
People are often asked to sit up straight. This rarely has permanent effect because by the time someone needs to be reminded to do so, their body has adapted to being more comfortable in the slouching position. When they attempt to sit up "straight" they actually tighten the already over-shortened frontal muscles and tendons, and this causes restrictions in the ease of breathing volume. Tightening these muscles even more to make oneself more erect causes tightness in the entire upper body and reduces the ease of deep breathing. We intuitively do not like this and soon adjust back to where it was easier to breathe.

That’s why most people who are advised to sit up straight, remain erect for only a few minutes before reverting to their former slouch where breathing was easier. Their breathing is still held back from being fully deep, easy and balanced. For them it’s easier and what they’ve become accustomed to. Often what we perceive as satisfactory is a lack of adequate understanding. Extreme examples of this are called delusions.

Sitting for long periods of time are good opportunities to cause shortened frontal muscles. Lots of computer time, desk jockeying or vehicle driving help (see video 176 and 191 manual for specific ways to modify or purchase office, airplane, home and car seating) create the posture that makes for semi-permanent shallow breathing. Many easy chairs and airplane seats invite suppressed breathing.

To repeat, you cannot HOLD yourself upright to achieve optimal breathing. By the time you might benefit from that, the muscles in the front of your body have become over-shortened from slouching and over-lengthened in the back. Making the body more erect actually shortens those already too short muscles in the front. This causes a lessening of ease in breathing volume, and reduces the ease of deeper breathing; we intuitively do not like that. That is why most people remain erect only for a few minutes before reverting to their usual slouch.

Bodywork such a Rolfing or myofacial massage can help but it is the moment-to-moment feedback of
internal sensing, feeling and movement of the optimal breathing that is most beneficial.

**SUBTLE SIGNALS**

*Poor posture causes or is a result of tensions in various parts of the body.* If your knees or pelvis are locked up they block off energy flowing up and down your body, including your spine. This reduces the depth of your easy breathing. Try standing perfectly balanced in both legs for 5 natural effortless breaths. Adjust your weight placing more weight on one leg (wait 5 breaths), then both legs (wait 5 breaths) then the other leg (wait for 5 breaths) and experience the breathing going less deep and easy as you transfer your weight into one leg or the other. Even this seemingly insignificant "posture" restricts your ease and depth of breathing and eventually your energy.

**ATTITUDE**

What ever your posture at any given moment in time, it’s influencing your breathing and attitude. It’s often easy to spot someone with a distorted or negative attitude by their slumped shouldered, bent over, weak-kneed and hang-dog posture.

Posture often shapes and forms attitude.

Attitude can help create good or bad posture.

**BENT OVER POSTURE**

Poor posture restricts the rise and fall of the breathing diaphragm. We also know from chiropractors that an overly bent or unbalanced spine restricts vital life force. Nerve force energy restrictions in the spine mean less life force into all the major organs fed by the spinal nerves, including your heart, lungs and brain. So now we have lessened nerve force in addition to reduced ease and depth of natural oxygenation and nervous system un-balance stemming from restricted or unbalanced breathing.

Have you ever noticed that people who sit up straight seem to be more alert? They ARE!

**ROUNDED SHOULDERS**

Rounded shoulders restrict the expansion of the rib cage, diaphragm rise and lung volume. Forcing the shoulders back and the body to remain erect improves the situation somewhat but again, also tightens up those same problem rib, torso and neck muscles and restricts the deepest, easiest breathing. Great techniques and exercises to offset rounded shoulders are in the 176 video/DVD.

Observe these pictures for extreme examples of negative posturing and tensions.

#1. Fully Inhaled Lung

#2. Fully Exhaled Lung

#1 full inhale (left). The chest is flat or slightly rounded outwardly. Notice there is usually more lung tissue in the back of the torso than in the front. But due to poor posture it’s less easily accessed. Note the exhaled, inward curve of the chest in #2 full exhale (right) with the lungs 7-C above greatly emptied. When we exhale, the lungs and chest naturally collapse and less air is inside us. The lungs have no muscle and are almost passive, so when we breathe in again the ribs must allow for expansion of the lungs to the fullest. This allows the diaphragm to draw in the deepest, fullest breath. But the diaphragm must be of sufficient size (not strength) to draw in the maximum air.
In #3 Slouching (left) the upper chest posture has collapsed, creating more of the shape of the completely expired lung in #1. Lungs with little or no air left. Only this person hasn’t exhaled. They are trying to breathe but have difficulty doing so. Variations of this are experienced as Unbalanced deep Breathing - UDB.

**LOOKING DOWNWARD TOO OFTEN**

When you look downward you only see what’s on the ground — more importantly, your body adapts to being bent over. This also limits natural vision (eye exercising) which should have a wide variety of depth and color. When you limit what you see, you limit your moment-to-moment experience. Looking downward may be helpful for "deep thought" but it produces a negative outcome on your posture and attitude.

#4 (left) shows an overly muscled upper body that cannot easily expand. Stomach, chest and shoulder muscles are like the body of a man needing to carry or pull heavy loads and slouch slightly all the while. When the muscles set in cement he never gets to set the load down. His ribcage ALWAYS stays stiff and inflexible. A heart attack, lung disease or malady caused from shortness of oxygen is waiting to happen.

In her book *"Posture, Getting it Straight"* Janice Novak states that good posture can add up to ten years to your life. I suggest it’s many more YEARS than that. The QUALITY of your breathing determines your longevity!

In my *Secrets of Optimal Natural Breathing* manual you will see more examples of diaphragm development and posture relationships and how they compromise the ability to fully breathe; plus simple ways to ensure you develop your posture to help develop and maintain your Optimal Breathing.

**AWARENESS**

One needs to rapidly open up the breathing to make it larger and in balance and with that you become more apt to notice changes from moment to moment. If you go too slowly or too quickly you miss many opportunities for progress.

**REMEMBER**

You can’t HOLD yourself upright to achieve optimal breathing because the muscles in the front of your body have become over-shortened front to back, side to side and in rotation from slouching. These muscles have also been over-lengthened in the back from the same slouching. Slouching also develops weakened abdominal or over-tight back muscles. You need to develop internal coordination and posture, from the inside out. The easiest and most effective and lasting way to develop coordination is to develop É moment to moment............ your breathing.

**WHEEL CHAIRSÉ**

cause most people to slouch and round their shoulders, causing shallow, unbalanced breathing. Develop your breathing as well as look into getting a Nada Chair (http://www.breathing.com/nada.htm). Excellent posture is indispensable to proper breathing. For the diaphragm to rise its highest the chest must be open with the ribs raised out of the way and the body erect or prone, never bent at any angle front side or back. That means that every thing we sit or recline in must
support the way we breathe.

All Optimal Breathing® is diaphragmatic +lower rib breathing. Some people with COPD do breathe diaphragmatically, just not very much. They utilize practically NO lower rib breathing. Most people who develop COPD tend to breathe with the upper ribs and hardly any diaphragm. We need BOTH.

While using the exercises demonstrated on our #176Video/DVD and the Diaphragm Strengthener (http://www.breathing.com/video-ds.htm), you can address these problems by making the breathing larger and smoother and easier. When breathing is proper, you will be quick to notice the difference when you do things that make breathing volume smaller, restricting your breathing, making it harder to breathe fully and deeply. Poor posture is the major cause.
CHAPTER 3.
MOVEMENT AND LUNG FUNCTION

Movement is an indispensable catalyst to
digestion, elimination, circulation and respiration!

MOST PEOPLE DON’T MOVE ENOUGH!
The lungs require expansion and contraction to stay clean and functional. The rib cage must open and close with each deep breath. Regardless of diet, excessive shallow or distorted breathing will invite a host of bacteria and environmental debris. The diaphragm also needs to be large and strong, but will not be large if the rib cage does not expand. A small and strong diaphragm is not nearly as oxygen-producing as a LARGE and strong diaphragm.

To strengthen the diaphragm is very important, but not as important as size and excursion (rise... see graphic on left). The larger the rise the stronger the diaphragm becomes. Rise = movement. Just like an elevator. The diaphragm interconnects your abdomen, lungs and spine. Because of these relationships diaphragm movement is profoundly influenced by posture.

Posture is critical, however, as soon as someone with poor posture sits up straight the muscles in the front of the body that are too short and cause the slouching get tighter and shorter and that suppresses deeper, easier breathing. People intuitively do not care for that feeling and soon go back to slouching, because in that body position it was a little easier to for them to breathe. Most do not have a clue about that aspect of their breathing and suffer because of their lack of awareness. Video flourescopy can show you exactly how high the diaphragm is rising. The number count in the Free Breathing tests is our non-scientific way to simultaneously gauge diaphragm rise and exhale efficiency.

Tai chi, gentle Yoga, dance (I love to Tango) movement therapy, low impact aerobics, T5T, Butoh and anything that gently gets you off your butt can do wonders for circulation and mobility. We have created several programs in the Secrets of Optimal Breathing® Manual that gets you moving and breathing. If you already do something you like, then stick with it and vary how you’re moving, making sure you also develop good breathing fundamentals.

Some people find it difficult to get up and move. This may well be a breathing issue. They do not have the juice to get the juice is the way I often put it. If you have worked with our #176 DVD/video “Fundamentals” program (right) and still are not wanting to get-up-and-go, then you better look into the other factors discussed in this book. Also consider oxygen generators and Far Infrared saunas purchased at a deep discount at our programs page (http://www.breathing.com/sauna.htm)
and come to our Optimal Breathing School (http://www.breathing.com/school/main.htm)

Many people have lost their kinesthetic /proprioceptiveness (physical sensing and feeling) — what their breathing feels like. They do not move enough. Mobile trainees need be reminded daily what is needed to “feel” the way they’re breathing. Bedridden people must be visited daily and trained by professionals or loved ones until it’s clear they won’t digress — even then they must be reminded daily to move and breathe right at the same time.

Volunteers can be trained to help with daily reminders for proper breathing maintenance. Extremely difficult cases may take six months or more, but I believe most people can be walking and smiling again in due time and without drugs or surgery. For patients with lung disease, a recumbent stationary bike or mobile tricycle can help. Their head and neck must be supported and the chest “opened” so the breather doesn’t activate “accessory” (constricting) breathing muscles in the neck and torso and close off some of the “easier” inhaled air supply.

I also recommend swimming with a mask, fins and snorkel in warm water (85 - 95 degrees) in a face down position. The mask, fins and snorkel will allow the person to relax and breathe in slight “extension” or backward bending enough to open the chest for easier breathing. The breaststroke or backstroke is best because these strokes open the chest.

Combining an oxygen generator with some sort of treadmill or stationary bicycle can help a great deal. Mistakes I have observed in many pulmonary rehab units are being addressed at our Optimal Breathing School (http://www.breathing.com/school/main.htm).

ORGANS, NERVOUS SYSTEM AND DIAPHRAGM FUNCTION
The heart rests on top of the diaphragm. The liver, gall bladder spleen, stomach and kidneys lie below it. These organs are massaged significantly - to the degree that the diaphragm moves fully up and down. Your diaphragm is attached to your spine and rib cage and moves (or not) with the movements of those vertebra and ribs. As the ribs and spine move they transfer muscle tightening and releasing that influences the volume, rise and descent of the diaphragm.

DANCING AND BREATHING
I’m probably going to get some static from this — but it has been my observation, as well as colleague Joni Wilson (http://www.joniwilsonvoice.com), that dancers are often very poor breathers. Most dancing requires quick or extreme movements and breathing suffers. Many of the muscles that need to let go during breathing must contract during dancing. Most yoga is definitely not the answer either as too many yoga teachers have a strange way of using the breathing stemming from the “complete breath”, where the belly goes in on the exhale.

Stretching can be very helpful. To be clearer about this, you will never see a major opera singer who is also a major dancer. Fred Astaire was a great dancer, but only a mediocre singer. Gene Kelly and Donald O’Conner as well. One dance that seems to be more breathing-friendly is the Argentine Tango but that greatly depends on the way the teacher addresses breathing. I’ve seen a few tango teachers who obviously have no idea what Optimal Breathing® looks, FEELS or acts like.

Tango and Tai Chi seem to have much in common — when taught from a better respect and care for the breathing process. One thing dancers must avoid is the tendency to allow their neck muscles to bulge out during dancing or movement. Practice nose breathe as well. It’s most always best. There must be many other dances or movement expression styles that favor breathing such as Butoh (to me it is about freedom) or even contra dancing. Mind the neck muscles, since they are indicators of activation of accessory breathing muscles and possible future breathing and voice issues.

Energy increases exponentially as you utilize the exercises on our #176Video/ DVD and the Diaphragm Strengthener (http://www.breathing.com/video-ds.htm). Movement produces increased flow and energy!
CHAPTER 4.
BREATHING EXERCISES

It is rather unusual to many of us in the western world to consider the importance of breathing techniques or breathing development. After all, we are always breathing, aren’t we? It seems a little silly to put extra attention to something we do naturally. Notice your own breathing. Isn't each breath actually very shallow?

The magnitude of the crisis in modern medicine demands immediate and broadly pervasive consumer action to enhance health and curb medical spending. Simply put — appropriate breathing development, practiced vigilantly and on a daily basis, can precipitate an absolutely remarkable revolution in our personal lives as well as influence the history of human health care and medical evolution.

The presence of special breathing practices in the ancient cultures has always been a mystery to people in the Western world. There are numerous beneficial physiological mechanisms that are triggered when we turn our attention to the breath and then increase it’s ease, depth, volume and balance.

When breathing volume, rate, balance and awareness are all optimized, dramatic physiological, and even emotional, changes can occur. As it turns out, unknown to science until very recently, the action of the lungs, diaphragm and thorax are a primary pump for the lymph fluid and heart as well as a huge influence in keeping the Autonomic Nervous System in balance. In addition, the breath is the primary source for oxygen, which is the key element in the body's ability to produce energy.

However, “To actually transform our breathing and bring about a lasting change, the reeducation exercises we do must be based on the laws and principles of natural breathing, and must be done in such a way that the body/mind can either "re-member" these laws or learn them anew,” says Dennis Lewis, author of The Tao of Natural Breathing.

Just because one particular breathing exercise or breathing technique feels good doesn’t mean it’s healthy or will resolve a breathing development goal, or result in a long-term aid in a wellness or performance program. Just because one particular breathing exercise or breathing technique feels good does not mean it is healthy or will resolve a breathing development goal or result in a long-term aid in a wellness or performance program.

Our Optimal Breathing® Development System is not so much about breathing exercises. We employ a few exercises, but we’ve learned that "breathing exercises” mean many things to many people and as a grouping is a potpourri of good, mediocre, bad, confusing and outright dangerously unhealthy ways for using the breath and breathing.

We carefully choose what breathing exercises we DO employ, based upon physical function, form and the health, peak performance, self-expression, emotional balance and life extension goals of our students. Patients and people with performance or personal development goals who have learned and used a proper breathing development practice as a part of their daily personal system progress quicker, no matter what their health or performance goals. Individuals who are well are able to remain healthier, adapt to greater stress and have greater endurance when they keep a breathing development practice in their daily self-care ritual.

Altered states of consciousness are huge aspect of many breathing exercises. I have seen many of those altered states turn into erratic or weird behavior including what was classified as psychosis.

We have created several popular training program sets. (http://www.breathing.com/programs.htm) These programs are comprehensive, easy to learn, easy to apply, require no special knowledge or training and many can be practiced in varying degrees by all people (sick or well) daily with very little impact on time or energy. Many of the self-help versions can be successfully learned without a teacher present. In fact, they actually give the individual, both time and energy, because there is less cost, fatigue, and forgetfulness, because the function of the organs and glands is enhanced and regenerated. They are a great way to recharge
your cellular batteries.

Every minute spent applying the techniques in our Optimal Breathing® System is returned (to the practitioner) as a need for less sleep.

**Every unit of energy spent brings forth an internal ability to generate an even greater amount of energy!**

With the recent "new age" popularity of daily conscious breathing exercises, many people are being trained to either breathe into the belly, consistently watch their breath, create postures that are supposed to expand the breathing (many do, some don’t), or forcefully inhale or exhale in an attempt to increase breathing rate or volume.

The belly breath can stabilize the nervous systems and emotions and is generally a good place to begin breathing development. However, I’ve seen many exceptions to this because an improperly trained belly breath can also become an habitual distraction and breathing restriction. It is also just a beginning.

Watching the breath is helpful for many people to focus and get calm, however, it can also develop into an on-going distraction. Postures can expand or distribute the breath, as well as cause the breathing restriction they hope to eliminate. The forcefulness/effort can be valuable, but is, in many ways, unnecessary and can cause sympathetic arousal and restriction of full breathing volume, i.e. "breathing blocks". These blocks are tensions and postures in the body that restrict the natural flow of the breathing energy called life-force, chi, ki, qi, ha, prana, pneuma, elan vital, etc.

**Breathing awareness, physical assessments and sound production quality and quantity are the primary markers for positive change of the breath.**

**EASIER, FULLER, LONG TERM BREATHING IMPROVEMENT?**

Many techniques exist to modify, direct or observe the activity of breathing. Each has its purpose and limitation. Any one exercise you do with the breath will, after enough repetitions, restrict the diaphragm and rib cage’s freedom and fullness. When you forcibly take deeper belly breaths you also partially stimulate the sympathetic nervous system because you are “efforting the activity.”

When practicing breath awareness, your observation of the breath may cause it to speed up, slow down or become shallow. Several clients told me that trying to follow their breath made them extremely anxious, and others just couldn’t do it due to stress and internal distractions. This is, to me, an indicator of UDB.

Optimal breath awareness develops more from skill levels such as coordinated singing, speaking, walking and movement oriented activities. When you utilize the exercises on our #176Video/ DVD and Diaphragm Strenghtener everything else works better (http://www.breathing.com/video-ds.htm) É breathing exercises, nutrition, cleansing, detoxification — everything!
There are many breathing exercises. For most people, there may be only one really good exercise that works well as a starting point to guide someone with poor to very poor breathing. The best exercise(es) either energize or slow down/calm the breathing, or both.

What's optimal also increases breathing volume and therefore one's longevity.

The following breathing exercise will help do ALL three: slowing, energizing and expanding. Good endorphin production seems to stem from a strong parasympathetic/relaxing breathing pattern. When done properly, this exercise increases significant energy, as well as relaxation.

Anxiety can be caused (or stress increased) by poor breathing speed and erratic/unbalanced sequencing. This exercise is very good for reducing anxiety and/or depression. Extreme forms of emotion are often immobilizing, limiting and dangerous to one's health and well-being. Emotions can be deadly. Anxiety can harm and even kill. The way you breathe can reduce or increase your emotional/fear response.

Look at the lungs above (cut back to show how the heart fits into that space). Notice how the lungs are smaller at the top. This means it's pointless to breathe into the high chest because there's very little lung volume there.

The mid chest and lower rear lung lobes are where the major breathing volume is obtained (the back of the trunk from mid back to waist). This area allows the most expansion. Tension in the low back tends to restrict expansion, so we must both access and challenge that area in the following way.

For breathing that is quieting, calming, centering and energizing all at once: Stand with knees slightly bent is preferable with tail bone tilted gently forward. Or Supported by a small round pillow (at left) or use a NADA Chair (on right), http://www.breathing.com/nada.htm sit near the front edge of a fairly hard surfaced chair, stool or arm of a couch, with your feet flat on the floor. Both of these positions need an erect but not stiff posture. Stand or sit "tallest" with your chin even with (or above) the horizon and gently tucked in.

If you stand, bend your knees slightly to unlock them. Lightly touch your tongue to the roof of your mouth and let your jaw relax. Relax your belly. Let it hang down. Let go of any thought of having a "pot belly" or not having “wash-board abs”.

Place your thumbs over your kidneys (below your back ribs and above your pelvis - (photo #1 at left). Wrap your fingers around your sides towards your belly button (as if you are getting a front-to-back firm grip on “love handles” - or that general area). Get a good grip by squeezing your fingers and thumbs together firmly, then breathe through your nose (a long, slow, deep 3-count in-breath). Force your squeezed fingers (Photo #2) apart with your in-breath, against the tension in your squeezed fingers. (Use the force of breathing-in to make your fingers and thumbs expand.)

Then relax your grip (Photo #3) and slow down the exhale so it lasts for a count of seven (7). Never tighten the belly to extend the exhale. Simply slow the speed of the out-breath. Always keep the belly relaxed.

Do this exercise again, use a 3-count inhale and 7-count exhale. If you did not feel better from this exercise, we encourage you to take our Free Breathing Tests and see why and how to develop your breathing: http://www.breathing.com/tests.htm

HOW DID IT FEEL?

**Dizziness, spacy ness, or confusion or anxiety means you:**
A. Probably did not squeeze in the right place – like on the bone of the pelvis or ribs or squeeze or did not squeeze hard enough.
B. Or you breathed too fast. SLOW down the exhale by adding 3-7 counts to the exhale and try it again in one minute.
C. Wait a minute or two, after the energy has subsided or integrated within you and do it again.
D. Still anxious or dizzy or both? - You may have severe UDB - in which case you should stop and call us for a recommendation.
E. You REALLY need to learn this!

**Did it FEEL relaxing, energizing? Are you calmer? Energized?**
Calm and energized at the same time? Anxious? If anxious, try to lengthen the exhale count, while keeping the inhale count the same or smaller. Example: a 3 count inhale and 10 count exhale or 3 count inhale and 12 count exhale.

A 20 count exhale should eventually be attainable, but for some people it might take weeks or months to develop. (Remember: NEVER tighten your belly to make the exhale last longer.) Just let the air out slower. You should eventually feel a calming and
Chapter 6.
Diet and Nutrition

START EATING MORE ORGANIC RAW LIVING FOODS
“Our local news station this week ran a story that showed that certain areas of the brain are stimulated when one peels an apple. The area of the brain that lit up on the scan was an area most often devoted to higher-level thinking/problem-solving. It got me thinking. Just imagine... if cutting and peeling an apple does this much good for our brain, IMAGINE how much positive juice is flowing to our brains on a raw food diet (cutting and preparing all kinds of good fruits and veggies, etc...)!??” Deborah (raw egroup)
Right on Deborah!

GENETICALLY MODIFIED FOODS
GM crops are becoming more and more prevalent, and the spread of GM seeds and pollen is a major concern. Even organic products may be contaminated with traces of GM elements that have been spread by wind or insects such as bees. Eating organic is currently the best way to ensure that your food has not been genetically modified. By definition, food that is certified organic must be: free from all GM organisms; produced without artificial pesticides and fertilizers; from an animal reared without the routine use of antibiotics, growth promoters or other drugs.

FEEDING YOUR LUNGS
“No other animals on the planet find it hard to eat raw foods – just brainwashed humansÉ!” — Jan Jenson, The WELL-th Coach!

Start following the lives of people like David Wolf, Victoras Kulvinskas, Doug Graham, Paul Bragg, Norman Walker, David Klein, and Jan Jenson. These people have (or had) tremendous energy or lived a very long time — or both! Some are extremists, some are more what you might think of as “balanced”. It could be that some of the so-called extremists are really more in balance than any of us. Learn what they do and what they eat and how they live. Study health, not disease. Decide for yourself.

"Plant-based diets offer exceptional fuel for peak performance and optimal health at every stage of the life cycle. Organic vegetables, fruits, legumes, whole grains, nuts and seeds are loaded with vitamins, minerals, phytochemicals, antioxidants and fiber - the greatest protectors in the diet. They also effectively minimize the most damaging components in the diet - trans fatty acids, saturated fat, cholesterol, pro-oxidants, refined carbohydrates and environmental contaminants.

Plant-based diets are naturally high in the most healthful form of carbohydrates, helping athletes maximize glycogen stores, and allowing for harder work for longer periods of time. People choosing plant-based diets also reduce their lifetime risk of heart disease, cancer, type 2 diabetes, gastrointestinal diseases, gallbladder disease, and many immune/inflammatory disorders. While the advantages to our personal health are quite impressive, it is the advantages beyond our personal health that are perhaps most remarkable. Among the greatest contributions a person can make towards the preservation of this planet is eating simple, whole foods that are low on the food chain. Animal-centered, processed-food diets are not ecologically sustainable. Consuming a plant-based diet is also arguably the most powerful step a person can take to reduce cruelty, pain, suffering and death in this world. Plant-based diets are rooted in compassion and reverence for life."

—Brenda Davis, R.D., author of Becoming Vegan and Becoming Vegetarian.

"Every nutrient known to be essential for human health is available, in proper concentration, in plant foods. This is not so with animal-based foods, as there are many essential nutrients totally absent in them. A diet consisting of whole fresh ripe raw organic plants is ideal for human health and performance as it most closely accommodates our anatomical and physiological needs for food. We are, literally, built to
consume plants. In exactly the same fashion that a car will run best when supplied with the fuel for which it is designed, so too will humans be able to reach their fullest performance potential when utilizing the diet for which we are best built to accommodate.” — Dr. Doug Graham, author of Nutrition and Physical Performance.

Rejuvelac Recipe from Ann Wigmore Institute, Puerto Rico
a. Soak. 2 cups soft wheat berries in purified water 8 hrs or overnight.
b. Drain, rinse, then allow to sprout for 2 days, without rinsing.
c. When white sprout tails begin to show, add 6 cups purified water, cover jar with cheesecloth, put in a warm place where it can be exposed to at least 70 degree temp for 2 days.
d. THEN pour off, drink or refrigerator and use “Rejuvelac” in a raw blended soup recipe.
e. The leftover seeds can be used one more time, with 4 cups purified water, will culture in 1 day.
f. Then seeds can be composted, or thrown to birds.

MIKE’S THREE SIMPLE RULES FOR DIET SUCCESS
Eat at least 75% of your daily diet consisting of raw uncooked fruits and veggies. If you have a problem digesting any raw foods (that can normally be eaten that way by others and do not have to be cooked, such as artichokes or rhubarb), then use a VitaMix or similar blender to "chew" these highly digestible foods to a pulp, soup or puree and see how you “feel”. Take 1-2 Ultimate Enzymes with EVERY meal and before bed. (http://www.healthnuts.net -use #2177 as your referral).

1. Add 2-4 tablespoons of freshly ground flax seeds per 16 ounces of fluid (http://www.dakotaflax.com)
   Also add Rejuvelac (see recipe above).
2. Do not consume any non-sprouted grains, fish or animal protein except salmon, pasteurized dairy products, chocolate, coffee, sugar, salt, spices except cayenne, fried foods, artificial colors.
3. Supplement all this with Optimal Breathing® Development.
Make just those three changes and watch your lungs and overall health improve!

You’ll LOVE Mike’s daily smoothie: My daily smoothie consists of spinach, broccoli, one small apple, slice of fresh pineapple, flax seeds, safflower oil, olive oil, pomegranate or cranberry juice, alkaline water, almond milk, Sparx vitamin and mineral supplement, celery, zucchini, E3live flakes, spirulina, collard greens all in portions to taste. I vary them somewhat due to availability and freshness.

ALMOND MILK
Soak almonds for about 12 hours in pure water. You can also soak large amounts, rinse and drain and then put them in freezer bags in the freezer for later individual bag use).
1 cup soaked almonds
2 cups pure water
2 - 3 dates
1/4 tsp Celtic sea salt

Raw living foods containing simple carbohydrates. Minus their fiber content they are convertible into carbon dioxide. The fiber “brooms” the debris into the colon. Raw foods are the most enzyme laden and efficient processing of nutrients but not always the most practical. Fresh raw vegetable and fruit juices are concentrated with mega live nutrients, easiest to digest and are often extremely helpful for more challenging lung problems. Juicers abound. Juice feverishly — pun intended.

Individual health conditions and emergencies may require more creative approaches to optimal nutrition but gourmet raw foods can be a welcome addition to any palate and health program. Attend raw living foods potlucks to become more familiar with their variety, textures, tastes and nutrition. Check out these websites: http://www.livingnutrition.com http://www.living-foods.com http://www.rawfood.com
Food Combining Chart

Doug Graham sells an easy one: "Food Combining Simplified"
http://foodnsport.com/products/products.html

I’d start by keeping fruits separate from everything unless they are well Vita Mix blended with veggies. The blending “chews” foods and makes them much more digestible and more likely to be digested, even if you choose combinations that are not optimal. Eat starches separate from meats — always.

What’s an Ideal Percentage Of Raw Foods?
If you're not eating 100% raw and have found your health does better with the addition of cooked foods, please join us for some great discussions at http://www.rawplus.com/community/

Your Natural Diet: Alive Raw Foods by Dr. T. C. Fry & David Klein is now available in paperback. (200 pages, $15.00 plus shipping). This book teaches the hygienic approach to healthful eating and lifestyle and it includes a full-page ad for Healthful Living International. It is the first new hygienic diet paperback printed since Dr. Shelton’s books over 50 years ago! Contact publisher David Klein dave@livingnutrition.com or order online: http://www.livingnutrition.com/bookstore.html

Alkaline/Acid Balance

Acid/Alkaline balance is the “key” to health since the Standard American Diet (a.k.a. SAD) is mostly acid-forming foods.

ALKALINE FORMING FOODS

VEGETABLES
Alfalfa, Barley Grass, Asparagus, Fermented Veggies, Watercress, Beets, Broccoli, Brussels sprouts, Cabbage, Carrot, Cauliflower, Celery, Chard, Chlorella, Collard Greens, Cucumber, Eggplant, Kale, Kohlrabi, Lettuce, Mushrooms, Mustard Greens, Dulce, Dandelions, Edible Flowers, Onions, Parsnips (high glycemic), Peas, Peppers, Pumpkin, Rutabaga, Sprouts, Squashes, Wheat Grass, Wild Greens, sea weed, Blue green Algae such as E3live, spirulina, chl*orella and more sea weed

FRUITS
Apple, Apricot, Avocado, Banana (high glycemic), Cantaloupe, Cherries, Currants, Dates/Figs, Grapes, Grapefruit, Lime, Honeydew Melon, Nectarine, Orange, Lemon, Peach, Pear, Pineapple, All Berries, Tangerine, Tomato, Tropical Fruits, Watermelon

PROTEIN
Eggs (poached), Whey Protein Powder, Cottage Cheese, Chicken Breast, Yogurt, Almonds, Chestnuts, Tofu (fermented), Flax Seeds, Pumpkin Seeds, Tempeh (fermented), Squash Seeds, Sunflower Seeds, Millet, Sprouted Seeds, Nuts

OTHER
Apple Cider Vinegar, Bee Pollen, Lecithin Granules, Probiotic Cultures, Green Juices, Veggies Juices, Fresh Fruit Juice, Organic Milk, Mineral Water, Alkaline Antioxidant Water, Green Tea, Herbal Tea, Dandelion Tea, Ginseng Tea, Banchi Tea, Kombucha

SWEETENERS
Stevia, Ki Sweet
**SPICES/SEASONINGS**
Cinnamon, Curry, Ginger, Mustard, Chili Pepper, Sea Salt, Miso, Tamari, All Herbs

**ORIENTAL VEGETABLES**
Maitake, Daikon, Dandelion Root, Shitake, Kombu, Reishi, Nori, Umeboshi, Wakame, Sea Veggies

**Extremely Alkaline Forming Foods - pH 8.5 to 9.0:** Lemons, Watermelon, Agar Agar, Cantaloupe, Cayenne (Capsicum), Dried dates & figs, Kelp, Karengo, Kudzu root, Limes, Mango, Melons, Papaya, Parsley, Seedless grapes (sweet), Watercress, Seaweeds

**Moderate Alkaline - pH 7.5 to 8.0:** Apples (sweet), Apricots, Alfalfa sprouts, Arrowroot, flour, Avocados, Bananas (ripe), Berries, Carrots, Celery, Currants, Dates & figs (fresh), Garlic, Gooseberry, Grapes (less sweet), Grapefruit, Guavas, Herbs (leafy green), Lettuce (leafy green), Nectarine, Peaches (sweet), Pears (less sweet), Peas (fresh sweet), Persimmon, Pumpkin (sweet), Sea salt (vegetable), Spinach

**Slightly Alkaline to Neutral pH 7.0:** Almonds, Artichokes (Jerusalem), Barley-Malt (sweetener-Bronner), Brown Rice Syrup, Brussels Sprouts, Cherries, Coconut (fresh), Cucumbers, Egg plant, Honey (raw), Leeks, Miso, Mushrooms, Okra, Olives ripe, Onions, Pickles (home made), Radish, Sea salt, Taro, Tomatoes (sweet), Vinegar (sweet brown rice), Water Chestnut, Amaranth, Artichoke (globe), Chestnuts (dry roasted), Egg yolks (soft cooked), Essene bread, Goat's milk and whey (raw), Horseradish, Mayonnaise (home made), Millet, Olive oil, Quinoa, Rhubarb, Sesame seeds (whole), Soy beans (dry), Soy cheese, Soy milk, Sprouted grains, Tempeh, Tofu, Tomatoes (less sweet), Yeast (nutritional flakes)

Soak the seeds and nuts and they become more alkaline.

**ACTIVITIES THAT ARE MORE OFTEN ALKALINE THAN ACID FORMING:**
Meditation, prayer, affirmations, relaxation, inner peace. sleep, peace, kindness, love, pleasant thoughts, smiles and optimal breathing.

**ACID FORMING FOODS**

**FATS & OILS**
Avocado Oil, Canola Oil, Corn Oil, Hemp Seed Oil, Flax Oil, Lard, Olive Oil, Safflower Oil, Sesame Oil, Sunflower Oil

**FRUITS**
Cranberries

**GRAINS**
Rice Cakes, Wheat Cakes, Amaranth, barley, Buckwheat, Corn, Oats (rolled), Quinoa, Rice (all), Rye, Spelt, Kamut, Wheat, Hemp Seed Flour

**DAIRY**
Cheese (Cow), Cheese (Goat), Cheese (Processed), Cheese (Sheep), Milk, Butter

**NUTS & BUTTERS**
Cashews, Brazil Nuts, Peanuts, Peanut Butter, Pecans, Tahini, Walnuts

**ANIMAL PROTEIN**
Beef, Shellfish, Fish, Lamb, Lobster, Mussels, Oyster, Pork, Rabbit, Turkey, Venison.
Fish is easier to digest if it has trace minerals from its water environment.

**PASTA (WHITE)**
Noodles, Macaroni, Spaghetti

**OTHER**
Distilled Vinegar, Wheat Germ, Potatoes

**BEANS & LEGUMES**
Black Beans, Chick Peas, Green Peas, Kidney Beans, Lentils, Lima Beans, Pinto Beans, Red Beans,
Soy Beans, Soy Milk, White Beans, Rice Milk, Almond Milk

**DRUGS & CHEMICALS**
Aspartame, Artificial sweeteners, Chemicals, Drugs (Medicinal), Drugs (Psychedelic), Pesticides,
Herbicides

**ALCOHOL**
Beer, Spirits, Hard Liquor, Wine

**ACID FORMING ACTIVITIES ARE:**
Overwork, Anger, Fear, Jealousy, stress, poor sleep, over-training

**All foods head towards acidity when sugar is added or they are cooked, processed or refined**

**Rhubarb alkalizes but has properties bad for health.**

**BALANCE OF ACID ALKALINE**
I believe that a good ratio of acid/alkaline foods would be 90% alkaline to 10% acid until vitality returns. A maintenance ratio would be 80% alkaline to 20% acid foods in the diet if a person is satisfactorily healthy.

**FAT CELLS ARE A STORAGE SHED FOR ACID!**
Our bodies produce fat to save our lives! The body creates fat cells to carry acids away from your vital organs, so these acids literally don't choke your organs to death. The American diet produces a lot of excess acid in our bodies. Acid tears down important body tissues, causing or worsening over 150 diseases, including the two big ones, heart disease and cancer.

Read Dr. Ted Baroody's book: **ALKALIZE OR DIE**
**THE pH MIRACLE** by Dr. Robert Young has some valuable life-saving advice and recipes!

**How do you know if you're overly acidic?**
Parasites thrive on an acid base and do not want to be near oxygen, as it is like poison to them.

**SPROUTS CAN SUPER CHARGE YOUR BODY!!**
Germinating and sprouting are two simple processes of producing healthy and nutritious living foods. Germination is the soaking of seeds, nuts, beans and grains in water for a certain period of time. Sprouting is a continuation of germination, where the soaked seeds are grown for 2-5 days in glass jars, baskets or in a bed of soil.

Sprouts are one of the most perfect foods because of their high levels of calcium and amino
acids (building block of protein), vitamins and minerals, all in a highly digestive form. Pound per pound, sprouted beans and lentils contain as much protein as red meat - without the fat, cholesterol, hormones and antibiotics. They are also an excellent source of calcium!

Cows, horses, pigs, gorillas, elephants, man and other animals eat GREENS every day –NOT meat! Human digestive tracts are made for greens, vegetables and fruits, seeds, sprouted grains and nuts! Dogs, cats, lions and other similar animals have short, highly acidic digestive tracts for digesting meat. Humans do NOT! Our intestines are over 22 ft. long.

**Sprouts are packed with enzymes** - the complex catalysts that initiate and control almost every chemical reaction in the human body. Sprouting is the most efficient way to use a whole food to its fullest benefits. It creates an enormous increase in the vitamin content of seeds — by several hundred percent with many vitamins! Various sprouted seeds, beans and grains contain abundant antioxidants, known to alleviate free radical damage.

*The abundance of oxygen in these foods must not be ignored.*

*On a living foods diet, a continual supply of oxygen is fed into your body with extremely beneficial results.*

Sprout your own with equipment from [http://www.discountjuicers.com](http://www.discountjuicers.com)


An online news magazine, featuring authoritative information, breaking news, and fun, interactive features on the raw vegan lifestyle. Rated Number 1 in the Webseed Directory's most interesting sites list, based on how many articles a person looks at in any one visit.

**RAW RECIPE BOOKS**

- The Sun food Diet Success System by David Wolfe
- Vibrant Living  by Sally Pansing Kravich
- The Uncook Book  by Elizabeth Baker
- Sweet Temptations by Frances Kendall
- Milk  Recipes from Nuts & Seeds  by Edith Edwards
- Soup Alive! By Eleanor Rosenast
- Dining in the Raw by Rita Romano & Nancy Jolly
- Hooked on Raw by Rhio
- Lover’s Diet by Viktoras & Youkta Kulvinskas
- Raw Family by Victoria Igor, Sergei &Valya Boutenko
- 12 Steps to Raw: Breaking The Cooked Foods Addiction by Victoria Boutenko
- The Raw Secrets by Frederic Patenaude
- The Raw Life by Paul Nison
- The High Energy Diet Recipe Guide by Douglas Graham
- Living in the Raw by Rose Lee Calabro
- Sproutman’s Kitchen Garden Cookbook by Steve Meyerowitz
- Sunfood  Cuisine by Frederic Patenaude
- Living Cuisine by Renee Loux Underkoffler
- Rainbow Green Live-Food Cuisine by Gabriel Cousens

Go to [http://www.Fetchbook.info](http://www.Fetchbook.info) and punch in the name of the book you are looking for.... they will find the lowest price for you on any book.

**TAKE COURSES ON A RAW FOOD LIFESTYLE**
FOOD ALLERGIES

“The most important action step you can take is to avoid food and food groups that cause allergic reactions.”

Did you know that food allergies interfere with natural energy transmissions both in the brain and the body's cellular systems. People who have severe allergies tend to show a 2% to 3% decrease in arterial blood oxygen. Add that to a sick building’s low oxygen environment, a rainstorm with another 5-10% less oxygen and you have less $O_2$ than is considered healthy.

Poor breathing causes excessive anxiety, which stimulates excessive adrenaline. To counter the high adrenaline the body produces histamine. This is why some people take anti histamine when they have a cold to reduce runny nose, sneezing and sinus blockage. Poor breathing also causes poor digestion that causes poor bowel function that causes backup of toxins that flood the lungs with excessive debris, which causes mucous production and copious free radicals.

To avoid allergic foods, learn terms used to describe these foods on foods labels, for example:
Milk protein - milk, non-fat milk solids, cheese, yogurt, and caseinates: whey, lactose.
Egg - eggs, egg albumen, egg yolk, egg lecithin
Lactose - milk, lactose.
Gluten - wheat, barley, rye, triticale, wheat bran, malt, oats, corn flour, oat bran
Soy - soybeans, hydrolysed vegetable protein, soy protein isolates, and soy lecithin.
Salicylates - strawberries and tomatoes.
A dietitian (or web search) can help you to learn to read food labels so you can avoid common allergens and allergic food.

Chocolate is a major allergen. Americans spend six billion dollars annually on chocolate. Why? Caffeine stimulates, fat satisfies and sugar entices and nurtures. The chocolate might not be so bad at the party if it didn't include other additives such as sugar — but try chocolate without sugar once to see how you like it. Many people eat chocolate when they start to feel negative or positive emotions. It is used as a mood altering substance then and is often triggered by an energetic/emotional issue that is being subdued. Immune system weakness also stems from this.

Drugs and many herbal tonics are potentially harmful as they stress and over stimulate the adrenal system without rebuilding. Give the body high energy producing natural food and it will not need or crave this. Breathe balanced and deeply and the nutrition will reach its full potential without being thrown off kilter by errant biochemical and emotional reactions.

Find some good books on allergies; there are dozens of them (suggestions in Appendix).
Allergic Reactions/Symptoms can include:
× Breathing difficulties, including wheezing and asthma
× Wheezing, any lung disorder
× Itching, burning and swelling around your mouth
× Nausea, vomiting, abdominal cramps and diarrhea
× Fatal anaphylaxis (the breathing tubes in your lungs tighten up and you can't breathe)
× Generalised urticaria - your skin becomes red and raised.
Four types of food allergy

**Type I** - Within 60 minutes of eating the food. The blood vessels dilate and the nose runs. This “anaphylaxis” (hypersensitivity to proteins) can be life threatening.

**Type II** - causes similar symptoms to type I.

**Type III** - occurs some hours after eating and causes skin and bronchi (lung) irritation.

**Type IV** - is a delayed reaction that occurs 1-7 days after eating the food. Generally, the more of the food you eat, the worse your symptoms become.

Around 95 per cent of food allergies result in a Type IV reaction!

**ASSESSING FOR FOOD ALLERGIES**

**Diet And Medical History**

Factors in your diet and medical history that suggest food allergy include:

- Symptoms occur shortly after eating the food;
- Symptoms involve more than one body organ. (For example, swelling of the mouth and cramping of the abdomen);
- You have a family history of asthma, hay fever or dermatitis.

**Diagnostic tests**

The diagnostic tests used include:

- Skin and blood tests;
- Oral food challenges. Small doses of the food are given to you under clinical conditions.
- Pulse rate. My favorite. Check pulse before eating food and if it increases 10 beats per minute you are overly sensitive to that food.
- You cough up mucous after eating food you are overly sensitive to

See [http://www.directlabs.com](http://www.directlabs.com) for an extensive list of very cost-effective laboratory fees that do not require a doctor’s visit and the charges that go along with those tests.

**CALCIUM FOR THE LUNGS** – Be very careful where you get your calcium.

**PLANTS ARE YOUR BEST SOURCE OF CALCIUM!**

(and natural magnesium + instantly useable & highly-absorbable PROTEIN!)

*From: Robert Cohen [http://www.notmilk.com](http://www.notmilk.com)*

“Where do animals get their calcium? The answer is PLANTS (veggies) are loaded with calcium. Cows eat plants. Humans should too. Human breast milk is the perfect formula for baby humans. In her wisdom, Mother Nature included 33 milligrams of calcium in every 100 grams, or 3 1/2-ounce portion of human breast milk. At the end of this column are calcium values for 55 commonly eaten foods. Compare those calcium values to human breast milk.

The perfect calcium-rich food is hummus. Chick Peas (150 mg) + sesame seeds (1160 mg) will yield a food containing ten times as much calcium as human breast milk.

In order to absorb calcium, the body needs comparable amounts of another mineral element, magnesium. Magnesium is the center atom of chlorophyll. Milk and dairy products contain only small amounts of magnesium. Without the presence of magnesium, the body only absorbs 25 percent of the available dairy calcium content. The remainder of the calcium spells trouble. Without magnesium, excess calcium is utilized by the body in injurious ways. The body uses an unhealthy form of calcium to build the mortar on arterial
walls that becomes atherosclerotic plaque (usually to fight excess acidity in the bloodstream)!

Excess calcium is converted by the kidneys into painful stones that grow in size like pearls in oysters, blocking our urinary tracts, kidneys, liver and gall bladder. Excess calcium contributes to arthritis. Painful calcium buildup often is manifested as gout.

Osteoporosis is NOT a problem that should be associated with lack of calcium intake. Osteoporosis results from calcium loss. The massive amounts of protein in milk result in a 50 percent loss of calcium in the urine. In other words, by doubling your protein intake there will be a loss of 1 to 1.5 percent in skeletal mass per year in postmenopausal women.

“The calcium in leafy green vegetables is more easily absorbed than the calcium in milk and plant proteins do not result in calcium loss the same way as do animal proteins.”

—Robert Cohen http://www.notmilk.com

### Calcium Content of Plants

<p>| | |</p>
<table>
<thead>
<tr>
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<tbody>
<tr>
<td>1.</td>
<td>Human Breast Milk 33 mg</td>
</tr>
<tr>
<td>2.</td>
<td>Almonds 234 mg</td>
</tr>
<tr>
<td>3.</td>
<td>Amaranth 267 mg</td>
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<tr>
<td>4.</td>
<td>Apricots (dried) 67 mg</td>
</tr>
<tr>
<td>5.</td>
<td>Artichokes 51 mg</td>
</tr>
<tr>
<td>6.</td>
<td>Beans (can: pinto, black) 135 mg</td>
</tr>
<tr>
<td>7.</td>
<td>Beet greens (cooked) 99 mg</td>
</tr>
<tr>
<td>8.</td>
<td>Blackeye Peas 55 mg</td>
</tr>
<tr>
<td>9.</td>
<td>Bran 70 mg</td>
</tr>
<tr>
<td>10.</td>
<td>Broccoli (raw) 48 mg</td>
</tr>
<tr>
<td>11.</td>
<td>Brussel Sprouts 36 mg</td>
</tr>
<tr>
<td>12.</td>
<td>Buckwheat 114 mg</td>
</tr>
<tr>
<td>13.</td>
<td>Cabbage (raw) 49 mg</td>
</tr>
<tr>
<td>14.</td>
<td>Carrot (raw) 37 mg</td>
</tr>
<tr>
<td>15.</td>
<td>Cashew nuts 38 mg</td>
</tr>
<tr>
<td>16.</td>
<td>Cauliflower (cooked) 42 mg</td>
</tr>
<tr>
<td>17.</td>
<td>Swiss Chard (raw) 88 mg</td>
</tr>
<tr>
<td>18.</td>
<td>Chickpeas (garbanzos) 150 mg</td>
</tr>
<tr>
<td>19.</td>
<td>Collards (raw leaves) 250 mg</td>
</tr>
<tr>
<td>20.</td>
<td>Cress (raw) 81 mg</td>
</tr>
<tr>
<td>21.</td>
<td>Dandelion Greens 187 mg</td>
</tr>
<tr>
<td>22.</td>
<td>Endive 81 mg</td>
</tr>
<tr>
<td>23.</td>
<td>Escarole 81 mg</td>
</tr>
<tr>
<td>24.</td>
<td>Figs (dried) 126 mg</td>
</tr>
<tr>
<td>25.</td>
<td>Filberts (Hazelnuts) 209 mg</td>
</tr>
<tr>
<td>26.</td>
<td>Kale (raw leaves) 249 mg</td>
</tr>
<tr>
<td>27.</td>
<td>Kale (cooked leaves) 187 mg</td>
</tr>
<tr>
<td>28.</td>
<td>Leeks 52 mg</td>
</tr>
<tr>
<td>29.</td>
<td>Lettuce (lt. green) 35 mg</td>
</tr>
<tr>
<td>30.</td>
<td>Lettuce (dark green) 68 mg</td>
</tr>
<tr>
<td>31.</td>
<td>Molasses (dark-213 cal.) 684 mg</td>
</tr>
<tr>
<td>32.</td>
<td>Mustard Greens (raw) 183 mg</td>
</tr>
<tr>
<td>33.</td>
<td>Mustard Greens (cooked) 138 mg</td>
</tr>
<tr>
<td>34.</td>
<td>Okra (raw or cooked) 92 mg</td>
</tr>
<tr>
<td>35.</td>
<td>Olives 61 mg</td>
</tr>
<tr>
<td>36.</td>
<td>Oranges (Florida) 43 mg</td>
</tr>
<tr>
<td>37.</td>
<td>Parsley 203 mg</td>
</tr>
<tr>
<td>38.</td>
<td>Peanuts (roasted) 74 mg</td>
</tr>
<tr>
<td>39.</td>
<td>Peas (boiled) 56 mg</td>
</tr>
<tr>
<td>40.</td>
<td>Pistachio Nuts 131 mg</td>
</tr>
<tr>
<td>41.</td>
<td>Potato Chips 40 mg</td>
</tr>
<tr>
<td>42.</td>
<td>Raisins 62 mg</td>
</tr>
<tr>
<td>43.</td>
<td>Rhubarb (cooked) 78 mg</td>
</tr>
<tr>
<td>44.</td>
<td>Sauerkraut 36 mg</td>
</tr>
<tr>
<td>45.</td>
<td>Sesame Seeds 1160 mg</td>
</tr>
<tr>
<td>46.</td>
<td>Squash (Butternut) 40 mg</td>
</tr>
<tr>
<td>47.</td>
<td>Soybeans 60 mg</td>
</tr>
<tr>
<td>48.</td>
<td>Sugar (brown) 85 mg</td>
</tr>
<tr>
<td>49.</td>
<td>Tofu 128 mg</td>
</tr>
<tr>
<td>50.</td>
<td>Spinach (raw) 93 mg</td>
</tr>
<tr>
<td>51.</td>
<td>Sunflower Seeds 120 mg</td>
</tr>
<tr>
<td>52.</td>
<td>Sweet Potatoes (baked) 40 mg</td>
</tr>
<tr>
<td>53.</td>
<td>Turnips (cooked) 35 mg</td>
</tr>
<tr>
<td>54.</td>
<td>Turnip Greens (raw) 246 mg</td>
</tr>
<tr>
<td>55.</td>
<td>Turnip Greens (boiled) 184 mg</td>
</tr>
<tr>
<td>56.</td>
<td>Water Cress 151 mg</td>
</tr>
</tbody>
</table>

Un-pasteurized milk drinkers beware. The cattle industry has tainted even the non-pasteurized source (with possibly the exception of organic beef) so it is risky to try non-pasteurized milk — but it’s still preferable to getting sick from pasteurized milk. Be careful and go raw as often as safe. Or do not drink milk at all.

### Milk and Tuberculosis

According to Virgil Hulse, M.D. (author of Mad Cows and Milkgate), half of the dairy herds in America have cows testing positive for bovine tuberculosis. One cow infects another cow with tuberculosis. On January 10, 2005 America became aware of the Michigan hunter who caught bovine tuberculosis from a deer. The deer most likely ran out of the woods onto the cow’s turf and became infected. This story should act as a warning to both hunter and dairy consumer.

Some say that half the dairy herds in America are infected with bovine tuberculosis. Others promote the consumption of raw milk. Neither thought should be comforting to milk and dairy consumers.

✘ "Infected raw milk is the chief means by which milk-borne tuberculosis is transmitted to man.” — Journal
✘ "Many diseases such as tuberculosis are transmissible by milk products." — Journal of Dairy Science 1988; 71
✘ "Some strains of mycobacteria, similar to those that are associated with tuberculosis, have been found to survive pasteurization." — The National Mastitis Council, Inc. 1970 Washington, D.C.

“A Mycobacterium bovis-infected dairy herd of 369 Holstein cows with lactation duration between 200 and 360 days was tested... 170 cows had positive tuberculin test results, and 199 had negative results.” — Journal of the American Veterinary Medical Association, 1998 Sep, 213:6

MORE ABOUT MILK
http://www.notmilk.com
MILK from A to Z: http://www.notmilk.com/milkatoz.html
20 QUESTIONS: http://www.notmilk.com/notmilkfaq.html

As I said before everything works better when we integrate nutrition and breathing development. Begin with the #176Video/DVD and Diaphragm Strengthener. (http://www.breathing.com/video-ds.htm)

FIBER HELPS CLEAN THE LUNGS AND KEEP THEM CLEAN
Fiber is the broom or shovel for your “intestinal debris”.

FIBER AS AN ANTIOXIDANT?
Many studies focus on antioxidants. I think of fiber as a strong antioxidant, though it is not classified as such. If you had a 6-foot high pile of sticks and stones in your driveway and needed to remove them you would want a shovel and wheelbarrow. You would remove the large chunks of debris and then clean off the rest with a water hose. Trying to remove the 6-foot high pile with the water hose would be silly. That is what many try to do when they expect antioxidants to remove the debris that digestion and elimination has not.

Vegetables, fruits, whole grains and flaxseeds are good sources. Fiber is the broom that sweeps clean the cellular debris in the intestines, particularly the colon that otherwise collects and forms cellular debris, bacteria and phlegm.

A gentle intestinal cleansing and fiber source with almost every known fiber source on earth would be: Insulin Dietary Fiber: Oligo-fructose Dietary fiber (for stimulation of Bifidus), Apple Pectin, Guar Gum, Galascomannan fiber, Slippery elm, Cascara sagrada, Kelp, Charcoal powder, Chlorophyll, Zinc Gluconate, Chromium Nicotinate, Manganese Glycanate, copper, Potassium, Molybdenum aminochelate, iodine, Mucopolysaccharide, Aloe Vera Resin, Silymarin, Silica, Barley Grass powder, Arizona Barley Grass Juice Powder, Ride Bran, Butternut Bark, Plantain Ovata, Chaparral, Yellow Dock Root, Rhubarb, Goldenseal root, Black cohosh, Triphala powder, marshmallow, licorice root powder. I’ve purposely omitted psyllium, as many are allergic to it.

Optional support includes using a Colema board, taking an enema, or monthly colonics and copious probiotics, including Threelac, to replenish the healthy bacteria lost due to excess water in the colon from the water cleansings.

From a raw food discussion group:
I suggest that you go to http://www.fitday.com and sign up for a free account. This will take you to a nutrition chart and database where you can input the food that you want to eat in a day. The database calculates the nutrition of the foods and gives you the calorie count and the percentages of carbs, fats, and protein. There is also a wheel that color codes these nutrients so that you get a very clear picture of what your daily diet would look like.

I did exactly this a few weeks ago when I was trying to work out a raw food diet that I could live with. I put in the food that I wanted to eat which was basically green veggie. I thought 2 cups per meal would be good, plus I cup other veggies like carrots and a few nuts for the essential fatty acids, plus the amount of fruit
that I thought I would want to eat during the day around 2 to 3 items: apple and pears.

I was very surprised and pleased to see that I could eat just these foods and have an excellent balance of all the nutrients. I was particularly surprised to see how much protein there was. At lower calorie counts there was already 30% protein.

**Proper diaphragm movement promotes intestinal cleansing!**

The expansion and contraction of the diaphragm as it goes up and down causes movement. That movement translates into downward force to help the fiber be pushed out and the cellular debris along with it.

![Diagram of Body/Torso](http://www.ama-assn.org/.../images/446/atlastorso.gif)

**American Medical Association website**

**Body/Torso -- Side View**

Your torso consists of two parts — the chest and the abdomen. The chest contains your heart and lungs; your abdomen contains the digestive and urinary systems. Your chest and abdomen are separated by a dome-shaped sheet of muscle called the diaphragm.
CHAPTER 7
Digestion and Elimination

The worse your digestion the more your breathing energy gets sidetracked to bear the burden of congestion and/or constipation. Poor digestion steals oxygen, diverts antioxidants and muddies up cellular function with cellular debris.

Digestion, just like breathing, in greater or lesser degree, must occur all the time to maintain optimum health— not just in the stomach, upper and lower intestine and pancreas, but in the blood stream as well, and while you sleep.

Creating efficient digestion is as important as improving the way you breathe!

"Most people do not realize that conditions such as repetitive strain injuries, chronic fatigue syndrome, depression, energy swings, headaches, arthritis, fibromyalgia, depression, etc often have roots in one’s digestive functioning.” Dasha Trebichavska, L.AC.

The more cooked, canned and frozen foods you eat the more you need be concerned about digestion. Many allergies are caused by undigested foods in the blood stream. Undigested foods also cause both detected and hidden excessive mucous that clogs up the pathways of vital body fluids (blood, lymph, urine). This is just the "tip of the iceberg".

Poor breathing and poor digestion are factors in every chronic illness! When people drink liquids during meals, and take drugs that neutralize stomach acid, digestion becomes weak and incomplete. Incompletely digested food creates toxins that interfere with the lymph and energy throughout the body. Acid reflux, hiatal hernia, irritable bowel syndrome, and Chron’s Disease are a few “symptoms” of incomplete/poor digestion.

If the foods you eat are not completely digested, everything you do to establish (or maintain) optimal health will be mostly ineffective!

Concerned about weight control? Our all-natural enzyme combination lets you enjoy eating while you are losing weight. It processes your food so well that you eat less because your body is more efficiently breaking down what you eat, therefore getting more of the nutrition from your food. The enzymes pay for themselves by reducing your food consumption. Take 1-2 Ultimate Enzymes with EVERY meal and before bed. (http://www.healthnuts.net-, use #2177 as your referral)

A few more benefits of proper digestion and elimination.

✔ Take the load off your body and allow it to utilize its oxygen stores for recovery, regeneration and healing instead of processing food.
✔ Increase the surface area of your red blood cells... making it possible to carry more oxygen to all parts of your body
✔ Reduce or eliminate acid reflux
✔ Increase the white blood cell size and activity
✔ Breaking up cholesterol deposits
✔ Shatter crystalline deposits
✔ Stimulate the immune system
• Raise T-Cell activity and production
• Eliminate Yeast
• Reduce unhealthy bacteria
• Assimilate fats
• Digest proteins
• Offset lack of adequate chewing due to using dentures and partials.

TESTIMONIAL
“Hi Mike! You asked why I referred... My brother recently asked me how I lost 25 lbs I put him onto your site because I browsed “Optimal nutrition” and found the info about digestive enzymes from Optimal Digestion. I use them. They work!”

HOW MUCH ENZYMES IS ENOUGH?

How long do you want to live?
The father of modern day juicing, Norman Walker, lived to age 118.

According to Dr. Edwin Howell, the digestive system is designed to only break down approximately half of the food we eat. To appreciate a properly functioning digestive system, it helps to understand the 40 - 60 ratio theory discovered by Dr. Howell. Dr. Howell was one of America's pioneering biochemist and nutritional researchers and in his book "Enzyme Nutrition" he explains how the digestive system is designed to work. Before fire was discovered, man and animals alike could only eat raw food, like raw meat, plants or fruits and vegetables.

Raw foods have the 40 - 60 ratio, which means a raw food like an apple has live food enzymes within the apple that break down and digest 40 to 60 percent of that apple. This leaves the remaining 40 to 60% of the apple to be broken down by our digestive system.

There are only two types of food on earth: 1. Raw foods are enzymatically alive, which means these foods have live enzymes within them to help digest 40 to 60% of that particular food. 2. Cooked and processed foods are enzymatically dead or denatured, which means there are NO live enzymes within cooked foods to help digestion. These dead foods stress the digestive system, the pancreas, the immune system and much more.

I must bring this to your attention: almost all nutritional supplements are cooked and processed. If they don’t have an excellent delivery system, there’s a good chance you’re not getting the benefits you thought you were giving your body.

Enzymes act like a natural magnet to attract fat, stimulate the body's natural metabolism, inhibit bad cholesterol and boost good cholesterol. They also aid tremendously in the process of weight loss and long-term weight management.

Back in the 1960s and earlier our raw foods contained the proper 40 - 60 ratio. Today our raw foods are genetically altered, mineral deficient and are being manipulated for longer shelf life, which means the raw food we eat today could be in a 20 - 80 ratio... which is asking the human body to digest and break down 80% of that food. This is an additional problem because we’re already asking the human body to break down 100% of the cooked and processed foods and supplements we eat, and now, possibly 80% or more of the raw foods we eat. We're really stressing the human body, every single day!

More about this via my online audio: http://www.breathing.com/video/introsite/9min.htm

COULD NOT CHEW IT BECAUSE IT WAS SO TOUGH?

Alligator meat is VERY tough and chewy. A friend emptied some of our Optimal Digestion capsules onto a small piece of cooked alligator. 20 minutes later she could cut the alligator piece with a fork.

To the degree you are not eating 100% raw living foods and/or chew with removable teeth is the degree you need to supplement with digestive enzymes. Use our enzymes with hydrochloric acid in the day with meals and without hydrochloric acid at bedtime without food. It doesn’t matter what you eat if you do not digest it. Take 1-2 Ultimate Enzymes with EVERY meal and before bed. (http://www.healthnuts.net -use #2177
as your referral)

**SECRETS OF OPTIMAL DIGESTION BOOK**

Download our free "Secrets of Optimal Digestion" booklet for 100s of insights about how your health is effected and a simple common sense way to increase ease and dependability of weight control, energy increase, immune system strength, mental clarity and much, much more. 100’s of reasons why taking the enzymes at bedtime gives you so much more benefit than just during the day. [http://www.breathing.com/optimal-digestion.htm](http://www.breathing.com/optimal-digestion.htm)

The majority of colon cancers begin as benign polyps, which appear silently and often produce no symptoms except blood in the stool. Developing a regular screening regimen that includes testing for hidden blood in your stool (using a fecal occult blood test such as LifeGuard®), you can stop colorectal cancer before it has a chance to develop. For a more in-depth approach, order one or more of the vast array of discounted blood, urine stool tests at [http://www.directlabs.com](http://www.directlabs.com) Intestinal products also available, such as for hyperpermeability (leaky gut). [http://www.directlabs.com/testtypes.php#DMSP](http://www.directlabs.com/testtypes.php#DMSP)

**ELIMINATION**

Exercise assists elimination. Moderate movement/exercise moves the lymph system and causes increased circulation and bowel activity.

**Couch potatoes often collect massive amounts of impacted feces in the large intestine. This inhibits bowel function and backs up debris into the lungs.**

The fiber (see chapter on Diet and Nutrition) from the fruits, seeds and veggies, plus adequate water, plus well digested foods (that do not overload the elimination system) allow for easy complete elimination of food based toxic waste.

**Rebounding** plus an oxygen concentrator are a great combination. [http://www.breathing.com/programs.htm](http://www.breathing.com/programs.htm)

Elimination may be safely accelerated with **OxyCleanse**. [http://www.breathing.com/oxy-cleanse.htm](http://www.breathing.com/oxy-cleanse.htm) It’s not habit forming and helps oxygenate the intestinal tract and speeds digestion and elimination.

The skin is one of the primary organs of elimination. Far Infrared Saunas are also a wonderful adjunct to healthy elimination and detoxification. [http://www.breathing.com/sauna.htm](http://www.breathing.com/sauna.htm)

The balanced expansion and contraction of the diaphragm creates parasympathetic enervation — this is the “rest and digest action” of the **Autonomic Nervous System**. Also, as your diaphragm goes up and down it causes downward movement. That movement translates into downward force to help the fiber be pushed out and the cellular debris along with it.

**Unbalanced Dysfunctional Breathing (UDB) inhibits digestion and elimination.**

**The Autonomic Nervous System**

(From *Health & Living* Magazine by Steve Nugent, NMD, PhD)

The somatic nervous system consists of nerves that convey messages from the sense organs to the central nervous system and then to the muscles and glands. The autonomic nervous system is a set of neurons controlling the heart, intestines and other organs. The autonomic nervous system also has two parts — the **sympathetic** and **parasympathetic**. The sympathetic has two paired chains of ganglia (collections of neuron cell bodies). Axons extend from the sympathetic nervous system to the organs.

**The sympathetic system** increases heart and breathing rates and decreases digestive activity. Since all sympathetic ganglia are linked, they act together — "in sympathy" with one another.

**The parasympathetic nervous system** has functions related to, but generally opposite from, those of the sympathetic system. Although these systems oppose each other, they usually act simultaneously. However, the balance of activity may sometimes tilt more toward one system or the other, resulting in one side overtakeing the
other temporarily or continuously.

Parasympathetic activity decreases heart rate, increases digestive rate, and generally promotes energy-conserving, non-emergency functions. Energy conservation means slow fat burn but efficient fat storage, making consistently parasympathetic people more prone to weight problems... more than sympathetic people.

**Affected by the PARASYMPATHETIC Nervous System:**
- Brain (right)
- Hypothalamus (ant)
- Pituitary Gland (post.)
- Pineal Gland
- Parotid Gland
- Tonsils
- Thymus
- **LUNGS**
- Liver
- Adrenal Cortex
- Stomach
- Gall Bladder

**Affected by the SYMPATHETIC Nervous System:**
- Brain (left)
- Thalamus
- Hypothalamus (post.)
- Pituitary Gland (ant.)
- Parathyroid
- Thyroid
- Heart
- Adrenal Medulla
- Kidneys
- Pancreas
- Spleen
- Duodenum
- Intestines (L & S)
- Appendix
- Bone Marrow
- Immune System
- Lymphatic System
- Metabolism
- Ureter
- Prostate
- Bladder
- Ovaries
- Uterus
- Urethra
- Testes
CHAPTER 8.

Water

Unless you have bad kidneys, begin the day with two 8 oz glasses of water as soon as you get out of bed. You lose that much during sleep!

Dr. F. Batmanghelidj author of “Your Body’s Many Cries for Water” recommends this in his books and at http://www.watercure.com and I highly support the increased addition of water to your morning and daily routine! As we age we dehydrate and lose our sense of thirst. This water in the early A.M. will help to get your body used to more water and this also helps to rehabilitate your thirst cravings — worked for me! You can get a lot more information about water at the http://www.watercure.com web site. Start with one ounce of water for every 2 pounds of body weight per day. Raw food advocates say water in fruits can count a great deal but read Dr. B’s books to get the most accurate information, then decide for yourself.

Consider getting a water alkalizer http://www.breathing.com/warter-alkalizer.htm

“Human cells are mostly water and the human body is roughly 60% water by weight.” — (Gerstein M, and Levitt M, Scientific American, November 1998).

To put the above information into perspective, consider the words written by Sir Robert McCarrison, Director of the Laboratory of Human Nutrition, University of Oxford, in the Cantor Lectures to the Royal Society in 1936:

"Strictly speaking, BOTH oxygen and water are to be treated as foods, for of all the supplies on which the body are dependent, they are chief.”

YOU’RE NOT SICK — YOU’RE THIRSTY!

Why 94 diseases get cured naturally with water!
by F. Batmanghelidj, M.D. • http://www.watercure.com

Sorry to report that Dr. Batman died in Nov. 2004. He was a hard working and dedicated health professional but he, as many of us do, had somewhat of a blind side. He had asthma. Mike invited him to develop his breathing. He lived a half days drive from Mike. He never showed up. He died of pneumonia.

“Dr. Batman” (as he liked to be called) left us vital data related to water. Nothing quenches your thirst like good old-fashioned H2O, and it helps you lose weight, too. Drink at least 8—12 glasses a day. I suggest alkalized water using an alkalizer. http://www.breathing.com/water/alkalizer.htm

Keeping water in plastic containers for too long, or reusing them can result in the plastic leaching into the water.

While reading another of Dr. Batman’s books, WATER CURES: DRUGS KILL, you will learn that the medical industry has been defrauding society by forcing the use of toxic chemical medications when the body is only manifesting signs of deep dehydration. It’s now clear that the pharmaceutical industry has invented most of our modern diseases — more than 94 of them!! Discover what these diseases are and how easily water can reduce or eliminate them. Learn his perspective about how allergies, asthma, hypertension, constipation and diabetes are caused or worsened by poor water management. Discover why different pains in the body are actually
indicators of what he called “regional drought” and we call --thirst. Discover why cancer is caused by persistent dehydration in the fourth dimension of TIME.

More About Water
Dry mouth is not a reliable indicator of thirst because the body produces ample saliva. Producing saliva even in a dehydrated state is an over-riding primary function in the body to facilitate the act of chewing and swallowing food. Over salivation begins when the body is short of sodium (sea salt is best), a component of dehydration.

Hydrolytic actions of water drive all chemical reactions in our bodies. Histamine is a neurotransmitter in the body and is primarily a water regulator before its other functions. Chronic dehydration is a primary cause of pain and disease in the human body. Water is a primary inflammation-reducing remedy that helps prevent diseases associated with inflammation.

The following information comes from the book, "Water...for health, for healing, for life" by F. Batmanghelidj, M.D.

✘ Without water nothing lives
✘ Water is the main source of energy - it is the "cash flow" of the body
✘ Water generates electricity and magnetic energy inside each and every cell of the body - it provides the power to live.
✘ Water prevents DNA damage and makes its repair mechanism more efficient.
✘ Water is used to transport all substances inside the body.
✘ Water increase the efficiency of red blood cells in collecting oxygen in the lungs. When water reaches the cell, it brings the cell oxygen and takes the waste gases to the lungs for disposal.
✘ Water clears toxic waste from the different parts of the body and takes it to the liver and kidneys for disposal.
✘ Water is the main lubricant in joint spaces.
✘ Water gives us power and electrical energy for all brain functions, most particularly thinking

Vocal Cords and Water
When vocal cords are not properly lubricated with phlegm (mucous), they redden and swell. This forms callus-like hard masses called nodules that keep the vocal cords from fully closing. I've read they can still cause problems after being surgically removed. To stay out of vocal trouble you need to remove any strain from your voice. If you are considering surgery , PLEASE consider first developing your breathing and voice with one of our OBDSPs (Optimal Breathing Development Singing, Speaking and Personal Power specialists).

To make reasonably sure you are drinking enough water watch the color of your urine. Any color indicates you need more water (taking B vitamins and some medicines color your urine yellow or cause it to be unclear).

The water you drink should be room or body temperature, because water that is too cold constricts and water that is too hot over dilates the mucous membranes. It takes extra ENERGY for your body to cool or heat that water. That's why you should drink water in the first place- for more energy!

Vocal wise, diuretics such as caffeine, wine, tea, or soda cause your mucous to get more concentrated, causing excessive throat clearing. Sugar and acid-forming foods such as dairy and alcohol also cause thickening of mucous.
CHAPTER 9
THE IMPORTANCE OF SUNSHINE and SUNLIGHT

Are You Getting Enough Outdoor Light?
Our natural body rhythms are synchronized by the changing light of the sun from dawn to dusk. We need at least twenty minutes of natural light every day to keep our natural rhythms in working order.

Unfortunately, for our health, very few people get more than a few minutes of outdoor light (unimpeded by windows and glasses) in the winter months. This leads to SAD (Seasonal Affective Disorder).

Do you exhibit “symptoms” of sunlight deficiency?
✗ Does your full body skin receive fifteen to twenty minutes of full-spectrum light without sunscreen every day?
✗ Do you suffer from any sleep disorders?
✗ If you don't get 20 minutes of natural light a day, do you supplement vitamin D?
✗ Do you wear UV – blocking sunglasses?
✗ Do you believe that bright light is bad for you?
✗ If you are elderly you need five times more natural light to regulate the Circadian Rhythm than younger people. Do you receive enough?
✗ Do you have Seasonal Affective Disorder?
✗ Do you feel stress?
✗ Do you get sick frequently?
✗ Is your cholesterol high?
✗ Do you have psoriasis?
✗ Is your sex drive low?

Any of the above could mean that more sunshine is needed.

Forty percent of the population is considered deficient in Vitamin D!
Our bodies (most importantly our eyes), need fifteen to twenty minutes of exposure to the full-spectrum sunlight without sunscreens or UV blocking glasses every day in order for the skin to manufacture vitamin D. Overuse of UVB sunscreen can interfere with vitamin D manufacture. Eyeglasses and windows also interfere with absorbing full-spectrum sunlight.

The light brightness measurement is called a lux. For therapeutic reasons you need to be exposed to light that is at least as bright as dawn or twilight, of 2,500 – 10,000 lux — even on cloudy days. Regular incandescent light bulbs don't even get close, producing 500-1,000 lux on the work surface. If you think that so-called full spectrum lighting is as good as sunlight, try reading a book in the sunshine and then in “full spectrum” light and “see” for yourself which works better.

When natural light is absorbed by the retina of the eye, electrical impulses are carried along the optic nerve to the brain and the hypothalamus, pineal gland, and pituitary gland, where it is used by the body to activate neurotransmitters that turn on many hormonal systems, including the metabolism, reproductive functions, and the internal biological clock called the Circadian Rhythm.

The Circadian Rhythm of the body is activated by light that is significantly brighter and more complex in spectrum than that which is needed for visual work. NASA installs full-spectrum lighting in spacecraft for this reason. It helps.
Light exposure raises serotonin, which keeps you awake and alert.
Melatonin rises in the dark, which makes you sleepy. It is suppressed by daylight. If you don't get enough light of sufficient intensity (lux) you produce too much melatonin, which makes you groggy. (If you are tired during the day, you might go out and get some sun!)

Too much of a good thing can become a bad thing. Ionizing radiation creates free radicals that damage cells and are associated with cancer. Diet (antioxidants) and lifestyle factors can remove the free radicals and accelerate the repair of any damage they have caused. The ultraviolet rays that cause sunburn also produce vitamin D that is necessary for calcium absorption and may aid cancer prevention. Just be moderate with your sun exposure and you will reap MANY health benefits!

**ACTION STEPS**
Bathe your eyes in natural outdoor light without any glasses for up to 20 minutes every day. Soak it up - in a walk, on a deck, in a lawn chair, at the beach. Through your eyes, light goes directly to the hypothalamus, and from there to every cell in your body and it helps your skin manufacture Vitamin D, an essential nutrient. Work with a natural Vision trainer such as [http://www.visionofjoy.org](http://www.visionofjoy.org) I know Joy personally and you will get the very BEST attention.

Take your lunch break outdoors whenever you can. You don't need to be in the direct sun. A porch is fine!

Take the opportunity to read the daily newspaper in the sun; look at your mail there, too. In the winter, walk somewhere that isn't icy, so that you stay warm.

If you are disabled, infirm, or unable to get outside for whatever reason, including living in a city, sit by an open window for 20 minutes or so every day, if it isn't too cold.

**Sleep Deprived Baby?**
Try Sunlight [http://www.mercola.com/2004/dec/8/baby_sleepin.htm](http://www.mercola.com/2004/dec/8/baby_sleepin.htm) If you are having a hard time getting your baby to sleep through the night, you might want to consider a natural solution: SUNLIGHT. Find out why exposure to light plays a crucial role in your infant's sleep behaviors and learn how to reap the benefits of sunlight during the cold winter months.

With proper diet and supplementation (see your health ND and/or professional about this) everyone, including cancer patients, can increase their tolerance for sunlight, thereby enjoying more health benefits that sunlight can provide by intake of appropriate nutrients. The impact of sunlight on the skin will become more controversial as the years go by. This is partly due to continued pollution-caused destruction of the earth's ozone layer that blocks UV radiation.

**SUNBATHING HELPS HEAL ALMOST EVERYTHING!**
**Heliotherapy - the practice of sunbathing** (search engine it)

Dr. Zane R. Kime writes “those who get more sunlight have less cancer. Sunbathing heals cancer by building up the immune system and increasing the oxygen in the tissues. Sunlight does not cause skin cancer. Healthy people do not get cancer and -unhealthy people do get it. Chronic sunburn combines with free radicals to cause skin cancer. Sunlight may change free radicals, dietary fat, cholesterol and deranged antioxidants via cooked foods into skin cancer. Under the influence of sunlight, these toxic foods are brought to the skin. Cooked foods have had their antioxidants, particularly vitamins C and E, reduced or deranged by cooking. The sources of free radicals are mainly dietary fat, especially polyunsaturated fats, but also fats and oils applied to the skin in suntan lotion and other cosmetics. Suppression of the immune system by drugs may be involved in skin cancer that is stimulated by sunlight. X-rays and chemotherapy cause cancer.”

According studies documented by: Dr. Z. Kime, Sunlight, World Health Publications)

* Exposure to sunlight increases the body's ability to metabolize cholesterol, leading to a 13% decrease in blood cholesterol levels. (New England Journal of Medicine)
Studies indicate that exposure to UV light may have similar effects as exercise: a decrease in blood pressure, a lower resting heart rate, and a 39% increase in the heart's output of blood. (University of Frankfurt, Germany)

Reports from the National Psoriasis Foundation indicate that 80% of those suffering from this skin disease improve when they are exposed to UV light.

Sunlight and UV exposure may aid in the prevention of the common cold. Ten minutes of exposure to UV light one to three times a week has been demonstrated to reduce the frequency of colds up to 40.3%. Another study conducted with 4,000 male college students showed a link between more sunlight exposure and fewer colds. (Dr. Z. Kime, Sunlight, World Health Publications)

Great information about sun gazing. A little extreme but with deep truths to offer. Decide for yourself.  [http://www.sungazing.com](http://www.sungazing.com)

I have a neighbor who is 66 and has emphysema, skinny as a rail, eats junk food and smokes like a chimney. I wondered what is keeping her alive and then recalled that she sunbathes almost every day. Hmmm...

I also used the strapping technique on her that is taught in the #176 DVD/video Fundamentals of Optimal Breathing® Program: [http://www.breathing.com/video-strap.htm](http://www.breathing.com/video-strap.htm)
CHAPTER 10
Nutritional Supplementation

Optimal nutrition classifies the degenerative diseases as deficiency disorders that should be prevented by proper water and nutrition — not by chemical drugs!

I believe that supplementation is absolutely necessary. See your health professional or the product label for proper quantities. Be very cautious about anecdotal health benefit sharing of friends selling multilevel products. Many are valuable — but are they for YOU?

Note from Jan Jenson: “Learn kinesiology (muscle testing), dowsing and/or how to use a pendulum and take charge of your own health needs. Your body (your higher self) will help you choose what is right for you!”

Many people believe that eating a well balanced diet provides all the vitamins and minerals necessary for good health. In ideal circumstances, this is the case, but in reality there are many reasons why you may need vitamin supplements to cope with living in the twentieth century environment. Taking vitamins when required is a safe method of optimizing your dietary sources of nutrients, providing you follow the instructions of your health professional.

Remember that dietary shortfalls can actually hinder brain function and sound reason. Don’t be like the man who represents himself in court and have a fool for a client.

This collection is not even close to complete and is offered to stimulate your curiosity to learn more about your specific needs:

1. Poor Digestion
Even when your food intake is good, inefficient digestion can limit your body's uptake of vitamins, minerals, trace minerals and essential fatty acids. Some common causes of inefficient digestion are not chewing well enough due to too few chomps and chews or dentures (did you know that removable dentures are up to 85% less efficient in chewing than your own real teeth) and eating too fast, which results in larger-than-normal food particle size, which invites food allergy and constipation. Also, food particles that are too large will inhibit complete action of digestive enzymes.

2. Hot Coffee, Tea and Spices
Liquids consumed with meals dilute your digestive juices. Frequent drinking of liquids that are too hot, or consuming an excess of irritants such as coffee, tea or pickles and spices can cause inflammation of the digestive linings, resulting in a reduction of secretion of digestive fluids and poor extraction of vitamins and minerals from food.

3. Alcohol
Excessive alcohol consumption is known to damage the liver and pancreas, which are vital to digestion and metabolism. It can also damage the lining of the intestinal tract and adversely affect the absorption of nutrients, leading to sub-clinical malnutrition. Regular heavy use of alcohol increases the body's need for the B-group vitamins, particularly thiamine, niacin, pyridoxine, folic acid and vitamins B, A and C as well as the minerals zinc, magnesium and calcium. Alcohol inhibits availability, absorption and metabolism of nutrients.

4. Smoking
Smoking 'too much tobacco’ is also an irritant to the digestive tract and increases the metabolic require-ments of Vitamin C, all else being equal, by at least 30 mg per cigarette over and above the typical requirements of a non-smoker. Vitamin C, which is normally present in such fruits, will oxidize rapidly once these fruits are cut,
juiced, cooked or stored in direct light or near heat. Vitamin C is very important to immune function.

5. Laxatives
Overuse of herbal laxatives can result in poor absorption of vitamins and minerals from food, by hastening the intestinal transit time. Some mineral oils increase losses of fat-soluble vitamins A, E and K. Other laxatives used to excess can cause large losses minerals such as potassium, sodium and magnesium.

6. Fad Diets
Bizarre diets that miss out on whole groups of foods can be seriously lacking in vitamins. Even the popular low fat diets, if taken to an extreme, can be deficient in vitamins A, D and E. Vegetarian diets, which exclude meat and other animal sources, must be very skillfully planned to avoid vitamin B12 deficiency, which may lead to anemia.

7. Overcooking
Lengthy cooking or even worse, reheating of meat (possibly spoiled or rancid) and vegetables can oxidize and destroy heat susceptible vitamins such as the B-group, C and E. Boiling vegetables leaches the water soluble vitamins B-group and C as well as many minerals. Preferably raw or sometimes light steaming is preferable. Some vitamins, such as vitamin B6 can be destroyed by irradiation from microwaves.

8. Food Processing
Freezing food containing vitamin E can significantly reduce its levels. Foods containing vitamin E exposed to heat and air can turn rancid. Many common sources of vitamin E, such as bread and oils are nowadays highly processed and reduces or destroys all vitamin E. Any process that increases storage life will probably lower nutrient levels. Vitamin E is an antioxidant, which defensively inhibits oxidative damage to all tissues. Other vitamin losses from food processing include vitamin B. and C.

9. Convenience Foods
A diet overly dependent on highly refined carbo-hydrates, such as sugar, white flour and white rice, places greater demand on additional sources of B-group vitamins to process these carbohydrates. An unbalanced diet contributes to such conditions as irritability, lethargy and sleep disorders.

10. Antibiotics
Some antibiotics (although valuable in fighting infection) also kill off friendly bacteria in the gut, which would normally be producing B-group vitamins to be absorbed through the intestinal walls. Such deficiencies can result in a variety of nervous conditions. Therefore, it may be advisable to supplement with B-group vitamins and especially probiotics when on a lengthy course of broad-spectrum antibiotics.

11. Food Allergies
The omission of whole food groups from the diet as in the case of individuals allergic to gluten or lactose can mean the loss of significant dietary sources of nutrients such as thiamine, riboflavin or calcium.

12. Crop Nutrient Losses
Most agricultural soils are deficient in trace minerals (and have been since the 1930’s!). Decades of intensive agriculture can overwork and deplete soils unless all the soil nutrients, including trace elements, are regularly replaced. This means that food crops can be depleted of nutrients due to poor soil management. In one U.S. Government survey, levels of essential minerals in crops were found to have declined by up to 68 per cent over a four-year period in the 1970’s. In 2004-2005 it is doubtful that trend has improved.

13. Accidents & Illness
Burns lead to a loss of protein and essential trace nutrients such as vitamins and minerals. Surgery increases the need for zinc, vitamin E and other nutrients involved in the cellular repair mechanism. The repair of broken
bones will be retarded by an inadequate supply of calcium and vitamin C and conversely enhanced by a full dietary supply. The challenge of infection places high demand on the nutritional resources of zinc, magnesium and vitamins B5, B6 and zinc.

14. Stress
Chemical, physical and emotional stresses can increase the body's requirements for vitamins B2, B5, B6, B12 and C. Air pollution increases the requirements for vitamin E.

15. P.M.T. & P.M.S.
Research has demonstrated that up to 60 per cent of women suffering from symptoms of pre-menstrual tension, such as headaches, irritability, bloatedness, breast tenderness, lethargy and depression can benefit from supplementation with vitamin B6.

16. Teenagers.
Rapid growth spurts, such as in the teenage years, place high demands on nutritional resources to underwrite the accelerated physical, biochemical and emotional development in this age group.

17. Pregnant Women
Pregnancy creates higher than average demands for nutrients to ensure healthy growth of the baby and comfortable confinement for the mother. Nutrients that typically need to be increased during pregnancy are the B-group, especially B1, B2, B3, B6 folic acid and B12, A, D, E and the minerals calcium, iron magnesium, zinc and phosphorous.

18. Oral Contraceptives
Oral contraceptives can decrease absorption of folic acid and increase the need for vitamin B6 and possibly vitamin C, zinc and riboflavin.

19. Light Eaters
Some people eat very sparingly, even without weight reduction. Under eating can cause deficiencies in thiamine, calcium and iron.

20. The Elderly
The elderly have been shown to have a low intake of vitamins and minerals, particularly iron, calcium and zinc. Essential fatty acid and folic acid deficiency is often found in conjunction with vitamin C deficiency. Fiber intake is often low. Riboflavin (B2) and pyridoxine (B6) deficiencies have also been observed. Possible causes include impaired sense of taste and smell. Reduced secretion of digestive enzymes, chronic disease and sometimes physical impairment.

21. Lack of Sunlight
Invalids, shift workers and people whose exposure to sunlight may be minimal can suffer from insufficient amounts of vitamin D which is required for calcium metabolism, without which rickets and osteoporosis (bone thinning) has been observed. Ultraviolet light is the stimulus to vitamin D formation in skin. It is blocked by cloud, fog, smog, smoke and ordinary window curtains and clothing.

22. Bio-Individuality
Wide fluctuations in individual nutrient requirements from the official recommended average vitamin and mineral intakes are common, particularly for those in high physical demand vocations, such as athletics and manual labor. Taking into account body weight and physical type, protein intake influences the need for vitamin B6 and for some proteins can be satisfied with fresh fruits and vegetables.
23. Low Body Reserves
Although the body is able to store reserves of certain vitamins such as A and E, Canadian autopsy data has shown that up to thirty percent of the population have reserves of vitamin A so low as to be judged "at risk". Vitamin A is important to healthy skin and mucous membranes (including the sinus and lungs) and eyesight.

24. Athletes
Athletes consume large amounts of food and experience considerable stress. These factors affect their needs for B-group vitamins, vitamin C and iron in particular. Tests on many athletes, such as football players, have shown wide ranging vitamin deficiencies.

The depth to which breathing obstructions go are not just limited to the lungs. The sinuses are a primary player. Most people don't realize that the sinuses are huge and go way back into the head.

Mike’s Note: I bolded the products I personally would start with for lung health but you should consult a health professional for the exact balance of all this.

MAIN THEME.
Lungs, sinus, digestion, cleansing, detoxification, anti-fungal

1. Acetyl-L-carnitine
2. Alpha-lipoic acid,
3. Beta Carotene
6. Bronchial Tissue Extract supports & strengthens the bronchials. Important be-cause it targets the bronchial tree
8. Caprilic acid — oregano (an herb) excellent for bronchial problems.
9. Coenzyme Q10 — an oxygen-producing coenzyme for the body.
10. Colloidal Silica — supports the lung alveoli.
11. Colloidal Silver – natural antibiotic
12. Coltsfoot. Used for centuries as a cough dispeller by ancient heal-ers such as Dioscorides, Galen & Pliny.
13. Columbine Flowers. A St. Hildegard favorite for infections of the rows of lymph glands in the neck, particularly in children. Good for sinusitis
14. Comfrey Root - good for the lungs, especially for coughing
15. DMG. Another oxygen-producing substance. Helps brain oxy-gen levels.
16. DMSO. Strong oxygen transport.
17. Echinacea. Excellent for viruses and bacterium.
19. From Dr. James Biddle. For pulmonary fibrosis, add melatonin 6-18 mg at bed. Plus Zinc lozenges 80 milligrams total including all other supplements
20. Garlic natural or (Kyolic) protects against pneumonia.
Green foods You’re My Everything from E3Live http://www.breathing.com/e3live.htm contains spirulina, chlorella, MSM and others.
22. Ginger
23. Goldenseal
24. Glutathione. August 2002 issue of Nutrition & Healing newsletter, Jonathan V. Wright, M.D., discusses COPD at length, and states that “nebulized, inhaled glutathione is the No. 1 natural treatment for COPD in my practice.” Regular e-Alert readers will recognize glutathione as the powerful antioxidant
and amino acid molecule.
25. **Histidine.** An amino acid used for its antihistaminic abilities.
26. Horseradish — table spoon with lemon juice for phlegm
27. **Juice carrots, spinach** - see Norman Walker’s Fresh Vegetable Juices book
28. Kelp
29. **Lipoic acid**
30. **Lungwort.** favorite of S1 Hildegard of Bingen for all lung prob-lems.
31. **Magnesium.**
32. Mullein. can stop bleeding in the lungs and create an overall strengthening
33. **Olive Leaf Extract**
34. Oregano oil, VERY potent bug killer for the lungs. [http://www.breathing.com/oregano-oil.htm](http://www.breathing.com/oregano-oil.htm)
36. **Probiotics** — ProFlora - purchase at [http://www.breathing.com/programs.htm](http://www.breathing.com/programs.htm)
37. **ProEfa** - Essential fatty acids. Fish oil, borage etc. breathing.com programs page
38. **Protease, Amylase, Lipase, Bromelain.** Used to assist the digestion of protein, fat & carbohydrates. See [http://www.breathing.com/optimal-digestion.htm](http://www.breathing.com/optimal-digestion.htm)
39. **Pycnogenol.** Major antioxidant
40. **Quercetin.** Antioxident/bioflavonoid used for its anti-histamine properties to assist the sinuses.
41. **Sandalwood** (Santalum Album) lungs & sinuses. Used for 2000 years with great success in the Tibetan medical tradition
42. Selenium
43. **Taurine**
44. **Thyme.** Culpepper, stated that Thyme is "a noble strengthener of the lungs."
45. **Umeboshi Plum.** Alkalizing properties to lungs & sinuses.
46. **Vitamin A emulsion** — vitamin A precautions. Beta carotene is the precursor to vitamin A. Use carrot juice as the source or encapsulated supplementation
47. **Vitamin B2** ( riboflavin) Helps mild asthma if taken consistently..
48. **Vitamin C** daily to bowel tolerance –
49. **Vitamin E**
52. We need oxygen and we need water. The best of BOTH worlds from [http://www.Oxywater.com](http://www.Oxywater.com)
53. **Wheat Grass** Fresh 1 oz 2 times daily
54. **Yakriton.** A liver extract that is a very good anti-histamine.
55. Food-allergy rotation diets, magnesium, and vitamins B-6, B-12, and C are a popular combination.

**Antifungal**
Clarkia. DOUBLE Tincture – Extra Strong
**Proflora** - oodles of it [http://www.breathing.com/proflora.htm](http://www.breathing.com/proflora.htm)
Threelac
Caprilic acid

**Cleansing**
**Oxycleanse.** Gentle, non-habit forming. Ok for long-term use: [http://www.breathing.com/oxy-cleanse.htm](http://www.breathing.com/oxy-cleanse.htm)
Arise and Shine – Cleanse and Heal Thyself. One of the best. [http://www.ariseandshine.com](http://www.ariseandshine.com)
Jon Cotton’s great program at [http://www.Totalhealthsecrets.com](http://www.Totalhealthsecrets.com)

**Books etc**
Norman Walker’s **Fresh Vegetable Juices.** Easy on the sweet ones due to candida and diabetes.
**Juicers** from [http://www.discountjuicers.com](http://www.discountjuicers.com)
Any book by Paul Bragg

Subscribe to Living Nutrition Magazine at http://www.livingnutrition.com

Multi Vitamin Supplements
Over 5,000 supplements from TID Health  http://www.tidhealth.com
Immune Support — http://www.breathing.com/immune.htm
SPARX — purchase at http://www.breathing.com/sparx.htm

Look for King Bio products

REGENERATING ALVEOLI with nutrition — instead of drugs!
Scientists funded by the National Heart, Lung and Blood Institute have demonstrated a remarkable regeneration of alveoli, which returned to their normal size and number. In research using rats at the Georgetown University School of Medicine, treatment with retinoic acid, a metabolite of vitamin A, resulted in a non-surgical reversal of damage caused by emphysema for the first time. Not only was the number of alveoli increased in normal rats, but alveoli in rats with emphysema were repaired and lung elasticity recoil was significantly improved. Though these studies have so far been conducted only in animals, results are very promising, leading a number of physicians to put their emphysema patients on retinoic acid therapy.

This points to why many people live quite well following strict nutritional guidelines and moderate exercise.

I am confident that this remarkable nutritional-based therapy will be more widely adopted. In fact, the FDA may be approving all-trans-retinoic acid for emphysema therapy. All-trans-retinoic acid must now be prescribed by a physician.

To accelerate success with this process I highly recommend you integrate the techniques in our Breathing #176 Development Fundamentals program http://www.breathing.com/video-strap.htm
Chapter 11
Hair, Urine, Fecal, Lung and Blood Testing

Hair analysis
Hair mineral analysis offers you a clear understanding of your body's mineral and trace element levels. It can usually identify inorganic toxic materials that may be present so that appropriate treatments can be begun to eliminate them naturally from your body. For a laboratory hair analysis ask your health professional or go to http://www.sanascan.com or http://www.discountlabs.com

Urine Tests.
Aside from manipulating urine tests to hide drug use, a person can learn a great deal from the contents of their urine. Urine contains by-products of many chemical reactions occurring in the body that may indicate precursors to kidney disease or hypoglycemia. Urine tests being used to screen for cancer is a possibility raised by recent work of Yinfa Ma, a chemistry professor at Truman State University in Kirksville, Mo. http://whyfiles.org/shorties/urine_test.html

Visit Direct labs http://www.directlabs.com and add Urine to your Wellness profile blood work request. You receive a kit and take the urine samples to the blood drawing facility or mail it to a pre-specified lab.

Fecal testing
The Comprehensive Digestive Stool Analysis (CDSA) is the original noninvasive evaluation of gastrointestinal function that includes analyses of digestion, absorption, bacterial balance, yeast and parasites. This profile is recommended for those with diffuse and nonspecific GI-related symptoms, such as indigestion, dysbiosis, constipation, and diarrhea. See http://www.directlabs.com

Smokers Testing
The "SmokerTest®" offers you:
* detection of lung cancers before the appearance of any clinical sign or radiological procedures
* faster diagnosis in the presence of an isolated symptom
* follow-up of the illness during treatment
* post-treatment relapse watch, before any clinical signs. See http://www.directlabs.com

Testing you can afford!!
Direct Labs - Discount blood testing and evaluation.
http://www.directlabs.com

Millions of us take many supplements, but do we know which ones and how much we should take?
Direct Labs provide laboratory screening tests for individuals who desire to take charge of their own health and to assist in the prevention or early detection of disease. Direct Lab's goal is to provide low cost, high quality screening services directly and confidentially to the consumer. http://www.directlabs.com

In addition to low cost blood testing, you can learn about the DLS/CellMate Wellness Test, an interpretive report which does an analysis of blood test results to give you a health status through your unique biochemistry plus recommended supplements, diet and recipes. http://www.directlabs.com

Comprehensive Wellness Profile $89 includes: lipids, cbc's thyroid + tsh, kidney, liver, glucose and more.

For faster service - mention www.Breathing.com and pay only $10.00 extra.

Blood test is ANSWERS ONLY. NO explanation. Get urine also for extra $$. They also have an optional full explanation of the report plus recommended diet and supplements. It is called a Cell Mate. I use it myself. Direct Labs 800-908-0000 (New Orleans time zone) http://www.directlabs.com
Chapter 12
DETOXIFICATION

Do you need to remove toxins causing a health problem?
Do you feel congested from too much food, or the wrong kinds of food?
Do you feel lethargic, like you need a good spring cleaning?
Do you want to eliminate drug residues?
Do you want to offset stress to the body after illness or hospital stay?
Do you want to streamline your body processes for more energy?
Do you want to assist weight loss?
Do you want to clear up your skin?

The following information is suggested for general maintenance. Chemically sensitive people may need a lot more detoxification methods... or if this still finds you stuffy, sneezing, headachy and coughing, you may be chemically sensitive as well and need to see a specialist.

Toxins Run Rampant!!
According to Dr. Ted Cole of the Cole Center in Cincinnati, OH, a popular song from the 1930’s told us “Life is just a bowl of cherries.” In 2004, an updated version of that song might go “Life is just a bowl of toxins.”
How is that toxicity affecting your health and your life?

Toxic exposure is not limited to people who work in nuclear power plants or live near toxic waste dumps. Every person is constantly exposed to toxins. The average person has between 90 and 300 different toxins in their tissue. Toxin exposure actually starts BEFORE conception. How many mothers worry about the germs on a pacifier, but think nothing of wrapping their infant in a blanket treated with harsh chemicals like brominated flame retardants and perflourinated chemicals like ScotchGuard? What effects do chemicals such as these have on infants? What effects do chemicals such as these have on any of us? We may never know. A more precise picture of human contamination with industrial chemicals is not possible, because there are very limited requirements for conducting basic health and safety testing.

A study done by the Mount Sinai School of Medicine (available at http://www.ewg.org) identified 167 toxic chemicals in the human body. How do you define toxic? Of those 167 toxic chemicals:
76 have been identified as cancer causing agents
79 have been identified as causing birth defects and delayed development
86 have been identified as causing hormone problems
94 have been identified as causing diseases of the brain and central nervous system
77 have been identified as causing diseases of the reproductive system
82 have been identified as causing diseases of the blood and the cardiovascular system
77 have been identified as causing diseases of the immune system

According to the study, an AVERAGE person has 91 of these toxins in their tissues. Depending on where you live, or work, or go to school, you could have a lot more. And that’s just the external toxins that we are exposed to every day, similar to air pollution and water pollution. But there are internal toxins as well. There are toxins in our bodies that are a natural product of life. Free radicals are toxins that our bodies produce as a normal part of metabolism. An excess of these free radicals damage the body and cause nutritional deficiencies. We create toxins when we upset the acid/base balance in our body. Most diseases are acid diseases, meaning the body fluids have turned acidic.

The most common causes of acidity are: a diet high in meats,
white flour, sugar, and hydrogenated oils along with tap water.
The fewer toxins you have in your body, the healthier you will be. There are two issues to address. You need to
reduce the number of toxins you are exposed to, and remove the toxins already inside of you. Mobilization and
excretion are required for detoxification, and the human body has many organs that work to rid you of toxins.

The lungs offer three major methods of detoxification: impaction, sedimentation and diffusion.

Any toxin that is not expelled by these methods will enter and stay in body tissue.

The liver is the primary organ in your detox defense. The liver is involved in sugar, protein and fat metabolism,
as well as storage of vitamins, removal of toxins and hormones. The skin contains Cytochrome P-450 enzymes
to improve the excretion of toxins via sweat. The intestinal tract excretes toxins via stool. A normal bowel
function should be 1-3 soft stools a day. Constipation is a major problem because it allows toxins to be
further re-absorbed. Your kidneys remove water-soluble substances via the urine and it can be very sensitive
to chemical damage. The lymph system acts as a “second circulatory system”. It is a drainage system for the
connective tissue that carries waste products and toxins to the appropriate area for excretion.

Here are other methods you can use to minimize the amount of toxins your body needs to deal
with:
Therapies - Different toxins respond to different therapies. The body is faced with two choices when exposed
to a toxin: eliminate it, or keep it. If it cannot be excreted, the toxin is bound to various tissues, and does not
show up very well on many tests.

Some of the therapies to look for include:
I Chelation binds with metal to remove it from tissue
I Tissue Mineral Analysis gives metabolic and nutritional information
I Ozone Steam Detox is effective in removing chemicals
I Neural therapy is a method to track down noxious agents that are affecting health.
I Herbs have multiple effects and include detox, nutritional, tonic, regenerative, etc.
I Fasting can be very stressful and can make things worse, and it must be done carefully and with the right
personal support.
I Hyperbaric Oxygen Therapy has significant detox effects, but cost is an issue for some
I Energetic/Emotional work
I Color therapy
I WATSU –Water shiatsu
I Acupressure
I Essential Oils are similar to herbs but are more concentrated and potent. These have effects on several areas
such as detoxification, immune support, anti- infectious processes, and hormonal balance. See our Respiratory
Enhancer
I Massage helps with lymph drainage, improves circulation and muscle tone, and decreases inflammation.

Detox should be viewed as an ongoing daily process as much as bathing
and brushing one’s teeth. Due to our environment, we are constantly
exposed to toxins, and it is best to view this as an ongoing process. Teach
your children what their home and local detoxification needs are.

Foods for Detoxification
Organic foods have less toxic loads than commercially grown foods. Frozen foods are better than foods stored
in aluminum cans. Juicing organic fruits and vegetables is nutritious and healthy. Avoid artificial
sweeteners. Artificial sweeteners are full of chemicals that the body cannot process, and many artificial
sweeteners stimulate appetite.

Stevia, Erythritol, xylitol and aguave are good alternatives to sugar.

These foods are great for detox and safe to consume every day. Blend them altogether to taste using a new VitaMix on eBay $400.00 (or used approx $125.00). Juicing organic fruits and veggies is good also but the fiber is a better “mover” of large solid debris.

1. Apples and grapes are high in fiber to cleanse the colon. "The pectin present in apples helps detoxify the gut, while the phytonutrients in grapes support the immune system, which in turn addresses toxins in the body," says integrated-medicine specialist Elson Haas, M.D. Both fruits are easily tainted by pesticides, so buy organic when possible. (Miracle 2 Neutralizer is a good wash for produce because it neutralizes pesticides and herbicides.)

2. Artichokes are a source of antioxidants and liver-supporting cynarin. "Artichoke not only cleanses the liver," says holistic nutritionist Ann Louise Gittleman, Ph.D., "but also helps convert the inactive T 4 thyroid hormone to an active T3, which helps to increase metabolism and weight loss. Artichoke also helps the liver decongest fats."

3. Cranberries kill bacteria in the urinary tract and contain digestive enzymes that cleanse the lymphatic system, says Gittleman. Unsweetened cranberry juice is available at health-food stores.

4. Leafy greens like chard, kale, spinach, dandelions, chickweed, and salad leaves not only are among the most nutrient-rich vegetables, they help purify the GI tract. Buy organic-or collect fresh greens from untreated soil.

5. Lemons contain antioxidant, antiseptic, and cleansing substances. Once ingested, lemon's alkaline effect helps counter excess acid, while its high vitamin-C content bolsters the immune system.

6. Whey, a milk protein that's rich in amino acids, offers immune-system and bone support. Research has shown it also helps the body produce more glutathione, facilitating toxin removal. Suggest you get un-denatured whey powder which needs refrigeration.

HERBS FOR DETOXIFICATION

Your detox plan should support the organs and systems that naturally neutralize and eliminate toxins. These botanicals offer a good start:

Schisandra (Schisandra chinensis), a Chinese tonic herb, is a multitasker. "It's an antioxidant, an anti-inflammatory, a liver protector-they keep finding out more about it," notes Tilgner. Chew the berries, drink the tea, or take 10 to 50 drops of tincture, up to four times a day. (Talk to your doctor if you have high blood pressure.)

Burdock (Ardisia lappa), the cleansing herb of our grandparents, can today back up its traditional use with research. It helps protect the liver and clears toxins that lead to skin eruptions like eczema and acne. Cook with the root, or take 20 to 40 drops of tincture up to four times a day.

Milk thistle (Silybum marianum), known for centuries as a liver cleanser, has been clinically shown to increase levels of glutathione, the amino-acid compound that's necessary for toxin removal. Take a teaspoon or two of the ground seeds twice a day, or ingest it as a tea or tincture, or in capsules, according to package instructions.

Sylimaric, which is a complex of flavolignans, is another option.)

Licorice (Cilycyrhiza glabra) supports the liver, the adrenals, and the immune system. It also acts as a gentle laxative. Take it as a tea or tincture according to package instructions. Licorice may not be appropriate for patients with high blood pressure, so consult your doctor before using it if you are at risk.

Dandelion (Taraxacum officinalis) stimulates the gallbladder, the kidneys (as a diuretic), and the liver, increasing bile production. The more bitter, the better, advises herbalist Sharol Tilgner, N.D., at least in terms of increasing the liver's ability to function optimally. Harvest some fresh, or purchase as a tea.

ENVIRONMENT
The average person breathes 150 pounds of particles and toxins per year. HEPA filters are OK, but a negative ION filter and/or an electrostatic filter in the house provides the best quality air. Negative ION generators bind with particles in the air and remove them. Avoid being around tobacco smoke.

**HOME, OFFICE, OUTSIDE**

Home can be a major source of toxic exposure. There are simple things you can do to eliminate some of the toxins. Reduce exposure to toxic chemicals by eliminating synthetic air fresheners, cleaning agents that contain ammonia, or chlorine, dryer softener sheets, pest control sprays, and chemical based lawn services from your home.

Geopathic stress can be toxic to the body. To reduce toxic exposure, use a headset rather than pressing your cell phone to your head. Choose a watch that winds or self winder rather than a watch with a battery. Be aware of things that may interfere with your electromagnetic field (microwaves, wireless phones, power lines, electric blankets, some computers, etc). Don’t forget about your emotional/energetic environment. Your relationships with friends, the boss, your job, fellow employees, and social groups can be toxic. This will eventually affect the physical body. Get Debra Dadd’s book: The Non Toxic Home

Taking a hot shower in regular chlorinated tap water exposes you to vaporized chlorine, which is highly toxic. An inexpensive shower filter from http://www.ionlight.com will make your morning shower healthier. Skin brushing replenishes and invigorates the skin. Antibacterial soap does not make you cleaner or healthier. Glycerin soaps are a great toxin-free alternative. Avoid deodorants containing aluminum and propylene glycol and toothpastes containing sodium laurel sulfate (it foams) and fluoride. Use makeup that is non-toxic. Avoid parabens and ethylene glycol, and avoid toxic hair color, perms, etc.

**TOXIC HOUSEHOLD CLEANERS**

The average house-hold stores 3 to 25 gallons of toxic materials, mostly in the form of cleaning supplies. Some have been linked to cancer, asthma, liver or brain damage. Remove products with labels reading "warning," "danger," or "poison" to a hazardous waste facility.

Eliminate anything containing alcohol, ammonia, chlorine, formaldehyde, acids, lye, or propellants. This includes powder cleanser and all-purpose spray cleaner, both of which usually contain bleach, and ammonia-based glass cleaner. (Even in small amounts, bleach and ammonia can irritate your eyes, skin, nose, and throat.) Substitute plant-based products such as those made by Ecover and Mrs. Meyer's.

Natural disinfectants and cleaners like borax and vinegar also work well.

(Adapted from Jan Jenson @ The WELLth Coach!)

- **Miracle 2 products** are fabulous and have all sorts of practical and life-saving uses! They are liquid cleansers made without chemicals of any kind. They work better than the toxic stuff normally found in stores and the ingredients are entirely from plant sources.
- Each of these products are so free of toxic substances of any kind, you can drink them without ill effect!
- As a matter of fact, taken internally in small amounts, these Miracle II Soaps are very effective at detoxing the body.
- Sounds too good to be true ... an industrial-strength, multi-purpose cleanser that will meet all your personal care and household needs. These inspired, concentrated formulas are made from all-natural ingredients and will clean, degrease and deodorize anything, from your glass and mirrors, carpet and upholstery and even heavy cleaning such as grease traps and oil spots on the concrete garage floor, to your baby's bottom.
- **These Miracle 2 Soaps form a toxin-cleansing system.** No fragrances in them. Totally safe around small children and pets. In fact, my cat won’t drink water without Neutralizer!
- **The basis of Miracle 2’s function is pH balance**, alkalinity; not only in the human body, but also applicable in agriculture, bringing our soured soils back to alkaline balance. Major reports from worldwide growers are attracting more agricultural application, which can help millions.


TOLL FREE order line: **1-888-236-2108** Use Affiliate ID #364
PESTICIDES
Studies have linked pesticides to cancer, birth defects, infertility, and damage to the central nervous system. Kill cock-roaches, ants, and termites by dusting borax in suspect areas. For major ant infestations, mix borax and water with a little sugar (for sugar ants) or grease (for grease ants). Safety note: Though it's natural and relatively safe, borax is not entirely non-toxic so keep it away from food, children and pets. Vacuuming regularly also holds down the dust mite and creepy crawler population.

CHEMICAL LEFTOVERS
Another name for old paint and stains, motor oil, batteries, thinners, and solvents is toxic trash. These have chemicals that, when disposed of unsafely, can injure sanitation workers, contaminate septic tanks or wastewater treatment systems, and pollute ground and surface water.

Deliver them to a hazardous-waste drop-off center. Call your city's sanitation department for the location of your nearest site. The EPA also offers information about disposal and recycling on its Web site (epa.gov). If you have enough paints or stains left over, see if you can give them to a neighbor, charity, or business who will use them.

DEAD TECHNOLOGICAL EQUIPMENT
One computer can contain 5 to 8 pounds of lead. Turn to the people who made it or sold it. Office Depot (http://www.officedepot.com) allows customers to bring one item per visit for recycling — a monitor, printer, or cell-phone, for example. Most large computer companies like Dell (http://www.dell.com), Epson (funding factory.com), and Hewlett-Packard (http://www.hp.com) offer recycling programs.

PAPER PILES
Recycle what you’re never to read. Preventive maintenance: remove your name from junk mail lists by contacting the Mail Preference Service http://www.dmaconsumers.org/consumerassistance.html Cancel catalogs and magazines you never look at. Sign up to pay bills online.

Toss old flour and rice products that can develop bugs. If there's no expiration date and you can't remember when you bought it get rid of it. Keep new products fresh and bug-free in the freezer!

FLOORS
Carpeting is a magnet for mold, mites, dust, and the toxins tracked in from the outside. I prefer wood floors and throw rugs. If you don't have a HEPA filter on your vacuum cleaner, as much as 70 per-cent of the dirt might be coming right back out of the bag. Vacuum carpets weekly (daily in high traffic spots like entryways) in each direc-tion.

Cleaning bare non wood floors
1.25 cup vinegar per 1 quart water
On wood; plain hot water on marble, tile, and granite (cleaners will pit them); and hot water and a little dish soap. Weekly if no heavy traffic.

BATHROOM
Fungi, a major source of allergens. Wipe down the walls and curtain once a week. Mix borax, vinegar, and hot water. Use Miracle 2 moisturizing soap in the shower. It leaves little or no scum.

FIREPLACE
Remove spent ashes. Add them to your com-post heap. Ashes are too alkaline for the garden. Clean chimney once a year. Fireplaces can generate carbon monoxide, and creosote buildup can create a fire hazard.

WINDOWS
Mix 3 tablespoons vinegar, 1/2 teaspoon liquid soap, and 2 cups warm water in a spray bottle. Spray and wipe
with a squeegee, going over the edges with cotton rags.

**MAJOR SPOTS — MAKE SURE THEY ARE CLEAN!**
- Sink and cutting boards
- Your kitchen sink can have more bacteria than your toilet bowl. Yech!
- Pantry
- Twice yearly take every single thing out and vacuum the crumbs. Then wash the shelves with borax-
- Refrigerator
- Dump mysterious stuff molding at the back of the fridge. Wipe the shelves with a disinfecting blend of 1 teaspoon borax, 3 table-spoons vinegar, and 2 cups hot water from a spray bottle. Try using 3% food grade hydrogen peroxide for mold that causes smells and spoils food faster.

**SWEATING AND DETOXIFICATION.**
Saunas and steam baths have been used for centuries by cultures around the world to bring about detoxification and better health. Traditionally, saunas have been used to improve mental clarity, to diminish pain, and to promote longevity. From Finland to Native America, the sauna/sweat room and sweat lodges have been a tradition for centuries or more.

There are TWO kinds of “sweat rooms”. One is in a wooden or tented sweat lodge room with hot rocks and steam and the other is a wooden room using the equivalent of the suns heating (not the burning ones as in ultraviolet but the warming infrared ones) rays. I’ve been in and love both but the Far Infrared version warms deeper and faster, is more convenient, cheaper to operate, portable and may be installed in any room in the house by assembling it in an hour and plugging it in.

Your lungs are a critical aspect of natural detoxification. Internal cleansing is mandatory for optimal respiratory maintenance. The sauna causes massive sweating. On top of the daily oxy-cleanse ingestion you must sweat as much as you can. Just make sure you replace the water and the sodium via sea salt.

**Far-Infrared (FIR) heat** is a form of naturally occurring energy that directly heats objects by gentle infrared radiation heat, rather than by raising the temperature of the surrounding air. FIR heat is completely safe for the human body. Physical therapists often use FIR heat to promote healing, and hospitals use the same heat to keep premature babies warm in incubators.

In the past few years, hyperthermic (sweat) therapy has been studied extensively. Through this research, it has been shown that far infrared saunas greatly assist in the elimination of accumulated toxins due to the deep level therapeutic heating. Toxic metals and waste such as mercury, lead, nickel, cadmium, alcohol, nicotine, sodium and cholesterol are excreted in high quantities in the sweat during a 30-min infrared sauna session.

Sweating also reduces stress and fatigue; burns calories, reduces cellulite, helps control weight; removes toxins and wastes; relaxes and soothes muscles. It relieves pain and joint stiffness; boosts metabolism and improves the immune system. It also promotes a healthier skin condition and skin tone; enhanced blood circulation, and gives you a gentle but effective cardiovascular workout.

Do not be fooled by non-ceramic heaters. The best FIR saunas use ceramic heaters, with 16 minerals in the ceramic which produce therapeutic far infrared waves. The non-ceramic heaters produce only heat, not infrared waves. There are many phony FIR saunas on the market. I saw one (a $600.00 canvas version) being sold at a Conference in Los Angeles.

**SAUNA EXERCISE:**
During a 10-20 minute FIR sauna session, your heart rate increases by 50-75%. This provides the same metabolic result as physical exercise. The increased cardiac load is the equivalent to a brisk walk. There is a nominal effect on blood pressure because the heat also causes blood vessels in skin to expand to accommodate increased blood flow. To repeat. Those that do not or can not exercise can still receive incredible self healing.
benefits for regular FIR sauna sweats.

DETOXIFICATION:
Toxins such as sodium, alcohol, nicotine, cholesterol and carcinogenic heavy metals (cadmium, lead, zinc, nickel) accumulate in the body during modern daily life. The body eliminates most toxins naturally by sweating. Heat therapy stimulates the sweat glands that cleanse and detoxify the skin. The heat simply speeds up the body's natural process. Those that do not or can not exercise can still receive incredible self healing benefits.

PAIN RELIEF:
Heat relieves pain by expanding blood vessels and increasing circulation. Better circulation allows more oxygen to reach injured areas of the body and helps reduce pain and speed up the healing process.

WEIGHT CONTROL:
Perspiring is part of the complex thermoregulatory process of the body that increases the heart rate, cardiac output, and metabolic rate. The process requires a large amount of energy and reduces excess moisture, salt and subcutaneous fat. Fat becomes water-soluble and the body sweats out fats and toxins.

INDUCED FEVER:
During a fever, the body heats up to eliminate viruses and attack foreign agents. This rise in temperature is a natural stage of the immune system's healing process and is one of the best ways to rid the body of chemicals and unwelcome visitors. The combination of heat, extra water and the immune system weakens the hold of viruses and bacterial growth. Saunas induce an "artificial fever" by heating up the body but without the pains of an illness. Subsequently, the body wards off invading organisms much more easily because the immune system is activated consistently by the "artificial fever". More about FIR saunas at http://www.breathing.com/sauna.htm

For more about detoxification go to http://www.TheWellthRevolution.com and let Jan Jenson keep you up to date.

Below are some good web site related to detoxification and toxic drug side effects:
http://www.ciin.org/
http://www.pesticide.org
http://www.iceh.org
http://www.rachel.org
http://www.sehn.org
http://www.sustainer.org
http://www.garynull.com/documents/prozac1.htm
http://www.quitpaxil.org
http://www2.netdoor.com/~bill/prosurv/prosurv.html
http://www.alternativementalhealth.com/default_1.htm
http://www.breggin.com/
http://www.prozacbacklash.com/
CHAPTER 13
Cleansing, Fasting

INTERNAL CLEANSING
Clean healthy bodies use oxygen more effectively when they are not full of waste. Cleansing removes debris and increases oxygen utilization, as the waste would sidestep oxygen in its normal cell building duties. Continued slowness of elimination can cause toxic buildup and strain the organs of elimination. Fiber serves to push or carry waste and undigested food through the intestines. Without it, putrefaction of stagnating nutrients and waste products occurs causing a diverting of the available health producing oxygen supply to neutralize excess bacteria and pathogens.

A “backed up” large or small intestine often causes bad breath. Clean your colon and your gums may stop bleeding.

The Common Cold
Colds are the body's attempt to rid itself of toxins and debris, a cleansing reaction. They are largely due to a backup of the large intestine, too much mucous producing foods, too little water in the diet, and often precipitated by stress in the form of a rapid change of season most often experienced in the Summer-Autumn transition.

Climactic changes are a form of stress; they induce an increase in the hormone cortisol, which in turn depresses immunity and increases susceptibility to infections. The stress modulating power of balanced breathing can reduce cortisol production and help maintain the body’s “inner heat”.

My son used to have a cold for two weeks when he lived in New York. He came to live with me in San Francisco and the cold lasted but ONE day. First sign of sniffles I kept him in bed, omitted food, gave him a cathartic such as Exlax, had him drink 2 quarts of fresh grapefruit juice fortified with 15 grams per quart of powdered vitamin C, enough to last him 24 hours or more. When he wasn’t in bed he was on the toilet. ONE DAY.

Detoxification is the normal body process of eliminating or neutralizing toxins through the colon, liver, kidneys, lungs, lymph and skin. Fasting is the world's most ancient and natural healing mechanism. Fasting triggers a truly wondrous cleansing process that reaches right down to each and every cell and tissue in the body.

Therapeutic fasting and detoxification are two major methods of internal cleansing which help produce optimal health through natural hygiene. Studies show that many other animal species are smart enough to do their own fasting for health benefits.

Here’s what a few “experts” in the field of fasting have to say about the effects of proper, regular fasting and cleansing:

Evart Loomis M.D. - "Fasting is the world's most ancient and natural healing mechanism. Fasting triggers a truly wondrous cleansing process that reaches right down to each and every cell and tissue in the body. Within 24 hours of curtailing food intake, enzymes stop entering the stomach and travel instead into the intestines and into the bloodstream, where they circulate and gobble up all sorts of waste matter, including dead and damaged cells, unwelcome microbes, metabolic wastes, and pollutants. All organs and glands get a much needed and well-deserved rest, during which their tissues are purified and rejuvenated and their functions balanced and regulated. The entire alimentary canal is swept clean. By rebuilding immunity, health is naturally restored and disease disappears. If health and immunity are thereafter conscientiously maintained, the individual is no longer vulnerable to disease and dieting become unnecessary. Surely one of the most overlooked and yet most valuable modes of healing that will be rediscovered in the future of the new medicine is the fast. This is because of the increasing interest in looking to oneself for healing powers. For
the fast is an inward process and cannot be entered upon only from an outer approach with any expectation of a lasting benefit. The person must invariably be involved with the overall results. This therapeutic encounter is in direct contrast to the usual non-involvement in the physician-directed, disease-oriented medical practice of today."

Patricia Bragg Ph.D. - Daughter of Paul Bragg. "Proven throughout history for physical, mental and spiritual rejuvenation, fasting promotes cleansing and healing; helps normalize weight, blood pressure, cholesterol; rebuilds the immune system; and helps reverse the aging process. If we are to get these poisons out of our bodies we must fast. By fasting we give our bodies a physiological rest. This rest builds Vital Force. The more Vital Force we have, the more toxins are going to be eliminated from the body to help keep it clean, pure and healthy."

Benjamin Franklin - "The best of all medicines are rest and fasting."

Dr. Herbert Shelton - "It is estimated that fasting for the alleviation of human suffering has been practiced uninterruptedly for 10,000 years. No doubt it has been employed from the time man first began to get sick. Fasting was part of the methods of healing practiced in the Ancient Asculapian Temples of Toscurd Guido, 1300 years before the time of Jesus. Hippocrates, the mythical Greek "Father of Physic," seems to have prescribed total abstinence from food while a "disease" was on the increase, and especially at the critical period, and a spare diet on other occasions. Tertullian has left us a treatise on fasting written about 200 A.D. Plutarch said: "Instead of using medicine rather fast a day." Avicenna, the great Arab physician often prescribed fasting for three weeks or more."

Dr. Joseph Mercola - "We can solve well over 90% of the all chronic diseases with simple, inexpensive natural therapies. I was once a victim of the never-ending flow of propaganda from the medical establishment (which I think of as the "disease" establishment because they focus on disease rather than prevention and wellness) who wants to maintain a monopoly on the word "cure" and who wants us to believe that we have no control over our own health and that our only hope to get "well" is with drugs, surgery and radiation "First do no harm."

Elimination of the symptom is NOT the same as elimination of the disease.

The fastest way to restore wellness is to stop putting into the body the things that have caused the physical problem to develop in the first place, and then give the body the nutrients it needs to repair and rebuild itself. The holistic approach treats the whole person, ignites the body's internal healing force and stimulates the body's natural abilities to heal itself.

There are, of course, some potential dangers while fasting, though they are few and far between. There are many symptoms which may arise while fasting, and a few that almost certainly will: lowered blood pressure, lowered body temperature, and coated tongue.

Blood pressure is virtually guaranteed to drop while fasting, and will stay lower if intelligent lifestyle choices are followed after the fast. This is great news for the 50% of Americans who will die of the ravages of high-blood pressure, heart disease, or stroke. It’s worth noting for all fasters because below-normal blood pressure, while not inherently dangerous or problematic often results in orthostatic hypotension (standing up too fast and getting dizzy, in English).

Rest assured, that fasting - done properly - provides the body with the optimal conditions which to heal itself, and there is nothing better you could do for yourself.

FASTINGÉ

4 major styles.
1. Nothing at all.
2. Water.
4. Vegetable broths and juices.
Each has its benefits and advocates.

1. Fasting using no water, fruits juices or anything.
This is pretty radical to me and I have only met one person that advocated it. He was a PhD from Russia and a very sturdy fellow. I can’t say he is wrong but I have not heard very much about that so I am naturally cautious and advise against it unless you have some very careful blood work pre-testing and fasting supervision.

2. Water Fasting

The water fast is well represented. Loren Lockman at the Tanglewood wellness center in Maryland and Costa Rica. Loren is one of the very best and a trusted colleague. Below follows a recap of a water fast.

Near-Death to Amazing Health in One Week

At the time I met Jim, he was suffering from congestive heart failure, type two diabetes, gout, hypertension, high cholesterol, inability to sleep more than two hours, (and only in one position), and numerous conditions related to diabetes, including progressive loss of eyesight and scaly skin all over his face, torso, arms and legs. He was unable to walk more than about 100 yards because he was in so much pain, and was taking 17 different medications every day. He weighed 340 pounds, (which would have been the ideal weight for him – if he were about 14 feet tall!) Jim’s doctor had exhausted conventional treatment options, and told him that he had only weeks to live, and that maybe I could help him.

During our first consultation, (which lasted 3 hours), I told Jim what he needed to do in order to stay alive for the next couple of weeks, and that he needed to clear his schedule for at least a month to fast. He informed me that at the CEO of two corporations, he couldn’t afford to take that much time off. I reminded him that, according to his doctor, he was likely to be dead within a month or two. He finally agreed to fast for one week. Priorities.

I had a conference call with his internist and his cardiologist and explained that I needed Jim off all of his medications prior to fasting. His internist said: “We can’t take him off his diabetes medication.” “Oh,” I said, “why not?” “Because he’ll go into diabetic shock, coma. He could die.” “Well,” I said, I’m not the doctor, but my experience is that when we simply get out of the way, it takes care of itself.”

Next his cardiologist spoke up. “We can’t take him off his hypertension medications.” “Oh,” I said, “how come?” “Because his blood pressure will skyrocket. It could kill him,” the doctor replied. “Well, “ I said again, “You guys are the experts, but I’ve found that if we just get out of the way, it seems to take care of itself.”

They agreed to take Jim off all medications, and though I like to think that I’m pretty persuasive, I don’t kid myself that I convinced these two doctors of anything. Rather, I suspect that they figured Jim was going to die pretty soon, and they might as well allow him to die at my place rather than under their care.

So Jim came to the center and commenced his fast. Within 24 hours of initiating his fast, Jim was able to read the newspaper for the first time in months.

After 48 hours of fasting, the gout in his legs was gone, both legs completely cleared of fluid. Jim had spent much of the first two days standing in front of the toilet urinating away the excess water that mega-doses of diuretics couldn’t eliminate. The difference was simple: having eliminated the stored uric acid, his body no longer needed the water to buffer his system, and the excess water was simply and naturally peed away. Over the next couple of days, we watched Jim continue to improve, eliminating one symptom after another. On the fifth day, we took a blood sugar reading, and his blood sugar was normal. This is remarkable only because he had not been able to achieve a normal blood sugar reading with 6 years of medication.

By the time Jim completed his 7 day fast, he was sleeping through the night for the first time in years, his skin had cleared completely, and he was feeling better than he had in years. This man, who hadn’t been able to walk more than 100 yards prior to his fast, walked half a mile after seven days of fasting, before his first meal! In fact, virtually every one of Jim’s conditions had completely resolved within seven days; his hypertension was the only exception. As typically happens with people with a significant degree of plaque in their arteries, Jim’s blood pressure had risen slightly early in the fast, and had descended below his starting point. One week simply wasn’t long enough to resolve this most-important issue. Still, by giving is body the opportunity to really cleanse and heal itself, Jim went from seventeen medications to one.

Jim’s story is amazing not because of the results he achieved, but rather because those results were achieved in only 7 days. At Tanglewood, we see these kind of “miracles” all the time, they just usually take a
Paul Bragg was a staunch advocate of water fasting and wrote an excellent book about it called "The Miracle of Fasting."

Arnold Ehret wrote a great book called "Rational Fasting." A must read.

3. Juices

The Master Cleanser is a good fast using primarily lemon juice. Norman Walker, who invented the Norwalk Juicer wrote several books about juice fasting or juicing for health and longevity. He lived to age 118.

Fresh Vegetable and Fruit Juices is one of my favorites — any book by Walker is a good buy.


Paavo Airolia called his fasting juice fasting but they were mostly combinations of boiled veggies into a fiberless broth taken with water and some juices.

I began my first fast using Paavo’s "How to Keep Slim, Healthy and Young With Juice Fasting." It was fantastic.

Use our nasal washing device to help clear the sinuses from bacteria and dried mucous. www.breathing.com/sinu-cleanse.htm.

HERBAL DETOXIFICATION

By Ted H. Spence, DDS, ND, PhD/DSc, MPH

Generic diets for detoxification are good, but may not stimulate the liver, lungs or the kidneys as much as one would like. Therefore, herbal cleanses are indicated when we want to hone our cleanse to a "sharp edge" and be organ specific. Of course, herbs are foods too and provide one with vitamins, minerals and enzymes for excellent nutrition. Herbs are powerful, because they may be combined together to fortify those herbs that aid specific organs. For example, herbal combinations that aid the liver may be found in many organic food stores. The following list shows how herbal combinations help the various organs.

Herbal Combinations

Liver
LIV-A Dandelion, red beet, liverwort, parsley, horsetail, birch leaves, chamomile, blessed thistle, black cohosh, angelica, gentian, goldenrod

Kidneys
Uva ursi, parsley, dandelion, juniper berries JP-X, parsley, uva ursi, marshmallow, ginger, goldenseal, dong quai, cedar berries

Lungs
LH Comfrey, marshmallow, mullein, slippery elm, senega, Chinese ephedra

While herbs may be taken at any time, they are best for detoxification purposes when they are used with a good diet. It does not make any sense to take herbs to cleanse the liver if the bowels are clogged with junk or refined foods, since the liver dumps its toxins into the bowels. And while detoxification diets are effective by themselves, they may be reinforced and speeded up with herbs, which stimulate the eliminative organs.

Herbs may be used as teas, powders or extracts. Powders are usually encapsulated for easier swallowing, but are best when taken with meals and digestive enzymes. Extracts may be used when specific herbs are needed, but may be extracted with alcohol, which we need to avoid. Herbal teas are easily made and easily taken all throughout the day. They are mild and gentle and sometimes refreshing and sometimes bitter. Experimentation may be in order until one develops the right tea to drink. Herbal teas is a topic in itself, since there are so many and different ways to make them.
Pathogens
Viruses, including cancer, molds and bacteria, will reduce oxygen utilization and make the lungs work harder to compensate for other malfunctioning body systems. They cannot survive as well or at all in a high oxygen environment. Ask your health professional for an appropriate blood test or get one direct from http://www.directlabs.com

Parasites
Parasites overtake the energy-making centers of our cells using the oxygen we need to maintain good health and to reproduce them. Allergies obstruct our airways and deprive cells of oxygen. Parasites produce free radicals that attack cell membranes and the mitochondrial furnaces of the cells, making it more difficult for oxygen to get into the cells where it can fuel the energy process. Better add to your parasite program http://www.huldaclark.com and her inexpensive program of cloves, wormwood and walnut hull tincture plus her zapper.

Parasite removal programs include die-off as well and can cost as much as $800. See our Parasite Assessment Questionnaire in our 32 page Holistic Health Assessment included FREE in our #250 and weight loss program: http://www.breathing.com/weight-loss-program.htm

Environmental and psychological stressors debilitate both the "outer" breathing of the lungs and the "inner" breathing of the cells.

Ask your health professional for a stool test from Great Smokey’s Laboratory http://www.gsmcweb.com or get one from http://www.directlabs.com and/or one of the many tests at http://www.directlabs.com/testtypes.php#DMSP

During a fast the nervous system gets a chance to rest. Because breathing drives the nervous system like a wagon master drive a team of horses, if the breathing is out of balance it will greatly impede the efficiency of rest. I strongly encourage breathing development during a fast. It will accelerate all benefits when done accurately and systematically.

CANDIDA is a parasite
Better breathing will help rid you of candida but do not expect it to have to work alone or even do the major portion of the work.

If you suspect you may have candida see our Candida assessment Questionnaire in our 32 page Holistic Health Assessment included FREE in many of our programs including the Weight Loss program. http://www.breathing.com/weight-loss-program.htm

"Cofactors in oxygen utilization decrease Candida yeast and all Yeast strengthening substances.” Dr. Crook The Yeast Connection

Candida will steal your breath, your energy, and your life. Yeast is found in minute quantities along with millions of beneficial B vitamin producing bacteria (Lactobacilli) in a healthy body.

Candida is a dimorphic organism, having the chameleon-like ability to change from yeast to the mycelial fungal form. The yeast-like form is a noninvasive, sugar-fermenting organism. The fungal form produces rhizoids, long root-like structures that are invasive and can penetrate the intestinal mucosa like in "leaky gut" syndrome, releasing metabolic toxins, and incompletely digested proteins into the blood stream. This initiates a series of adverse reactions that may cause tissue damage, and a wide range of problems, including food sensitivities and allergies.

HOW DOES CANDIDA MULTIPLY AND TAKE OVER?
☐ Antibiotics kill off the beneficial bacteria, which normally suppress Candida. Mutant or wild type bacteria are created which are highly resistant to antibiotics.
☐ Nutritional Deficiencies, Poor diet, poor digestion and mal-absorption from gluten intolerance all set the stage for poor resistance to Candida overgrowth.
☐ Antibiotic Residues in Commercial Meat: We encourage antibiotic and hormone-free meats.
Use of Recreational Drugs, Alcohol, Marijuana, Cocaine, Heroin, Tobacco, etc., these drugs stresses the liver, adrenals, and the immune system and decreases the resistance to Candida.
The Pill. The hormones in birth control pills encourage yeast growth. Cortisone, Prednisone, etc. encourage yeast growth.

Operations, Catheterization, Radiation, Anti-Cancer Drugs, Amalgam Fillings: Some holistic practitioners feel the leaching of mercury from silver/mercury amalgams puts a toxic load on the body, preventing full health and complete eradication of Candida.

Anti-yeast Pharmaceuticals, including Oral and Topical Preparations are producing new resistant strains of these microorganisms. This can lead to recurrent infections that resist treatment and become a debilitating health problem.

Reduced oxygen supplies: Oxygen will help kill germs, bacteria, virus and fungus. Candida is a fungus. Having adequate oxygen stores reduces biochemical stresses and maximizes bodily function in the presence of parasites such as Candida.

**WHO CAN GET CANDIDA?** Men, Women, children, elderly, pregnant women (due to hormonal changes, stress and higher nutrient needs often not met), all are candidates for getting Candida. The yeast needs food, water, warmth and darkness. The yeast typically starts growing in the intestinal tract and spills over into the reproductive area.

Note: I’ve read that the Spermicide Noxynol-9 kills healthy bacteria in the female reproductive system.

**WHAT HAPPENS?**

Candida often first spreads in the Gastrointestinal tract and many symptoms can develop, such as gas, bloating, indigestion, heartburn, nausea, constipation and/or diarrhea, and major cravings for sugar, starches and alcohol, which are the foods the Candida increasingly demands. The more Candida foods that are consumed the worse you begin to feel, as Candida proliferates, releasing toxins and interfering with digestion.

Eventually, the yeast enters the blood stream and spreads through the body. At this point, the immune system begins to be overwhelmed and to falter. As the Candida spreads, symptoms grow more diffuse and convoluted: Depression, lethargy, mental confusion/fog, mood swings, PMS, confused thyroid function, susceptibility to infections (sinus, respiratory, bladder, gums, etc.), sensitivity to pollutants, fumes (which can become full-blown "environmental illness"), achy muscles and/or joints, skin fungus...

**WHAT IS RECOMMENDED?**

Extensive research shows that a successful program for controlling Candida and fungal overgrowth must achieve three goals. First, the Candida and fungal population of the body must be gradually, yet significantly reduced. Second, the immune system must be strengthened, and activated to further deplete Candida or fungal overgrowth. Third, the health of the intestinal tract must be rebuilt. This may be accomplished through re-seeding the colon with friendly flora, and by normalizing the pH of the gastrointestinal tract.

Proper breathing: The way we breathe dictates oxygen quantity and nervous system balance. Unbalanced breathing will negate any attempts to maintain proper pH balance without which every biochemical reaction in the body becomes at risk.

Nutritional support, including booster foods and specific supplements for reducing Candida overgrowth, healing the intestinal tract and increasing energy such as with liquid potassium.

Eating plan: eliminating sugars, starches and alcohol strictly for two weeks, two months or forever.

Immune System Boosters: Massive immune system rebuilding; especially with chronic food/sugar/alcohol, etc. addictions.

Nutritional Yeast: An inactive yeast rich in nutrients, which also increases vitality and mental clarity. Avoid exposure to toxins sprays, solvents, and non-organic foods. Digestive enzymes and possibly hydrochloric acid.

Fiber speeds up transit time in gut to reduce putrefaction and bacteria breeding environment. Prevent constipation even if you just know you don't have it. You probably do in a way you can't possibly tell, yet.

Exercise: The lymph doesn't move much unless you do; the legs, arms and chest expansion and
contraction are the pump.
Natural Antifungals: Restoring healthy intestinal ecology with high potency Lactobacilus powders and liquids, probiotics such as garlic, ginger, oregano oil, echinacea.

**Acupuncture** helps restore balance to the immune system, the adrenals, digestion and elimination. Eases Detox considerably.

**Keep dry**. Remember food, darkness, warmth, and moisture? Use white or rose clay powders in undergarments and between toes. Green clay powders might not wash out of clothes.

**Clothing.** Many synthetics trap moisture on the skin: many female undergarments, etc. Use of natural fibers, cotton and silk are recommended.

**Water** is used to hydrate cells and flush waste. Drink a minimum of one quart per day. Only water counts as water; not juice, coffee, etc.

The following super nutrients are highly recommended and will accelerate ANY regeneration program.

- **Vitamin E**
- **Spirulina**
- **Germanium in E3live** or from [http://www.tidhealth.com E3live.](http://www.tidhealth.com) (helps control blood sugar levels to reduce cravings for sweets.) [http://www.breathing.com/e3live.htm](http://www.breathing.com/e3live.htm)

**Breathing development, relaxation,& meditations from Breathing.com**

Yoga, warm water soaking, biofeedback, massage or therapeutic touch Love - both the giving and receiving
This can begin with caring for a plant or a pet. As one embarks upon the journey of recovery, independence can soften into acceptance of self and others, and also into receiving that staunch, sustaining love. Then the heart is like a warm hearth, and the immune system can rest and replenish and do its business.

**Medical support:** Many drugs impair digestion, proper assimilation of nutrients and growth of healthy bacteria.

**WHAT IS DIE-OFF?**
No fun! As the antifungal kill off and neutralize the Candida, you may need to rest more and alert family, friends and coworkers that you may be lethargic and grumpy. **There may be flu-like symptoms, headaches, and diarrhea. Cravings for sugar, starches and/or alcohol may suddenly surge.** It usually doesn't last long. If you do slip, **STAY WITH THE PROGRAM.** Even if you slip and eat something not on the diet, you haven't blown it. The supplements will still be working. Die off can begin in a day or two or in two weeks. Its course is hard to predict. The worst is usually over within 3 weeks. **Lemon water:** squeeze in half a lemon per 8 oz. water — helps you get through die off. The clinical nutritionist or natural hygienist may have additional recommendations.

**IS THERE LIFE AFTER DIE-OFF?**
Life, zest and mental clarity YES! With a non-bloated middle, good digestion and normal bowel function. Eventually, sweets taste too sweet. Depending on how long the Candida has been out of hand, how run down the immune system, adrenals, digestion, etc. are, it can take 16 months, but usually 23 months, to turn Candida around, and restore good health maybe for the first time in one's life!

**ANTI-CANDIDA PLAN, WHAT TO AVOID**
This list is indicative, not comprehensive. The books all give conflicting food recommendations. Choose the consistencies. Check with a health professional with extensive nutrition experience.

Oranges, bananas, grapes and dried fruit (raisins, dates, figs, etc.), Fruit juice concentrate. Starches; Grains m
general, with the exception of rice, corn and millet, Bread, Cookies, Gravies, Muffins, Pancakes, Pasta,
Sauces, Tapioca, Waffles, Corn chips, potato chips, French fries. Miscellaneous: Left over food in general,
Lard, margarine, hydrogenated or partially vegetable oils, canola oil.
* In some cases fruit will not be recommended at all.

**ANTI-CANDIDA EATING PLAN**

*What is okay to eat?*

Daily for the first three months take two times three caps of **FOS** (creates unfriendly blood environment for
yeast growth), **Oil of Oregano**. For the first 2 weeks the diet will consist simply of: vegetables particularly
steamed or lightly sautéed in the beginning, animal protein (ocean fish, antibiotic-free poultry, beef, lamb,
pork). Fertile ranch eggs (cooked at low temperature), Spirulina, organic nuts and seeds prescribed amounts.
Legumes: 1 serving/day Quinoa, brown basmati rice, millet those not dairy intolerant can eat yogurt
(encouraged) and buttermilk. Freshly prepared soups (non-cream or milk base). Flavoring: Liberal amounts of
fresh lemon (helps with Detox). Fresh herbs rather than dried (due to mold content in dried). Garlic, onion,
curry, pepper (in moderation) Oils: Flax, Olive, borage, grape or sesame seed or sesame. Vegetable juices,
other liquids: Fresh carrot (small amounts 2 oz. or less due to high sugar content), celery and/or parsley juice.
Lemon water before meals Water: preferably spring or filtered 6 to 8 glasses a day, 1/2 hour before meals, or 1
hour after Pau D ‘Arco or spearmint tea

After the first 2 weeks: The diet expands gradually under the supervision of the nutritionist. Alcohol, sugar
and some other substances are never reintroduced. Emphasis on foods known to have anti-fungal properties
such as garlic, onions, broccoli, cabbage, kale, collards, Brussels sprouts, olive and flax oils, cinnamon and
lots of cloves.

Problems still?

**FAST with only WATER!**

Do the OBR’s, Strapping Techniques in DVD/Video #176, Reflexive Breathing to increase yeast and fungus
killing oxygen and rebalance your nervous system. [http://www.breathing.com/video-strap.htm](http://www.breathing.com/video-strap.htm)

**FOODS for cleansing the lungs and to return to good health**

Useful foods are watercress, watermelon -eat an entire one by yourself, cantaloupe, apple, persimmon, peach,
pear, strawberry, citrus, seaweed’s, mushroom, Daiken, radish, carrot, flax seeds, pumpkin, kuzu, broccoli,
parsley, kale, turnip, mustard greens, cabbage, bok choy, cauliflower, chard, papaya, and strawberries, white
fungus.

Majority of diet should be in the form of **soups**. Soups and congees of millet, barley or rice are cooling
and soothing for the lung heat. Add powdered flax seeds for colon cleansing.

At least two bowel movements per day or enemas to replace the BM(s) you missed. In the Boy Scouts we
called toilet paper KYBO tickets. It stood for Keep Your Bowels Open. This is an ABSOLUTE MUST that
will be replaced some day with adequate probiotics and healthy intestinal flora...

If you won't do enemas or colonics you'd better take some herbal cathartics or Epsom salts.

**HERBS**. Horehound leaf, chickweed, Pau D’arco or fresh ginger tea

**HOMEOPATHY**  [http://www.breathing.com/8/kb.htm](http://www.breathing.com/8/kb.htm)

**CLEANSE**: cleanse, cleanse, including colonic irrigation, watermelon binges, liver & kidney detoxification,
and fresh juice fasts etc. Take the elimination load off the lungs as much as possible.

Meditators sitting on zafus in what looks to be an erect posture can restrict their breathing. Any repeated
activity may in some way restrict one’s breathing or assist it depending on how it is performed.

**FOOD ALLERGY MEANS YOUR BODY REACTS TO CERTAIN FOODS**

Food allergy means that your body reacts to certain foods. It is also called food hypersensitivity. Common
symptoms are itching and burning around the mouth, asthma and vomiting. About 90 per cent of allergies are
caused by nuts, eggs, milk or soy. Food allergies are on the increase in Western society.

Food allergies tend to occur in children under five years of age. They often have eczema and a family history of asthma and/or eczema. Food allergy is not a common cause of adverse reactions to food in adults.

Food intolerance is much more common than food allergy. It occurs as a result of a pharmacological reaction after eating or drinking, rather than an immune response which is the case with a food allergy. It has very similar symptoms to a food allergy and often it is difficult to distinguish between the two. Usually, the onset of symptoms from food intolerance is more delayed in comparison to a more immediate response from food allergies.

I see no practical difference between labeling someone allergic or sensitive, though allergic may have more health risk connected with it. They seem too close to the same - and neither is good. I suspect” sensitive” is a precursor to allergy, such as hypoglycemia is a precursor to diabetes. They BOTH need to be eliminated to acheive optimal breathing.

MIKE WHITE’S CLEANSING STORY AND RECOMMENDATIONS

My blood oxygen, as measured with a Pulse Oximeter, increased two percentage points within 2 days after the cleanse. http://www.breathing.com/articles/liver-cleanse.htm Weeks later it was the same increase without exercise. Gladly I can now refocus on my walking, weight training and breathing excercising as I had purposefully neglected them to better isolate the liver cleanse and liquid oxygen influences.

Next to and sometimes even senior to eliminating shortness of breath or other breathing restrictions, the liver cleanse has to be almost always second on my list of accelerated healing methods. The following is a public domain article modified by me to better relate to breathing.

LIVER CLEANSE - Long Accepted by Many Natural Hygienists

When the liver is dysfunctional it puts stress on all systems. The liver is a primary organ of detoxification. So is the breath and so is the colon and kidneys. Toxins that the liver is supposed to but does not address end up in the lungs, kidneys, lymphatic system and colon. The colon will reabsorb them if they are not eliminated from the body within hours of their arrival. Once the lymphatic system gets saturated with toxins it takes perhaps weeks to remove them as the lymph is very dense and moves very slowly. Toxins reduce oxygen supply which makes the lungs less efficient and the heart work harder. A major food toxin to the liver is animal fat including butter.

People who do breathing exercises without attending to the liver may be inadvertently trying to make the lungs do the work of the liver? They can't. But the lungs and liver ARE synergistic. They need each other. You need both to live. Take the breathing tests before and after a liver cleanse and see how they are influenced by the liver cleanse.

Spring is a particularly good time to cleanse - So is any other time except perhaps winter.- Living foods begin to surface from the ground in spring. We replenish our minerals and food enzymes with fresh raw organic fruits and vegetables in solid and fresh juice form. Raw is mostly better but moderate cooking such as stir-frying is better than no fruits and vegetables at all.

This liver cleanse procedure has been in the public domain for many generations. It effectively and painlessly removes stones, gravel, crystals and debris that hinder healing and the ability to detoxify pollutants from the gallbladder and the liver and cleanses the liver bile ducts.

Purpose:

Cleansing the liver of gallstones dramatically improves digestion — the basis of your health. You can expect many or all of your allergies to disappear, with each subsequent cleanse. Each liver cleanse “cures” a different set of allergies, suggesting that the liver is compartmentalized - different parts having different duties. It follows that by getting all the stones out, all allergies will disappear! Well - incredibly, a liver cleanse has eliminated shoulder, upper arm and upper back pain.

Introduction:

One of the top jobs of the liver to make bile, 1 to 1 1/2 quarts in a day! The liver is full of tubes (biliary
tubules) that deliver the bile to one large tube, the common bile duct. The gall bladder is attached to the common bile duct and acts as a storage reservoir. Eating fat or protein triggers the gall bladder to squeeze itself empty after about twenty minutes (or after ingesting the liver cleanse solution) and the stored bile finishes its trip down the common bile duct to the small intestine and eventually to the colon (large intestine). Of course the gall bladder does not hold enough bile to neutralize all of the liver cleanse solution you have ingested and the empty gallbladder signals its master, the liver, to dump all available bile forcefully into the common bile duct as well and in this fashion the liver turns itself practically inside out and empties all of its available bile together with stones, gravel and crystals to condition that potent liver cleanse solution. The Epsom salt serves to relax the tubules so that the passage of larger stones is painless and smooth.

For many persons, including children, the biliary ducts (tubing) are choked with gallstones. Some develop allergies or hives but some have no symptoms at all. When the gall bladder is scanned or X-rayed, nothing is seen. Typically, the worst stones are not in the gallbladder but in the liver. Not only that, most are too small and not calcified, a pre-requisite for visibility on X-ray. There are over half a dozen variety of gallstones, most of which have cholesterol crystals in them. They can be black, red, white, green or tan colored. The green ones get their color from being coated with bile. Notice in the picture (of Dr. Hulda Clark’s books) how many have imbedded unidentified objects. Are they fluke remains? Notice how many are shaped like corks with longitudinal grooves below the tops. We can visualize the blocked bile ducts from such shapes. Other stones are composites - made from smaller ones - showing that they regrouped in the bile duct some time after the last cleanse.

At the very center of each stone scientists found a clump of bacteria, suggesting a dead bit of parasite might have started the stone forming. Maybe it is the liver's method to encapsulate parasite adults to avoid getting destroyed by such an invader. That's fine for one or two, but how about thousands of such encapsulations?

Eventually the fine self-defense turns into an immense blockage that keeps the liver from detoxifying and eliminating harmful substances such as solvents and parasites. You see, as the stones grow and become more numerous, the backpressure on the liver causes it to make less bile which is of course the transportation medium for the undesirable substances. Imagine the situation if your garden hose had marbles in it. Much less water would flow, which in turn would decrease the ability of the hose to squirt out the marbles. With gallstones and liver stones, much less excess cholesterol leaves the body and cholesterol levels may rise.

Also, gall/liver stones, being porous, can pick up bacteria, cysts, viruses and parasite stages that are passing through the liver. In this way, "nests" of infection are formed, forever supplying the body with fresh irritating bacteria. No stomach infection such as ulcers or intestinal bloating can be cured permanently without removing these stones from the gallbladder and liver.

**Preparation:**

Cleansing the liver bile ducts is the most powerful procedure you can undertake in order to improve your body's health. A liver cleanse should be done twice a year if possible. Ideally, it should be part of a semi-annual liver/parasite cleanse the sequence of which enhances the overall results.

**Phase I** (optional): Though some are not sensitive to amalgam fillings, people who are should have dental work first, if possible. Your mouth should be metal free and bacteria free and all cavitations should have been cleaned. A toxic mouth can put a heavy load on the liver, burdening it immediately after cleansing. Eliminate any tooth problem first for best results. If this is not possible then go to the liver cleanse anyway.

**Phase II** (also optional): Completing a parasite cleanse before cleansing the liver is also highly recommended but not mandatory. You want your kidneys, bladder and urinary tract in top condition so they can efficiently remove any substances incidentally absorbed from the intestines as the bile is being secreted.

**About Parasites.**

Dr. Hulda Clark maintains that you can't clean a liver with living parasites in it and that you won't get as many stones out, and you may feel quite sick. While this is Dr. Clark’s recommendation, it is to me an
“ideal” situation. We have seen many stone discharges without the parasite cleanse prior to the liver cleanse. There are a few good parasite programs. Hulda has one that is tops. Also are Arise and Shine - as a general cleanse or Paragone, Get a stool test from your health professional or http://www.directlabs.com

Phase III (mandatory):
Drink fresh, organic un-pasteurized apple juice for three days preceding the liver cleanse. For these three days, eat frugally (little) if you must and then only small amounts of raw unprocessed fruit and/or vegetable salads, but every day take at least one full quart of high quality unfiltered (you should be able to see the sediments on the bottom of the container) preferable home-made apple juice. The pectin in the apple juice helps to soften and flatten the stones in the gall bladder and liver. This will also help their passage through the bile ducts. This semi-fast also empties the intestines of their food content and makes the collection of stones less problematic. Use a good juicer and make up 20-30 pounds of apples into juice and refrigerate.

If sugar from the juice in relationship to candida is a problem I believe that doing this cleanse is senior to candida worries - for three to four days - as it helps rid the body of parasites. Candida is a parasite as well. Diabetes or severe reactions from this cleanse need special guidance from a professional nutritionist. If you have candida and must take fruit juices then take copious probiotics and Threelac while you cleanse.

LIVER CLEANSE INGREDIENTS:
- Epsom salts 4 tablespoons (not less!!)
- Olive oil 3/4 of a cup (light olive oil is easier to get down, use only the best cold pressed virgin oil)
- Fresh grapefruit and lemons. Do not use concentrate or store-bought juice. Make your own. Enough to squeeze 1/4 cup of lemon and 1/2 cup of grapefruit juice.
- Ornithine (optional) 4 to 8, to be sure you can sleep. Suitable jar with non-metallic lid. Shake your mixture well and gulp it down 1/2 cup of lemon/grapefruit juice Use a couple of ounces of this juice each time to help get down the Epsom salt solution (four feedings) if desired.

Phase IV - (Procedure):
Choose a day like Saturday for the cleanse so that you can rest the next day.
- Take no medicines, vitamins or other pills that you can do without except probiotics. They could hinder success of the cleanse. Stop any parasite or kidney cleanse the day before.
- Eat a no-fat fruit breakfast and light fat-free lunch such as cooked cereals with fruit but no butter or milk. This allows the bile to build up and develop pressure in the liver. Higher pressure pushes out more stones.

2:00 PM. Do not eat or drink after 2:00 o’clock. If you break this rule you could feel quite ill later. Get your Epsom salts ready. Mix 4 tablespoons in 3 cups of water and pour this into a jar. This makes four servings, 3/4 cup each. Place the jar in the refrigerator to get ice cold (this is for convenience and taste only). If you are familiar with the procedure, take an enema before 4:00 PM with distilled (not chlorinated) warm water to clean out your large intestines of any unwanted fecal matter. The cleaner your intestines are the easier it will be for the stones to be eliminated. Besides, if you want to see just what you will be eliminating it is more appetizing to look only for stones and not be turned off by other smelly stuff.

6:00 PM. Drink one serving (3/4 cup) of the ice-cold Epsom salts water. If you did not prepare this potion ahead of time (at 2:00 PM), mix 1 tablespoon in 3/4 cup of water now. You may add 1/8 teaspoon of vitamin C powder to improve the taste. If you have no vitamin C powder then add a little citrus juice to improve the taste, but this is entirely optional. You can certainly drink a few mouthfuls of water afterwards or rinse your mouth.
- Get the olive oil and grapefruit out to warm up.

8:00 PM. Repeat the above by drinking another 3/4 cup of Epsom salts water. You have not eaten since two o’clock, but you won’t feel hungry. Get your bedtime chores done now.
- Switch your telephone to your answering machine and be prepared to stay by yourself for the balance of the evening. The timing of the actual cleanse is critical to achieve success. Do not be more than 10 minutes early or late for anything that follows next.

9:45 PM. Pour 3/4 cup (measured cup) of your high quality olive oil into the pint jar. Pour the prepared
3/4-cup of squeezed grapefruit and lemon juice into the measuring cup adding this to the oil. Close the jar tightly with its lid and shake briskly until well mixed, almost watery. Only fresh squeezed juice will do this.

Now visit the bathroom one or more times, even if this makes you slightly late for your ten o'clock drink. Be ready to go to bed and STAY in bed. Don't clean up the kitchen. Do it the next day.

10:00 PM. Take the solution to your bedside if you want, but drink it standing up. Drink the potion you have mixed. If you have them, take four Ornithine capsules with the first sips to make sure you will sleep through the night. Take eight if you already suffer from insomnia. Drinking through a large plastic straw might help it go down easier. Get all of it down within five minutes or less (less than fifteen minutes for very elderly or weak persons).

Now visit the bathroom one or more times, even if this makes you slightly late for your ten o'clock drink. Be ready to go to bed and STAY in bed. Don't clean up the kitchen. Do it the next day.

Lie down immediately. The sooner you lie down, otherwise gravity can invite too fast a transition of the Epsom salts liquids, the more stones you will get out. Put your knees up to your chest in a fetal position. Lie on your right side for at least half an hour. The oil will go to your gallbladder and liver. These organs will not know what to do with all that oil, so they will spasm and throw off all the available bile plus stones, gravel and crystals.

After half an hour you may turn on your back with a good thick feather pillow. Try to think about what is happening in the liver. Think loving thoughts - your liver is sensitive and responsive to feelings of resentment, vindictiveness and hate. Try to keep perfectly still for about half an hour or at least 20 minutes. Visualize the cleansing action taking place. You may feel a train of stones traveling along the bile ducts like marbles. There is little likelihood of pain because the bile duct valves are open (thanks to the Epsom salts). Relax and go to sleep. Let nature do her thing. Tomorrow you will be cleaner, much cleaner and also healthier than before.

Next morning (early): Upon wakening, take your third dose of Epsom salts. If you have indigestion or nausea (highly unlikely), wait until this is gone before drinking the Epsom salts. Don't take this potion before 6:00 AM. It would be best if you don't get up and have someone else give you this potion. This drink will act as a mild laxative and provoke a later bowel movement.

2 hours later. Take your fourth (the last one - Yippee!) dose of Epsom salts. Drink 3/4 cup of the mixture. You may go back to bed if you like. After 2 more hours you may get up and take something into your empty stomach. Start with some fresh-made fruit juice. Half an hour later, eat some fruit. One hour later you may eat regular food, but keep it light and natural. By supper of the next day (Monday) you should feel fully recovered and ready to slay a dragon.

How well did you do? Expect diarrhea in the morning of the second day (Sunday). The ideal way to see what you are actually eliminating is to defecate into a white porcelain bowl or large white plastic bucket. The bowl or bucket is used to also see the reddish crystals which collect at the bottom of the bowl (the stones float on top) and those crystals would ordinarily be lost somewhere at the bottomless hole in the toilet and you would have missed them. The alternative is to use the toilet and look into it for the stones with a flashlight. Look for the greenish kind since this is proof that they are genuine gallstones and not food residue.

Only bile from the liver is green. The bowel movement (if there is any) sinks but gall and liver stones float because of the cholesterol inside. Count them roughly, whether tan or green. You may have to eliminate up to 2000 stones before the liver is clean enough to rid you of allergies or bursitis or upper back pain permanently.

The first cleanse may rid you of them for a few days but as the stones from the rear of the liver travel forward they might give you the same symptoms again. You may repeat this gallbladder/liver cleanse at two-week intervals until no more stones come out. Never cleanse when you are ill.

Sometimes, the bile ducts are full of cholesterol crystals that did not form into round stones. They appear as a "chaff" floating on top of the toilet bowl water. It may be tan colored, harboring millions of tiny white crystals. Cleansing this chaff is just as important as purging stones. We don't know what is the identity of the reddish heavy small crystals that collect at the bottom of the bowl.

How safe is the liver cleanse? It is very safe. Dr. Clark's opinion is based on over 500 cases, including many persons in their seventies and eighties. None went to the hospital; none even reported pain. However, it can make you feel quite ill for a one or two days afterwards, although in every one of these cases
the maintenance parasite program had been neglected. This is why the instructions direct you to ideally complete the parasite and kidney rinse programs first.

**Conclusion:**

The above procedure contradicts many modern medical viewpoints. Gallstones are thought to be few, not thousands. They don't get linked to pains other than gallbladder attacks. It is easy to understand why this is thought: By the time you have acute pain attacks, some stones are in the gallbladder, are big enough and sufficiently calcified to be seen on X-ray, and they have caused inflammation there.

When the gall bladder is removed, the acute pain attack is gone but bursitis and other pains and digestive problems remain and get worse. Stones are not thought to reside in the liver. If the liver is operated upon only the biggest and worst offenders can be removed - yet uncountable stones and gravel and crystals remain in the already clogged liver which has not improved at all.

People who have their gallbladder surgically removed still eliminate plenty of green, bile-coated stones with our liver cleanse and anyone who cares to dissect their stones can see that the concentric circles and crystals of cholesterol match textbook pictures of "gallstones" exactly.

**Note:**

If you feel waves of pain reaching up to your throat, you probably have a gallstone stuck in a bile duct (clay-colored stool is evidence of bile duct blockage). Epsom salts can relax that bile duct in 20 minutes. Take a tablespoon in 3/4 cup of water but only on an empty stomach or you may feel quite ill. Taking a large dose of valerian herb (6 to 8 capsules four times a day including bedtime) may also buy you a little time by relaxing the duct. If you do get relief, you can be sure it was a spasm of the bile duct system.

**The magnesium in the Epsom salts relaxes spasms.** It would be best to clean the liver a number of times (at two week intervals unless too ill) to try to dislodge the sticking gallstone. Usually it is recommended to kill parasites and cleanse the kidneys first.

A quick word about parasites: infested humans, pets coupled with international travel, help spread parasites. They are much more predominant than in early non-airplane days. For parasites try both Oxycleanse [http://www.breathing.com/programs.htm](http://www.breathing.com/programs.htm) or your local health food store.

To obtain permanent liver health, one should control the intake of high fat foods such as ice cream, potato chips, salad dressings, cheese, butter (excess), cream and exorbitant amounts of milk (more than 1 glass a day, if any). Feelings of resentment, vindictiveness, belligerence and hate are destructive to liver health. Avoid these at all cost!!! Forget the 'bad' others have done to you and forget the 'good' you have done to others. Learn to forgive!

**The Cure Zone** [http://www.curezone.com](http://www.curezone.com) Large discussion board on a WIDE variety of topics!
CHAPTER 14
Weight Control

The secret to how much you weigh is what you put in your mouth. If you ate nothing (fasting for, instance) for 3 months you would most certainly lose weight — a lot of weight! 2 to 5x T-shirts are a sign of rampant malnutrition. We are the most overfed nation on earth. Many feed their emotions with their fork and spoon.

Self-evaluation of respiratory deterioration was significantly predictive of death from all causes.

In other words there are ways of telling yourself how good your breathing is and what you observe is related to how long you may live due to good or bad breathing. Body weight is one of them.

About 50 percent of your energy goes to digestion when you eat! If you get TIRED when you eat – you’re eating too much!

If you wolf down your food, your stomach has to work double or triple time. The Wigmore Institute in Puerto Rico (one of my favorites) dedicates part of their program to proper chewing.

Lacking energy? Drink a quart of water – it’s full of oxygen –H₂O -(with 1/8 to 1/4 tsp. sea salt) 1/2 hr. BEFORE eatingÉ NOT during eating as water and other liquids dilute stomach acids.

Eat SMALL (preferably mostly RAW) meals, chew THOROUGHLY (50 times per bite) and watch your energy levels go UP! And the POUNDS come OFF!

Alkalize your body and the weight just slips away – EASILY!

ELIMINATE sugar, un-pasteurized dairy, chocolate, alcohol, and all grains. Watch your weight go down.

Rather than focusing on “losing weight,” a better resolution is to learn to live lean, which will mean some lifestyle changes. The following are my top tips for easy lean living: Hint. The secret is largely what you DO NOT eat. But let's first start here.

Include natural, high-fiber foods and “good” fats in your eating plan, such as the monounsaturated fats and omega-3s that I think are best, such as those in salmon you can get mailed form Vital Choice in Washington.

Make fruits and vegetables a focus–not an afterthought–in your daily menu. 3 pounds or more daily. Substitute Bariani olive oil for butter in your cooking.

Add more fiber to your daily routine. It will keep you feeling satisfied longer, reducing hunger cravings. I use 4 tablespoons of freshly powdered flax seeds daily. The days I do that I experience craving for breads, sweets, and other foods that are not good for me. A meal replacement shake of fresh fruits, spinach, collard greens, celery, and a green powder from Fred Bisci 866 RAW DIET, http://www.rawfoods.com or E3live http://www.breathing.com/e3live.htm plus plant based protein powder like hemp seed or fermented soy powder or fresh almond milk. Make it so it tastes great or you will not drink it for more than a few days or
Keep moving. Exercise at least four hours a week. Simply walking and completing light workouts with weights will do wonders for your weight. For more exercise tips see the Secrets of Optimal Natural Breathing Development Manual. Add an oxygen concentrator [http://www.breathing.com/oxygen-concentrator.htm](http://www.breathing.com/oxygen-concentrator.htm) to your stationary bike, treadmill or cross trainer. Do our daily 6 breathing development exercises from the 176 video/DVD program. Alternate it with the exercises in the manual and/or Get Carolinda Witt’s T5T book.

**Drink lots of water.** The centers of the brain that interpret hunger and thirst are next to each other. Most of the time, if you are eating properly, your craving for food and snacks, is your brain telling you — YOU ARE THIRSTY! Your physical yearning is not so much from hunger, but from dehydration. More about this in the water section.

**Fresh organic foods are best.** Avoid non-organic, processed foods, foods containing chemicals, trans fats, most spices and preservatives.

- **Toss all coffee** including decaffeinated and substitute green tea. The nutrients in green tea will help you burn more calories at rest. “Friends don’t let friends drink Starbucks” is one of my favorite bumper stickers.

- **Supplement your metabolism using vitamins, minerals, and nutrients.** Nutritional support is crucial to feeling well as your body weight is changing. Some of the best weight management nutrients include green tea, magnesium, and chromium. To make it easy to get all of these nutrients in one place, we prefer one formula. See the supplements section in this writing. It is important to remember that while I think these nutrients are important in achieving weight loss, they’re only part of a program that includes eating the right foods, avoiding the bad ones, and exercise.

- **Set up a support system.** The greatest weight loss successes occur when people had friends, family, and counselors constantly offering encouragement and positive reinforcement.

- **Sleep well.** Fatigue causes us to look for cheap imitations of energy like caffeine and sugar. Get our sleep book [http://www.breathing.com/sleep-book.htm](http://www.breathing.com/sleep-book.htm)

  Experiment with supervised fasting. [http://www.breathing.com/fasting.htm](http://www.breathing.com/fasting.htm) or a local Naturopathic Doctor.

**Twice yearly do a complete detoxification program**

In "Raw Family," a book written by the entire Boutenko family of four, Victoria, Igor, Sergie and Valya, Sergie's body was cured 100% of "Junior Diabetes" within 4 months time. The family doctor said Sergie was incurable!

All four members of the Boutenko family had a major illness when the family started with their switch from a "normal" (these “normal” people worry me) cooked food diet to their commitment to raw food. All four soon left their diseases behind. In time as their bodies became more alkaline, the mother and son, both very, very overweight, lost most excessive fat and moved from being heavy-footed to light-footed walkers and joggers instead. Victoria lost almost 100 pounds in her first 6 or 7 months as a raw-fooder. A 100% raw food diet is one major way to return back to a natural and permanent life-long alkaline-LIFE base. It can keep weight on though if you include too many sweet and oil dishes.

Learn which foods are alkaline and which are acid. **Keep your daily diet consisting of at least 80% alkaline foods and liquids!** START WITH THEM. This means lots of fruits and veggies, less meat, non unsprouted seeds or nuts, and far less non wild animal protein foods, no alcohol, no coffee or other such acid forming foods and drinks, and certainly no smoking!

For your body get alkaline forming products such as Miracle’s Neutralizer, Miracle Soap, Moisturizing Soap, Miracle Gel, and Miracle Skin Moisturizer. Anyone, even a baby can use 7 drops to a half oz. or more of Neutralizer daily without any adverse health effects.


TOLL FREE order line: **1-888-236-2108** Use Affiliate ID #364
OBESITY AND BREATHING
Effects of Obesity on Respiratory Resistance (increased force required to breathe and shortness of breath). Chest 1993 May,103(5):1470-1476. These findings suggest that in addition to the elastic load, obese subjects have to overcome increased respiratory resistance from the reduction in lung volume related to being overweight. Numerous measurements have shown that the low pO2art resulting from stressful events or following degeneration of the lung heart system (LHS) in old age can be re-elevated up to high values. Manfred von Ardenne - Stress 1981 Vol. 2 Autumn.

Dr. Robert Young’s fabulous new book The pH Miracle for Weight Loss is due out in July 2005. Order it here: http://www.innerlightinc.com/vizual

REMEMBER:
“The secret of weight control is what you put in your mouth and how often you chew each bite.”
CHAPTER 15
Lung Diseases

Be careful here. Many “diseases” are miss-diagnosed and many others are prescription drug induced. See the *Bantam Pill Book* and this writing for more about the drug aspects. Unless you have had recent surgery to your trunk area or have a hole in your lung, then you had better consult a lung surgeon about that, you can be sure when you have a breathing problem, you will most often want to develop your breathing. The main issues are - better now and precisely just how.

**EMPHYSEMA?**
I start with this because when you know how to improve the worst cases then the easier ones become just that — easier.

Dr. Robert Nims, M.D., now retired chief of pulmonary medicine at West Haven Veterans Hospital in Connecticut says this about the respiratory clinical study he participated in: “The standard teaching was that air trapped in the emphysematous lung was trapped and could not be exhaled. For this reason the diaphragm was pushed down to a flat position and the ribs were elevated. Now I told Carl in no uncertain words that he was ‘mildly demented’ to say that he could effect a rise in the diaphragm and a descent in the ribs, but we got rather spectacular results showing that he did do this.”

Emphysema is fairly simple to slow or stop its progress. This should instill hope for others with varying forms of Chronic Obstructive Pulmonary Disease including pleurisy, pulmonary fibrosis, sarcoidosis and others. Get 2nd and third opinions so that when you improve the diagnostician(s) can not cop out and say you were miss-diagnosed in the first place and never had the illness you thought you had and were taking all the drugs and steroids for.

Some breathing exercises have contained and backed off shortness of breath classified or miss-classified as emphysema. Some breathing exercises have made it worse. That insight carries over into so called healthy people. It tells me that some exercises that work for those that appear to be healthy but are not really healthy “breathing wise” are causing stress harm or inviting illness that is not detected until later in life.

A small number of people with emphysema are born without a lung-protecting enzyme called alpha 1-antitrypsin. This makes them more likely to develop emphysema at an earlier age. This may make raw foods critical to optimal health but I am not sure which foods contain the above mentioned enzyme.

**SMOKING DAMAGE**
The Framingham study proved that smoking accelerates lung tissue damage by as much as 50%. It also proved that when smoking ceases, the acceleration stops. But most often by then the lungs have had severe loss of function.

Can this lung function be returned? Even a great deal of it? Yes. Either by developing what you already still have or reactivating what you thought you lost but did not lose. I mentioned this elsewhere but let me say again that I smoked a pack and a half of unfiltered camels a day for 14 years. That was 35 years ago and now at age 64 and 6’2” inches tall the American Thoracic Society says my lung volume is that of a 6’10” 20 year old.

Is it easy? Maybe yes maybe no. Is it worth it? You have to answer that for yourself. How important to you is your breathing and your life span? You need to do simple daily breathing development techniques plus general overall movement type exercises that activate the breathing system in a non-stressful way. You need to cleanse, have a great diet and exercise moderately if you want to achieve optimal results.

Whether you are ill or not the daily breathing regimen will expand the lungs and invite extra energy to do the more active exercises. The gentle but more active exercises will help flush out toxins in the body, including the lymphatic system. Recommended Program [http://www.breathing.com/stop-smoking-program.htm](http://www.breathing.com/stop-smoking-program.htm)
ASTHMA
Asthma, like most things health wise, is what I call multi-factoral. It has several components.

- Gather 100 people in a poorly ventilated room with major air pollution and only a few would become wheezing, gasping or "asthmatic".
- Gather another 100 group together with poor diet and still only a few would become wheezing, gasping or "asthmatic".
- Gather 100 people with emotional problems and only a few would wheeze, gasp or "asthmatic".
- Gather 100 people with poor breathing mechanics and internal coordination and many more will have shortness of breath symptoms than in the food or air group.
- Gather 100 with poor breathing mechanics (UDB), poor air, unresolved emotions, and poor diet and you would have most of the group wheezing gasping or "asthmatic".

The underlying cause of asthma is often not air or food, it is the way people are breathing in the first place. It is most often but not always one of the easiest components to improve. Kind of simple really. The mechanical part of asthma is like having a hungry python wrapped tightly around your chest and/or your muscles not responding in a way that allows you to breathe deep, balanced and easy.

See the lungs (left) and notice how they are mostly in the sides and back and not much in the front — even when you add back the cutaway portion. So it is largely a great waste of time trying to get any breath in the upper chest.

One essential difference between asthma and COPD is that the lungs have been damaged or are plugged up more with COPD. Asthma is more about breathing in the high chest which has very little lung tissue and causes vaso constriction which closes the airways. This causes anxiety, caused by trying to breathe improperly. The more a person tries to breathe that way the harder it is to breathe. This is where anxiety turns to grabbing for the inhaler and/or often into panic. Panic attacks are largely breathing pattern (UDB) issues.

Emphysema (you may as well include it in COPD) comes primarily from damaged lung dysfunction as well as high chest or massively uncoordinated, poorly sequenced breathing, compounding and confusing the issue. Nutrition and cleansing is VERY important, as you learned in the digestion and elimination chapter. Emphysema often settles in the lower lobe area but also in the middle or lower middle where the "Speed Bump" is felt. See this article: http://www.breathing.com/articles/breathwave.htm

Stress and asthma are joined at the hip because stress causes the unbalanced breathing patterns (UDB) to be focused upward into the high chest, adding to vaso constriction, causing restrictions in chest muscles, veins, arteries and capillaries.

Stress Places Asthmatic Children in Danger http://www.mercola.com/2004/dec/8/stress_asthma.htm The occurrence of stressful events in a child's life can multiply his or her risk of asthma attacks four-fold. Makes sense. Inhalers and steroids only muffle the symptom(s). The cause of the factors listed below must be addressed.

According to Dr. Mercola;s article, “The negative effects of stress can definitely harm a child's mental and physical health. According to a study, stress caused by threatening, upsetting or unsettling life events could quadruple a child's risk of asthma attacks.”

Such stressful events include:
* Moving
* Births/deaths
* Departures
* Illness/hospital visits
* Separations
* Changes in family relationships
During the study, 60 children (ages 6-13) who suffered from asthma for at least three years were analyzed. Throughout the study's 18-month time span, the children were advised to keep a diary and record any acute asthma attacks and their breath strength (peak flow). The children received check-ups every three months and their parents were questioned about potentially stressful events occurring during the corresponding time period. Results of the study showed that the traumatic events were associated with spells of acute asthma.

**BRONCHITIS**
Bronchitis can be viewed as an advanced form of an aspect of asthma. They often get confused for each other. There is even a name for that called asthmatic bronchitis. COPD is an advanced form of either/both.

Beginning with mechanical function (remember the python), much of the bronchitis approach works well with asthma. The bronchioles need a good cleansing and love a good bug killer. They are to me more critical then the lungs because they are main airway passages and if they are plugged there is no air to the lungs in the first place. So bacteria killers like ones mentioned in the nutrition chapter that keep those airways open are critical to proper lung management as well as emergency applications.

**ANTIBIOTICS & BRONCHITIS**

**Background:** Despite the findings in controlled trials that antibiotics provide limited benefit in the treatment of acute bronchitis, physicians frequently prescribe antibiotics for acute bronchitis. The aim of this study was to determine whether certain patient or provider characteristics could predict antibiotic use for acute bronchitis in a system where antibiotic use had already been substantially reduced through quality-improvement efforts.

**Methods:** A retrospective chart review was performed in an academic family medicine training center that had previously instituted a quality-improvement project to reduce antibiotic prescribing for acute bronchitis. Patients who had acute bronchitis diagnosed during an 18-month period and who had no other secondary diagnosis for respiratory distress or a condition that would justify antibiotics were selected from a computerized-record database and included in the study (n = 135). Charts were reviewed to document patient symptoms, physical findings, provider and patient characteristics, and treatment.

**Results:** Thirty-five (26%) patients received antibiotics for their acute bronchitis. Adults were more likely to receive antibiotics than children (34% vs. 3%, P < .001). Analysis of 20 different symptoms and physical findings showed that symptoms and signs were poor predictors of antibiotic use. Likewise, no significant differences were found based on prescribing habits of individual providers or provider level of training.

**Conclusion:** In a setting where antibiotic use for acute bronchitis had been decreased through an ongoing quality-improvement effort, it did not appear that providers selectively used antibiotics for patients with certain symptoms or signs. Other factors, such as no clinical cues, might drive antibiotic prescribing even after clinical variation is suppressed. [J Am Board Fam Pract 13(6):398-402, 2000. © 2000 American Board of Family Practice]

**REGENERATING ALVEOLI with nutrition — instead of drugs**
Scientists funded by the National Heart, Lung, and Blood Institute have demonstrated a remarkable regeneration of alveoli, which returned to their normal size and number. In research using rats at the Georgetown University School of Medicine, treatment with retinoic acid, a metabolite of vitamin A, resulted in a non-surgical reversal of damage caused by emphysema for the first time. Not only was the number of alveoli increased in normal rats, but alveoli in rats with emphysema were repaired, and lung elasticity recoil was significantly improved. Though these studies have so far been conducted only in animals, results are very promising, leading a number of physicians to put their emphysema patients on retinoic acid therapy.

This points to why many people live quite well following strict nutritional guidelines, moderate exercise and optimal natural hygiene.

I am confident that this remarkable nutritionally based therapy will be more widely adopted. In fact, the FDA may be approving all-trans-retinoic acid for emphysema therapy. All-trans-retinoic acid must be prescribed by a physician.
UPPER RESPIRATORY TRACK
The “acid rain” of the body is what lodges in the sinuses. The mouth, throat, nasal passages plus mostly the sinuses collect “debris” as well. Most people don't realize that the sinuses are huge and go way back into the head.

When the sinus cavities get full of bacteria, the bacteria travels down the throat, past the larynx into the bronchioles and lungs. This causes or worsens speech problems, bronchitis and lung congestion.

I recently worked on a man’s breathing mechanics who started coughing and spitting up mucous for 45 minutes. I encouraged him to continue to do so. I had opened the lungs and they then allowed the backpressure to subside. This backpressure of inflammation in the lung area was causing the sinuses to stay plugged. His voice got clear and strong for the first time in 8 years. His sinuses cleared up as well.

Poor Digestion and Elimination cause similar “debris” problems. See separate chapters about them.

ELIMINATE any mucous producing food such as dairy, bread (anything with white flour), red meat, grains and chocolate. More about this in the nutrition section.

I have asked a world-class aroma therapist to create for me an essential oil formula called Respiratory Enhancer. It comes in two forms. One for rubbing on to the chest and the other for inhaling via an oxygen concentrator. It’s really good for the lungs. (More about this at http://www.breathing.com/oxygen-concentrator.htm) It’s really good for the lungs but not to replace any traditional medical approaches although the aroma therapists The oils in this formula are all good bacteria killers.

When people who want to focus a lot of attention to their respiratory track come to my office, I have them combine the far-infrared sauna, O2 generator, Respiratory Enhancer and alternate with low impact aerobic exercise. (A rebounder is good for this!).

CHAPTER 16
Lung Toxins Hiding In Over 300 Prescription Drugs?

Remember — if you had a negative side effect and you did not take a prescription drug they would call it a disease. Side effects are diseases, pure and simple.

300 Prescribed Medicines Can Damage the Lungs

http://www.breathing.com/articles/pneumotox.htm

This warning was issued at the first World Congress on Lung Health and Respiratory Diseases in Florence, Italy, where 15,000 specialists from 84 countries gathered during the week of Sept. 3-9, 2000. Their official statement was clear, "There are hundreds of medicines routinely prescribed for a variety of disorders, including high blood pressure, allergies, rheumatism, certain cancers or even common non-respiratory inflammations, that can cause all kinds of lung diseases." These diseases are classified as accidents that are induced in a patient by a physician's prescribed treatment. These diseases may develop in a very short time. They are mostly unpredictable and some are irreversible, leaving lifelong damage.

Judging by the 4,200 bibliographical references collected by a team at the University Medical Center in Dijon, France, **there are no less than 50 different lung diseases and syndromes (ranging from simple coughs and breathlessness to pleurisies and even acute respiratory failures) that seem to be either caused or aggravated by medicines.** Also, each year there are no less than 20 to 30 new therapeutic substances being added to the list of suspect products.

The Dijon, France, team goes on to say, "The information provided with the packaging hardly ever warns patients that the medicine could potentially cause a lung disorder and, there are very few doctors who give this matter due consideration when they prescribe a treatment."

According to the specialists attending the World Congress in Florence, - with an early withdrawal of the medicine, about 70% of cases would increase the patient's chances of avoiding a damaging disease or condition.

Medicinal herbs and some supplements have even been blamed for serious lung problems. There are also some therapeutic treatments that appear on this list, such as blood transfusion, laparoscopy, acupuncture, the insertion of catheters and various body punctures.

Professor Camus of the University Medical Center explained at the World Congress in Florence, \"These accidents could largely be avoided, or at least reduced, but only if certain conditions are satisfied.\"

**First,** the practitioner who has been consulted (whatever his specialty) must be aware of what has happened.

**Second,** the patient has to consult as soon as he notices the slightest abnormal or lasting pulmonary symptom.

**Third,** and last, the patient must immediately stop taking the suspect product, which is absolutely essential if lasting harm is to be kept to a minimum."

A Dijon, France, team has put together a unique, regularly updated Internet site which makes all this information available to patients and practitioners free of charge. Every month this website is visited by 6,000 to 7,000 visitors, half of which are from the United States.

Below is just the A list of A-Z of drugs that may injure the respiratory system.

Go here for the link to the rest. http://www.breathing.com/articles/pneumotox.htm

**Abacavir**

Acetylsalicylic acid  
Acetyl

Adenosine and derivatives  
Adrenaline (= epinephrine)

Aminoglutethimide  
Aminorex

Albumin  
Aminoglycosid antibiotics

Allopurinol  
Ampicillin

Almitrine  
Amiodarone

Aminogluthethimide  
Amitriptyline

Ampicillin  
Amphotericin B
NOTE: Developmental Natural Resources (DNR) has developed special light-energized solutions that can deal with all sorts of respiratory complications without causing future harm or problems. DNR has also developed special protocols designed to safely and effectively boost the detoxification of harmful agents that have already attacked the respiratory system.

For more information on instant pain relief products, heavy metal detoxification, and total energetic healing solutions using body soaks and DNR products, all Web order get special automatic 20% discount, visit http://www.dnrsite.com/store4.mv?AFFIL=7847126
Call for more information, call: 704-664-1962 or email: jjenson@breathing.com
CHAPTER 17
Oxygen Therapies

Otto Warburg
Since Otto Warburg received the Nobel Prize in 1931 for proving cancer can not survive in a high concentration of oxygen, science has been investigating oxygen and its healing powers... only not very much or very well.

Warburg’s prize student Manfred von Ardenne was an electron physicist who in addition to his interest in astronomy, developed quite a good reputation for cancer research. He worked for decades creating what he called Oxygen Multi-step Therapy, which focused on oxygen’s relationship in to most major categories of illness. When your blood oxygen goes way down, you get sick, die or at best shorten your life span.

This book is a masterful compilation of clinical insights and variations on breathing assessments, cofactors and some techniques of breathing development. In this book Dr. von Ardenne addressed some 150 respiratory and blood gas aspects including elements of what we might call respiratory psychophysiology.

Germs, fungi and bacteria are anaerobic as well. von Ardenne was also inspired by Karl Lohmann who discovered adenosine triphosphate, ATP, which many believe to be the human body’s main energy currency.

Some studies addressed in the book include:
● Dependence of O2 uptake at rest.
● The O2 deficiency pulse reaction as a warning sign of a life threatening crisis, and the lasting remedying of the crisis.
● Procedures that influence and measure increases and decreases in arterial and venous O2 blood levels.
● The necessary physical exercise to attain a training effect. (less than you might believe)
● Increases in brain circulation during physical strain.
● Rate of blood flow in the circulation of the organs.
● Various examples in changes of O2 uptake.
● Heart minute volume and blood flow of the organs decisive for O2 transport.
● Relation of ATP concentrations in rat brains as a function of the oxygen partial pressure of the inspired air.
● He graphed much of his research.
● Other cofactors that influence lung volume are airways hyper-responsiveness, atopy, childhood respiratory infections, air pollution, posture, subluxation of the spine, exercise, deep and superficial fascia, nutrition, occupational hazards, abuse and trauma, attitude, and age, height, weight and sex.

Because of this I created a program combining a used oxygen concentrator with a Far Infrared Sauna and Stationary Bicycle or Cross Trainer or Treadmill. You can learn more about this at www.breathing.com/oxygen-concentrator.htm

Ed McCabe
The next person to address oxygen in a huge way is investigative reporter Ed McCabe. His Oxygen Therapies published in 1984 sold over 250,000 copies and set the stage for his Flood Your Body With Oxygen published in 2003. No other person comes even close to gathering and clarifying oxygen's power as a healing force. I believe Ed deserves a Pulitzer, Nobel Prize or at least national recognition for this work!!

Hyperbaric Oxygen Chamber pioneer
Another prize for courage under fire should go to Robert Hartsoe of http://www.miraclemountain.org His hyperbaric oxygen chamber treatments are one-tenth the cost of most hospital treatments!

Remember that the best way to get oxygen is to breathe optimally.
The next best way is with water and living foods.
CHAPTER 18
TESTIMONIALS

...from satisfied private session clients and self help customers

“I am a 69 year old MD Ear Nose Throat specialist who developed adult onset asthma and "non reversible airway disease". I could not get any real help except inhalers. I came across Breathing.Com from Stephen Sinatra's Newsletter. I ordered #176 DVD and have tremendous improvement. I do not get winded doing simple tasks. My wife and I do Tai Chi at 5 AM everyday. I also agree with Mike regarding the raw food diet and drinking a lot of water. I believe that chronic dehydration is another key to aging and in my case lung disease. I took the breathing school this year and am involved in helping people help themselves. That proper breathing is the first step in wellness seems so logical but is most frequently overlooked. Keep up the good work Mike!” — Randall Langston, M.D.

“Most people tend to breathe in the upper chest, stimulating the sympathetic (flight or fight) nervous system. This inefficient breathing begins at birth and increases with conditioning, civilized life's non-stop emotional upheaval, polluted cities and increased stress. Using Optimal Breathing techniques, we bring our breath down and learn to return to the parasympathetic (slowing down, restorative) nervous system, helping us to stay balanced on all levels. Through learning how to breathe in the whole body we go beyond the mind into the realms of spirit, thus cultivating divine inspiration.” — Philip Madeley, Tree of Life Educational Manager, http://www.treeoflife.nu

SPASMODIC DYSPHONIA

“I am a 46 year old Speech and Language Pathologist who ironically acquired a severe voice dysfunction following a severe throat infection. As a professional, I had learned about this "rare, incurable neurological disease" called Spasmodic Dysphonia, which was resistant to treatment and devastated the lives of those afflicted. Fortunately, I knew there were professionals that did offer a cure (without the frequently used injections of Botox which offer temporary relief) and so I began my quest for restoring my voice. I first consulted Dr. Morton Cooper in Los Angeles. Dr. Cooper is also known as the Voice Doctor and has authored many articles and books. He has for years attested to the fact that many people, when they learn to use their voices in an optimum manner, can overcome the disabling effects of Spasmodic Dysphonia and he has many testimonials to his credit.

I worked with Dr. Cooper for several days and he gave me hope and set me on the right track with his simple exercises. I then consulted with Robert Grider of Minnesota Voice and Speech Clinic. I trusted Bob because he was a friend as well as a fellow SLP and he added some exercises to my regime, primarily use of a quiet, confidential voice and some other techniques to decrease the strain, struggle and hoarseness inherent in SD. Both Dr. Cooper and Bob had some very simple breathing exercises they prescribed, but I expressed concern to both that I felt that my breathing was "stuck" and shallow, and try as I might to "belly-breathe", I felt I needed something more. I took up Yoga and the deep breathing which did seem to help, but I continued my search.

A search on the internet led me to Mike White's Optimal Breathing Program website. I emailed Mike right away, and he was easily accessible and encouraging. I took an on-line quiz and found that I had what Mike calls Unbalanced Deep Breathing. I ordered Mike's video and manual and realized that what I needed to develop was full, optimal breathing and that there were simple exercises to trigger the deep breathing reflex.

I met with Mike personally and did a three-hour private session during which he addressed my voice difficulties and performed some more in-depth work. I highly recommend Mike's program, and since I believe that most if not all people with SD do not use their breath optimally, I feel it is of significant benefit with this population. Seven months after the onset of my SD, I have regained a fairly functional voice, and am presently working on increasing my loudness and further improving voice quality. Typically a direct voice rehabilitation program for SD can take 6-12 months or longer, but I definitely do not consider it an "incurable" disorder. Like the voice, so many of our body systems are linked to our breathing and Mike's manual is quite comprehensive in both explaining the anatomy and physiology of breathing. Along with his video, Mike provides easy ways to achieve better breathing, and outlines multiple applications and benefits.”

— Connie Pike, MA, CCC-SLP Tampa, Florida

Comments from Optimal Breathing School core faculty member.
DONNA GROSS

“My background includes thirty years of experience in Holistic Care with licensing in Respiratory Care and Personal Training. I have worked ventilators in critical care and I was the therapeutic specialist in a Pulmonary Rehabilitation Program. I ran a senior’s Wellness Program teaching Yoga, Tai Chi and Chi Gung. I trained under and worked as a therapist for the founding President of the Holistic Medical Association. I also have worked for other doctors using Naturopathic and Ayurvedic therapies.

All this experience has taught me a lot about health as well as disease. I know the power and limitations of medical treatment in the field of pulmonary health. Most of the effective treatments are useful in acute or emergency situations. They have limited success in long-term health management. For example, most of the breath testing done on pulmonary patients has to do with forcing an inhalation or exhalation to record air flow. Forced breathing causes increased tension in the lung tissue. This is not a healthy practice in a patient already suffering from high levels of tension in the lungs.

This same principle holds true with many of the medications given patients. A Bronchodilator can save a life by forcing open swollen airways, but it cannot improve anyone’s overall state of health if used regularly. Eventually the patient fails to respond to the chronically used medications, and the possibility of tissue damage from these medicines increases as they are used year after year, decade after decade. We try to teach clients to find the underlying causes of their breathing problem. Then they can work to improve their immune system and develop improved life style habits. The idea is to wean off the medicines eventually. It takes someone with an open mind and a brave spirit to travel this path toward healing. This is the road less traveled, and it is unique to each individual. It seems to me to be the path of beauty and well worth the effort, if one is truly intending to heal.”

Success Stories Results, Testimonials.
Taken from the http://www.breathing.com/results.htm page

Optimal Breathing incorporates the best of all breathing development techniques and exercises. The people we work with come from a cross section of almost every job, race, religion, or lifestyle on earth. Optimal breathing is generic to ALL humanity. The results-success stories-testimonials on the following 3 pages will give you more insight into the broad range of breathing development applications.

TESTIMONIALS OVERVIEW

A champion swimmer wanted to improve her ease of breathing and recovery times for multiple general race days and championship tri-athlete events. An opera singer was losing her high notes and sought psychotherapy but eventually just learned to breathe better and her high notes returned. A classical singer was losing her mid range and regained it with optimal breathing techniques. An emphysema victim learned that breathing was not what he thought is was, for over 50 years. It had become a permanent misunderstanding even to the point of doing it improperly when shown the proper way. Sixteen sessions were needed to change this person’s breathing. An asthmatic was retrained to breathe easier and the symptoms disappeared. Stuttering and spasmodic dysphonia can reduce or disappear when one learns to breathe optimally. A shy young lady learned to breathe better. Her shyness lessened and “I met a man and got married”. Some eliminated their sleep problems, hypertension, type "A" responses, wimpy ways of being. Some increased their energy many fold, told off their suppressive boss, told the truth to their spouse, opened up to loving themselves, and set boundaries where needed. Some healed from illness or near death. There are thousands of stories like this below.

Singing

I was recently singing to Phantom of the Opera and some Barbara Streisand and then some other music. What I noticed is that the high notes which didn’t used to be all that clear, are amazingly strong and clear – all the time. I can easily and powerfully reach a high “A” which before could easily be a struggle. And it’s a clear sound, not screeching to reach it. This is so amazing! I love it. This is the voice I have always wanted. And in ONE session as well. – Pamela Tablak, Soloist and Choir Director Recommended Program http://www.breathing.com/consulting.htm

Asthma, Emphysema, Anxiety, Insomnia

“Breath is the essence of life. When we expire, we lose life. When we are inspired, we gain life. The art of optimal breathing can provide a great contribution to the art of optimal living.

Michael Grant White has been studying the science and art of breathing for two decades and is a masterful teacher. His training materials, workshops, and personal coaching sessions provide insights which can transform lives.
I was amazed to learn how much benefit can be gained in chronic diseases such as asthma, angina, emphysema, anxiety, and insomnia thru the application of Optimal Breathing strategies.

I’m glad to be able to endorse Michael Grant White’s highly evolved program of Optimal Breathing. However, as with any program that requires application, the benefits you gain are generally proportional to consistency with which you practice these principles. If you are ready to fulfill your life potential, I recommend you begin by fulfilling your breathing potential.”

— James Biddle M.D. Diplomat, American Board of Internal Medicine Diplomat.
Also practices chelation therapy and preventive medicine.  http://www.integrative-med.com

I am a changed Person

“I would like to thank you very much. I am a changed person. I watched the video and did the first exercise it was just what I needed. I sleep better, look better, and think better, all because of the video and exercise #1. I will try the others later. You are really doing some wonderful work, is there an exercise for weight loss? I need to read more of the manual. God bless you for the help, its just wonderful. Thanks again!” — Wanda Chafin Recommended program for weight loss: http://www.breathing.com/weight-loss-program.htm

Adrenal exhaustion, anxiety

“I am a 58 years young woman, high school teacher, and have spent much of my life off and on going through periods of adrenal exhaustion (of which I really had no name for up until a few years ago) and wondering why I couldn’t catch my breath, actually have to crawl up stairs sometimes, waking up at night breathless etc.

This all would come to pass when I was going through some kind of loss or what I perceived as a loss, or just any old time especially during times of a great deal of change. Interestingly enough when I was not going through those times, I have amazing energy, accomplish a great deal and rarely get tired. It became clear to me about 15 years ago that losing my mother at 3 years of age and not being told until I was 5 where she went, and simply living in hell with my father in one of those abusive long term dysfunctional stories (tragic but boring) put me in so much fear that I learned to hold my breath and do all of the stuff that goes along with the flight or fight syndrome.

Long story short approximately 10 years ago described these symptoms to my doctor, adrenal surges, not being about to catch my breath, waking up at night many times gasping for air and feeling like I am suffocating was put on Zoloft or Paxil off and on for about 10 years. I would tell the doctors, that I didn’t feel depressed and really had no idea why these physical symptoms would happen to me and be so debilitating, but they just treat symptoms with meds. People would tell me, well just take a deep breath. OK I’ll do that I would say but I could not seem to get a handle on being able to get a real breath when I’m suffering t h is panic and anxiety.

One fine day last October it finally dawned on me, I do not know really HOW to breathe! With all of the Yoga, meditation, bodywork, no one has been able to really teach me “HOW TO BREATHE”. So I got on the WWW and said help!!! Punched in “breathing” and, ‘Walla’ came “breathing.com” and Michael. Got Michael’s tapes in his Breathing kit http://www.breathing.com/breathingkit.htm

Breathing Exercise Tape #1 http://www.breathing.com/exercise1.htm was such a shock for me, what I mean is I had no idea there was a reflex action at the bottom of the exhale breath that actually “breathed your body”. The shallow breathing that I was in the habit of doing had never allowed the development of that reflex action. So naturally I’m waking up at night breath holding, panic stricken and clueless why this is happening. M y body has been oxygen-starved and getting worse as I get older EVEN THOUGH ALL OF THE CHILDHOOD ISSUES ARE WORKED OUT, GONE, DONE WITH, the old breathing habits had remained, I was not aware of something better.

Breathing Exercise #2 http://www.breathing.com/exercise2.htm was even more fantastic! The exercise uses what you have learned in tape #1 and gives you the tremendous tools and power over the physical disablement of being oxygen starved and emotionally stressed.

Very soon after starting the tapes, I visited Michael for 6 days in North Carolina to get private instruction. I can only tell you all that it was the best thing I could have ever done for myself. I am now of course still practicing proper breathing (50 years of bad habits), off meds, and have not awaked at night even once since starting the tapes and getting private instruction from Michael.

Again Michael, thank you a million times over for actually dedicating your life to helping people understand the importance of the breath and actually in detail showing how to really practice it.

COPD

“Thank you for sending the “Secrets of Optimal Natural Breathing” to me so promptly. I did get it in plenty of time to take it to Cape Cod with me. There I simply read it several times without trying to do any exercises or assessments. In the past few days I have been trying to work with the exercises. I have also worked with the tape once. I intend to continue all this because already I have had some significant help. I do plan to come up for some individual work in the next few months. I am quite taken back by your work. I recently finished a pulmonary rehab program at Vanderbilt University; and this morning when I walked (hobbled for a few blocks) I thought: “Well everything I did in that program was a kind of forcing; and now for the first time, I am glimpsing what it means to take a real breath.” When I got home my oxygen saturation jumped up to 99% for the first time.

Thanks a lot! I have a long way to go. In addition to my COPD I am now struggling to recover from a back injury. I will continue with your basic exercises for a while and let you know when I might make a trip.”
— Phyllis P. Recommended Program http://www.breathing.com/energy.htm Level 4

Emphysema

“I read all of your information and pretended I was on the beach watching the ocean just like you said. When I received your study I tried each exercise. I visualized my lungs as hard and crusty and the only way to improve was breaths from my knees to the top of my head with long exhales and letting the in breath come in by itself. With a little improvement each day I am attempting to stomach breathe while walking. The more I convince myself that the cause of my improvement is deep breathing -----the more I extend the time I deep breathe each day. I am walking up to one mile daily now. “Many thanks, Mike.”
— D.L. Emphysema. Victim

Orthopedic Specialist

“I thoroughly enjoyed my session with you. I was delighted by the degree of insight and sophistication that you bring to “breathing”. I am now opening up and breathing in a much more relaxed I look forward to another session to go a step further. I will also be recommending your approach to my patients.” — Dr. Richard Gracer, Orthopedic Medicine. Walnut Creek, California.

Chest Pains, Shortness of Breath, High Blood Pressure

“I have tried emailing this testimonial sometime in May but somehow it never got through. Since then my daughters have been urging me to send in my testimonial because of how much your breathing exercises have helped me "cure" my chest pains, shortness of breath and lower my blood pressure. So I am sending it in now hoping this does get through to you.

I need to thank God for leading me to your website when I began experiencing mild to severe chest pains every night. I had gone through a full bottle of 30 nitroglycerine tablets within two weeks. My chest pains always occurred at night when I am going to bed, so much so, that I was afraid to go to bed.

I need to explain something, Mike. Because of my past two open heart surgeries and heart problems, I am quite knowledgeable about the symptoms of a possible heart attack when you experience chest pains. In my case, I had just gone through an ultra sonic and a treadmill test in February. During the treadmill test, at the final stage, I complained to the attending nurse that she had to stop the treadmill because I was experiencing severe chest pains and was out of breath. She insisted I continue because the test is almost over and I needed to go on just for another minute or so. Somehow I got through the run and nearly fainted, heaving and breathing rapidly.

Two weeks later when I returned to my cardiologist for the results of my test, the cardiologist stated that I had over 75% blockage on my right carotid artery and 50% blockage on my left carotid artery. He immediately recommended an angiogram to determine the actual extent of the blockage. After consulting with my wife, I decided to forego the angiogram and in fact vowed that I would not go through that invasive examination again. Right after that was when I started to experience my chest pains. However, as I mentioned to my wife, the chest pains that I was experiencing could not be heart related but instead, I suspected it may be initiating from my lungs.

After my treadmill test, I also started to cough out some mucous. Its color was pure white and not yellow or black so I felt that I may have a latent lung problem. After all, I am over 73 years old. Besides during my chest pains, I did not experience any of the usual symptoms of a pending heart attack. I felt like I couldn't breathe and the center of my
chest hurt badly. The pain vanished after I slipped a nitro tablet under my tongue. My blood pressure was not low at the time but it wasn't high either. Of course I was frightened. I would get chest pains for two or three nights, then none on the next night, and then it started again. About that time, I read an article in our local newspaper about breathing.

I went on the internet and I can't tell you how or why I selected your web site. I spent all day reading the information on your site especially the testimonials. I ordered your Optimal Breathing package and received the tapes in early April.

Now, let me tell you what happened. I started out on the middle of my living room floor, arranging some couch pillows on a towel on the floor. Didn't take me long to adjust myself on the floor and started with the Better Breathing Exercise #2 recorded audio. As God is my witness, by the time I was into the second half of the tape and into the exhale and inhale on a single bong strike, my right leg from my thigh to my feet felt like ice. I continued my breathing exercises and had my wife cover my legs with a blanket. I went through the entire exercise which took me nearly an hour that very first time.

Mike, that night I did not have any chest pain. I did the same exercise twice the next day, once in the morning and then again before going to bed.

The second night, my chest pain returned, but this time instead of taking a nitro tablet, I went into the living room and sat on the edge of my couch and in the dark, started to breath slowly. The chest pain slowly subsided and after a few minutes it was gone and I was able to go to bed. From that day on I have had no chest pains and have not taken a nitro tablet. This all happened in April after I started with your breathing exercises.

Today, I do breathing almost the entire day, mostly subconsciously be causing the breathing exercises is part of my daily routine. There is a lot more I can tell you about my health as a result of the breathing exercises I learned from you.

My daughter who lives in Hawaii has just visited you in North Carolina and I am grateful for the teaching and help you have given her. I have told my youngest daughter about the (Better Breathing Exercise 2) and she too will be doing the healing breathing exercises herself. In closing here is my email address, bobby7778@hotmail.com for anyone who is fortunate enough to find your website, they can contact me and I would be happy to tell them how wonderful breathing the right way can do for them!” Aloha, — Bruno Yim

Recommended Program  [http://www.breathing.com/energy.htm](http://www.breathing.com/energy.htm)  Level 3. Level 4 if you need alternative health supplements

**Breathing, Trauma & Personal Power**

by Alan Paul

“I was a long-term severally abused child, physically and emotionally. I amsteadfastly determined to improve my sense of wholeness, to strengthen my self-esteem and self-love and spiritual connection with others. As a result of this commitment, I have spent much of the last 30 years looking for help with my breathing, which has always (since adolescence) felt tense and shallow and "locked up" and eventually led to me having to give up my chosen profession.

Over the years, I've tried every type of healing modality I could think of that might impact the experience of never being able to get a satisfying breath. I've tried medical doctors, chiropractic, and various psychotherapies including Psychoanalytic, Gestalt, Short-Term Psychodynamic, and others. I've tried body-oriented therapies including Reichian, Alexander Technique, Rebirthing, , Rosen Work, Biofeedback, Massage Therapy, Bioenergetics, Core Energetics, Primal, Reiki, Cranio-Sacral, etc.. I also studied Yoga and Tai Chi. For many of these modalities I tried more than one practitioner of that style. I also committed extensive periods of time to a number of these practitioners, many of whom I studied with for periods of 1 to 3 years, in hope of getting some help.

While some of these teachers and therapists were very smart and dedicated people who were able to help me move forward in one way or another, no one was able to help me find relief from my core complaint my inability to breathe satisfactorily.

I recently discovered the website of breathing.com and opened a dialogue with Michael Grant White, the director of the site. Eventually, I decided to travel to North Carolina for a week, to work intensively with Mike.

Mike started by showing me how some simple adjustments to my posture could give me more space to breathe. He then, using very specific rib/chest/shoulder/neck accessory breathing muscle release techniques went on to show me how to get the ribs and diaphragm moving so that the breath could expand into the increased space he had found for me in my posture. Some of the beliefs that I had held about what a coordinated breathing feels like, had to be corrected. Finally, there was a wonderful moment with Mike when everything “clicked” for me, and I was able to sing loudly and happily with no pain or straining, for the first time I can remember since early childhood. Mike was able to get me back to the same state again, and I eventually returned home with a set of exercises and "homework" to do to help continue the development. I was quite satisfied and happy with my lessons with Mike.
But the biggest changes became apparent when I returned home. Suddenly, conversations with associates had a different character, the movement of my ribs seemed huge compared to before I traveled to North Carolina. A close associate has commented that I seem noticeably more relaxed. My dreams are much more vivid (some pleasant, some not so pleasant). A low-grade depression seems to have lifted, and I suddenly find myself easily working long hours whereas that was difficult for months before my trip.

I’ve also noticed an odd and unexpected difference in my diet after years of complacency, I’ve begun eating salads every day and generally eating less overall. Food is still very enjoyable, but it seems less like entertainment and comfort to me, and more like...well...food. Somehow, breathing a little deeper and easier has, without any conscious effort to do so, made me more realistic and less emotionally clouded about diet.

Another thing that changed immediately after returning home, is my exercise routines. I generally swim every day and do a good bit of flexibility work every day. But after studying with Mike, I’m beginning to feel that there really is only one form of exercise breathing development. Everything else (swimming, stretching, weight-training, tai chi, running, you name it) is just a variation of breathing development.

For example, when I swim now, I’m very conscious of moving my limbs and ribs in such a way that the breath deepens with every stroke, so that the breath is more expansive and elastic when I get out of the pool than when I got in. This is quite different than the way I used to swim. I swim a lot harder than I swim now, and there was a general sense of triumph and temporary relaxation in that, but the relaxation didn’t extend to my breath, which was tight and shallow when I was finished. Mike has assured me that I’ll swim even stronger than before, if I’m careful to slowly increase the cardio demand such that the breathing apparatus remains relaxed. I always thought that the more cardio fitness, the better, as long as one doesn’t have a heart attack. But I’ve learned that you can do quite a bit of subtle damage to the enjoyment of your life (and even your long-term health) by placing athletic demands on your body that are out of synch with your breathing abilities. So breathing comes first for me now, particularly since Mike’s given me some tools with which to increase my breath.

I’ve noticed the same thing with my stretch routines. I no longer believe that there’s such a thing as an "ankle stretch." Sure, I do the same ankle routines as before, but the way I do them is completely different. So there’s no ankle stretches. Just “breath stretches” extended out to the ankles.

Mike also talked to me repeatedly about the ergonomics of my life in my easy chair, my work chair, and my car seat. When Mike discussed these things, I listened and thought he made some good points worth considering. But since I’ve returned home, I’m beginning to feel that he was talking about something really important. I can see how slouching at my desk for a couple of hours leaves me with less breath, and that then induces a feeling of low self-esteem and depression. I guess I never noticed before because I didn’t feel that I had all that much breath to protect. Now, with my breath deeper, I’m beginning to think seriously about how to improve my ergonomics (Mike gave me a number of good and inexpensive suggestions.)

Just now, as I sat and wrote this, I realized that I am indeed slouching and locking up my breath. I need to replace this desk chair with a more breathing-friendly chair (not a specialty item, just an inexpensive but different chair design than I’m currently using), in accordance with the suggestions that Mike gave me. So I got up and did about 10 minutes of my breathing exercises. Now, sitting back down to work, it’s easier to work, the words are flowing with less effort, my self-esteem is higher, I feel more confident, life seems less like a burden. It’s subtle, but tangible. No, it’s not magic, my life isn’t suddenly euphoric. But it’s easier, less work, more filled with hope and promise, than it was 10 minutes ago. It makes me wonder how many of my internal conflicts and frustrations are nothing more than the effects of poor breathing habits.

Some people tell me to let go of the past, grieve the losses, forgive those who hurt you, move on toward life. They mean well by encouraging me to fly, but they assume that I have the wings with which to fly. How can I grieve the past and move on, if my breathing is locked up so that I can’t fully laugh, cry, or sing?

Mike has helped me see some of the possibilities for correcting my breathing pattern, and the results of that have been simple and immediate. It feels good to breathe better. And it’s very reassuring to know that there are specific exercises I can do for my breath, that will help me to let go of the past and create the future.” — AP. Recommended program, [http://www.breathing.com/energy.htm](http://www.breathing.com/energy.htm)  Level 3.  Level 4 if you need supplements.

**MEDITATION**


“I have been practicing TM since October of last year. I have also been practicing your Breathing Exercise #1 for the past few weeks since ordering the tape. I enjoy TM but find it’s effects variable and occasionally quite negative
(although this was pointed out as being natural by the excellent tutor).

years and in just a few weeks of assiduously practicing this one exercise I have received more benefit than in twenty years of practicing all manner of other breathing techniques. Now here's the really good bit. I decided I would try using the “Waking Breath”, - Breathing Exercise #1 - whilst doing my TM even though in basic TM practice there is no conscious breath control (the mantra itself is supposed to encourage shallow almost imperceptible breathing).

The result is a totally positive quality of experience both in the meditation session and afterwards. I can't speak for other TM practitioners but the moral seems to be that whatever practice you are engaged in get your breathing right first and it will help and support everything else. It really is the place to start.

I can't thank you enough. (And yes, I am now going through the manual.”.

Recommended Product  http://www.breathing.com/meditation-program.htm

M.I.T Trained Biochemist

“Of all the essential nutrients needed by the human, oxygen is the one we must have on a moment-to-moment basis; we can’t live without it even for a few minutes. yet, this is the one nutrient most people don’t associate with deficiency problems. Nothing could be further from the truth. One problem is that oxygen concentrations in and around major cities have been measured as much as 30% below normal. That means that each breath brings in less oxygen. As if this weren’t bad enough, most people have developed poor breathing habits, thus further restricting oxygen intake.

The resulting oxygen deficiency is having a negative effect on our health and our overall performance. Oxygen deprivation can be associated with all kinds of chronic diseases, including cancer. Michael White is an extraordinary breathing coach who teaches people new patterns of breathing, helping them to bring in more oxygen. These techniques help to improve health, stamina and even voice quality.” – Raymond Francis, Director, Beyond Health Corporation  http://www.beyondhealth.com  From Mike. Raymond has been quite successful with AIDS victims.

Raw-Living Foods Chef

“I highly recommend the work of Michael Grant White. It has touched my life on a very profound level. Excellent breathing is absolutely essential to everything in our lives. It provides energy, assists digestion, improves brain efficiency and assists in providing optimal body functioning. Breathing for me though is much more. Breathing correctly has allowed me to tap into the magical side of life... the spirit within!

Through learning how to breathe in the whole body we can go beyond the mind and our animalistic thinking. Most of us breathe in the chest area stimulating the sympathetic (Flight or Fight) nervous system. This incorrect breathing began at birth with our conditioning, civilized life’s non-stop emotional upheaval, polluted cites and increased stress without the release.

By learning how to breathe we can bring our breath down and learn to stay in the parasympathetic (slowing down, restorative) nervous system for most of the time. In times of crisis we can use optimal breathing development and exercises to bring it back there.

The practice of Mike’s exercises allows the natural reflexive breathing to be rehabilitated. Basically we are retraining our body to breathe naturally, so these are not just short-term exercises, they are designed to recondition and reorganize the way we breathe.

One of the my favorite exercises was not a specific breath exercise, but a Qi Gong exercise. This simple exercise, taught in his Secrets of Optimal Breathing manual, of standing still in relaxed posture has revolutionized my own posture and thus increased my breathing capacity. The Better Breathing Exercise #2 (aka Tibetan Caffeine), http://www.breathingl.com/exercise2.htm , singing exercises and shhh breath in the video http://www.breathing.com/video-strap.htm (#176 Video/DVD) have also opened up my breath and lungs like never before.

Two years later I still practice the techniques and exercises because I get results form them!! While working with Mike in 2000 I was introduced to the techniques which really allows an opening and expanding of lung capacity, Mike has a video that you can use at home for this. http://www.breathing.com/video-strap.htm

The changes for me were very subtle, yet like any true natural health practice, accumulative over time. And I have not even practiced them daily!! So don’t despair if you don’t get immediate results thought many do, just persevere and gradually your breathing will open on a whole new level.

Excellent breathing in conjunction with living foods, yoga and meditation, provides you with the tools that may enable you to find your peace... whatever life throws at you.”  Philip Madeley  http://www.sattvic-life.com  http://www.freshupnorth.com
Click here for a few words from leading California physician
Dr. Len Saputo  http://www.breathing.com/len-saputo.htm

Chiropractor
“Mike White is truly a master of the breath. As a long time martial artist, chiropractor and singer I thought I had a handle on breathing. What I had in fact was created non-optimal breathing patterns by over emphasizing the abdominal aspect of the breath. This was depriving me of the fullest expansion possible. Mike’s due diligence and keen powers of observation helped me open up. As I breathe easier I am letting go of patterns of effort in my life. The breath is truly a living metaphor. Thank you, Mike!”. — David Miller, D.C.  Recommended Product.  http://www.breathing.com/breathingkit.htm

Psychologist Gay Hendricks
“If you've never seen Mike's powerful work, you're in for a real transformational treat. You'll see why he's simply called The Breathing Coach.”

Migraines, Chest Pains, Vitality and Emotions.
“Just wanted to tell you how much I enjoy your newsletter. My sister ------ was fortunate to have had the opportunity to meet with you in early June. She mentioned what a kind person you are. She lives in Hawaii, I in Nevada, but we talk with each other several times a week and she has continued working with her breathing. On her way back from North Carolina, she stopped in Nevada to join us in celebrating my daughter's high school graduation, and shared with us what she has learned.

I have had terrible migraines for several years now and just this week, I tried some of your techniques for breathing (properly!) and to and behold, they first subsided and then eventually disappeared. How wonderful it was to rid myself of this. I will continue these techniques whenever I feel the need.

In closing, please keep me informed if you plan on visiting Las Vegas. My father who also lives in Las Vegas, uses your tapes, etc. as faithfully as my sister and I know he would love to join me in going to any seminars/classes that you may present. He was experiencing chest pains (angina?) periodically and since he started his Optimal Breathing program, he has not touched his nitroglycerine. It is amazing given his history of heart disease. He also feels more vital. The greatest reward is that even emotionally, he has opened himself up to us all. I thank you, Mike, as there are many more things that have happened to our family since meeting you.” —D. M.

APPENDIX

RECOMMENDED WEBSITES

1. BREATHING DEVELOPMENT
http://www.breathing.com
http://www.authentic-breathing.com
http://www.breathmastery.com
http://www.oxygenysis.org

2. FASTING & CLEANSING
http://www.shirleys-wellness-cafe.com/ Shirley’s Wellness Cafe
http://www.totalhealthsecrets.com
http://www.tanglewoodwellnesscenter.com Tanglewood Wellness Center

3. CLEAN AIR & THE IMPORTANCE OF SUNSHINE • PURE WATER • CLEAN ENVIRONMENT

4. BENEFITS OF ORGANIC LIVE FOODS & (WHOLE FOOD) SUPPLEMENTS
Veteran Raw Foodists
http://www.healself.org
http://www.thegardendiet.com
http://www.superbeing.com

Dr Bernarr- over 50 years
Storm- over 30 years; Jinjee – 11 years
Roger Haeske -over 15 years
Viktoras Kulvinskas -over 40 years

Some really GOOD websites for raw foods & recipes:

http://thephmiracle.us
http://www.eatraw.com
http://www.raw-food.com
http://www.rawfoodsupport.com
http://www.relfe.com/recipes.html
http://www.vegetarian-diet.info
http://www.rawfoodfocus.com
http://www.rawfood.com
http://www.living-foods.com
http://www.living-foods.com
http://www.youthing101.com
http://www.livingnutrition.com
http://www.TheRawWorld.com
http://www.rawfoodfocus.com
http://www.breathing.com
http://www.newveg.av.org
http://www.bestjuicers.com
http://rawbuddy.com
http://www.gogreen.org/
http://raw.tribalglobe.com
http://www.raw.org
http://www.fresh-network.com/

http://www.doctorgraham.cc/
http://www.hacres.com/
http://www.rawguru.com/
http://www.livrite.com/raw.htm
http://www.buildfreedom.com/rawmain.htm
http://www.SuperbeingDiet.com
http://www.vegetarianusa.com
http://www.gardenofhealth.com
http://www.breathing.com
http://www.rawlife.com
http://www.livingfoodsinstitute.com
http://www.livingfoodsunchild.com
http://www.veggieinsun.org
http://www.veggieinsun.org
http://www.rawfoodwiki.org
http://www.thegardendiet.com
http://www.sproutrawfood.org
http://www.durianpalace.com/durian-evolution.htm
http://www.thaivegetarianrecipes.com
http://www.celestialrawgoddess.com/
http://www.theshazzie.com (coming soon!)
Here's where you can find courses on a raw food lifestyle:
http://www.transformationinst.com/
http://www.healthfullivingintl.com/
http://www.tanglewoodwellnesscenter.com
http://www.foodnsport.com

RECOMMENDED BOOKS

1. WHY SHOULD YOU DEVELOP YOUR BREATHING?
   The Way You Breathe Can Make You Sick or Make You Well
   Building Healthy Lungs, Naturally
   The Secrets of Optimal Breathing manual
   S.L.E.E.P. — The Stress Level Elimination Energy Plan
   http://www.breathing.com/theway.htm
   http://www.breathing.com/bhln.htm
   http://www.breathing.com/manual.htm
   http://www.breathing.com/sleep-program.htm

2. FASTING & CLEANSING
   Toxemia Explained by J.H. Tilden, M.D.
   The Miracle of Fasting by Paul Bragg, N.D., Ph.D.
   http://www.breathing.com/clean-air.htm
   http://www.breathing.com/articles/canary.htm
   http://www.watercure.com
   http://www.nafhim.org
   http://www.ewg.org
   http://www.sungazing.com
   Do a web search on Heliotherapy (benefits of sunshine)

3. Clean Air & the Importance of Sunshine • Pure Water • Clean Environment
   http://www.breathing.com/clean-air.htm
   http://www.breathing.com/articles/canary.htm
   http://www.watercure.com
   http://www.nafhim.org
   http://www.ewg.org
   http://www.sungazing.com

4. PERSONAL GROWTH
   http://www.breathing.com/bradshaw.htm

5. BENEFITS OF ORGANIC LIVE FOODS & (WHOLE FOOD) SUPPLEMENTS

   ✗ The Sunfood Diet Success System by David Wolfe
   ✗ Delights of the Garden
   ✗ Vibrant Living by Sally Pansing Kravich
   ✗ The Uncook Book by Elizabeth Baker
   ✗ Raw
   ✗ Milk Recipes from Nuts & Seeds by Edith Edwards
   ✗ Vibrant Living by Sally Pansing Kravich
   ✗ Sweet Temptations by Frances Kendall
   ✗ Lover’s Diet by Viktora & Youkta Kalvinskas
   ✗ Not Milks by Robert Cohen
   ✗ Soups Alive! by Eleanor Rosenast
   ✗ Dining in the Raw by Rita Romano & Nancy Jolly
   ✗ Hooked on Raw by Rhio
   ✗ 12 Steps to Raw: Breaking The Cooked Foods Addiction by Victoria Boutenko
   ✗ The Raw Secrets by Frederic Patenaude
   ✗ The Raw Life by Paul Nison
   ✗ Living in the Raw by Rose Lee Calabro;
   ✗ Sunfood Cuisine by Frederic Patenaude
   ✗ Living Cuisine by Renee Loux Underkoffler
   ✗ Rainbow Green Live-Food Cuisine by Gabriel Cousens
   ✗ Sunfood Cuisine by Frederic Patenaude
   ✗ Living Cuisine by Renee Loux Underkoffler
   ✗ The High Energy Diet Recipe Guide by Douglas Graham, Ph.D.
   ✗ Sproutman’s Kitchen Garden Cookbook by Steve Meyerowitz (the Sproutman).

Go to http://www.breathing.com/bibliography.htm for books and links to books on breathing you are looking for.

Gabriel Cousens new book, Rainbow Cuisine, talks about different body types on the raw food diet according to his Ayurveda theory and practice (Pitta, Khafa, Vata etc... ). This book explains which foods to eat. Cousens also talks about slow and fast oxidizers. This is a wonderful book with research, info, recipes from his center in Arizona. A cerebral book for those...
who really like a lot of information. Perhaps your answers lie in these pages. The book lists for 30 dollars. The title a little longer É go to Amazon and you will find it and save money on it too (look for used books).

**RAW FOOD & HEALTHY LIFESTYLE COURSES TO TAKE**
http://www.transformationinst.com/
http://www.healthfullivingintl.com/
http://www.tanglewoodwellnesscenter.com
http://www.foodnsport.com

**KING BIO HOMEOPTHIC PRODUCTS**
http://www.breathing.com/programs.htm (look under homeopathics)
Addicta Plex (promotes nutritive function of brain & nervous system)
Allergy/Hay Fever Reliever
Asthma Free (Helps relieve shortness of breath, wheezing & tight chest, and mucous congestion)
Lungs & Bronchial Relief
Male Strengthener (helps tone & strengthen male system)
Smoke Control (relieves craving for tobacco, irritability & breathing problems)
Snore Control (fast relief of excessive snoring)

**TID PRODUCTS** we order a lot of and can probably give you quantity discounts.
http://www.breathing.com/programs.htm
(look under Nutrition & Diet, Cleansing, & Protecting Respiration)
Coral CalMag (coral calcium, magnesium, Vitamin D powder)
Cordyceps PS (Dong Chong Xia Cao)
Emergen-C (Vitamin C & energized minerals)
Inuflora (for discomfort associated with antibiotics)
Oregacillin (respiratory health support)
OxyCleanse (oxygenated colon cleanser)
ProEFA (Omega 3 oils)
ProFlora (Nutritional support for optimal digestion)
ThyMune (supports thymus function)
Vinpocetine (Support for mild memory problems & enhances circulation)

**TASTY RAW RECIPES** too many to list here!
Here’s a few key links to check. These will lead you to others with even MORE recipes!
http://www.living-foods.com
http://www.livingnutrition.com
http://www.rawfood.com
http://www.discountjuicers.com
http://www.rawin10minutes.com
Your improvements on the **Optimal Vitality Goals**® list are best achieved through our Breathing Development Self-Help Programs found at: [http://www.breathing.com/programs.htm](http://www.breathing.com/programs.htm) or through personal trainings with an **Optimal Breathing Development Specialist** (find an OBDS in your area at this webpage: [http://www.breathing.com/school/refer.htm](http://www.breathing.com/school/refer.htm))

**OPTIMAL BREATHING® SCHOOL**

[http://www.breathing.com/school.htm](http://www.breathing.com/school.htm)

Here’s a partial list of modalities that will benefit greatly from attending our school.

Join us and then help us train your colleagues!

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| Acupuncture | Jivamukti Yoga | Reichian therapists |
| Alexander Technique | Jois Yoga | Reiki |
| Applied Kinesiology | Kinesiology | Reflexology |
| Aromatherapy | Kripalu Yoga | Respiratory Therapists |
| Ahashiatsu | Kundalini Yoga | Rolfing |
| Ashtanga Yoga | Lymph Drainage | Shiatsu |
| Aston Patterning | Martial arts. Hard and soft styles | Sivananda Yoga |
| Barbara Brennan Healing Science | Massage therapists & | Speech language pathologists |
| Bonnie Prudden Myotherapy | bodyworkers | Stress Relief |
| Bowen Bodywork | Medical Doctors | Swedish |
| Brain Gym | Movement Therapists | Tai Ch |
| Butoh | Myofascial Release | Tantra |
| Canadian Deep Muscle | Neuromuscular | TCM - Traditional Chinese Medicine |
| Chi gung (Qigong) | Nurses | Therapeutic Touch |
| Chi Nei Tsang | Nursing Assistants | Three in One |
| Chiropractors | Occupational Therapist | Touch for Health |
| Colonic Educators | Osteopaths | Transformational breathworkers |
| Dance Teachers | Pain Relief | Trauma Erase |
| Cranio-Sacral | Personal Trainers | Trigger Point |
| Dance Teachers | Physical therapists | Tutoring |
| Deep Muscle | Psychotherapists | Voice and singing teachers |
| Energy Field Work | Polarity Therapy | Watsu |
| Feldenkrais Method | Power Yoga | Yoga in general |
| Feng Shui | Prenatal Massage | Zero Balancing |
| Hatha Yoga | Psychiatrists | http://www.breathing.com/school/main.htm |
| Hellerwork | Psychotherapists |  |
| Holotropic breathworkers | Qigong |  |
| Hypnotherapists | Radiance breathworkers |  |
| Infant massage | Radix |  |
| Iyengar Yoga | Raja Yoga |  |

**Optimal Breathing School Core Faculty**

[http://www.breathing.com/school/faculty.htm](http://www.breathing.com/school/faculty.htm)

[http://www.breathing.com/school.htm](http://www.breathing.com/school.htm)

[http://www.breathing.com/school/rrefer.htm](http://www.breathing.com/school/refer.htm)

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Manual & Books

# 191 - The Secrets of Optimal Breathing
180 page manual. ISBN #188317-48-1 • $29 + S&H

25 years of research related to poor breathing; anatomy; fundamental & accelerated breathing development; exercises -special situations –175 breathing based holistic health programs, (i.e. asthma, bronchitis, shortness of breath); clinical studies; appendix; testimonials

# 192 - Building Healthy Lungs, Naturally
Book. ISBN #188317-50-3 • $15.95 + S&H

96 page book: Biochemical & Environmental Aspects of the Optimal Breathing® Development System: Cleansing & Fasting; Clean Air, Water & Environment; Organic Live Nutrition & Supplements; Digestion & Elimination; Detox A-Z; Prayer & Meditation; Ergonomics; Exercises; Oxygen Therapies. Over 40,000 breathing tests show that poor breathing is associated with almost ALL health challenges! How good is your breathing?

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46 page primer exposes breathing problems that begin before pregnancy; air, water, food, exercises, emotions, stress, toxins & trauma affect breathing; myths & cautions; many common breathing problems discussed + LOTS of testimonials!

http://www.breathing.com/theway.htm

# 194 - SLEEP Stress Level Elimination Energy Plan
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http://www.breathing.com/sleep-ebook.htm

DVDs & Videos

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Our Optimal Breathing® Development System® utilizes a few breathing exercises, but we found that “exercises” mean different things to different people. Overall “exercise” is a potpourri of good, mediocre, bad, confusing and outright dangerously unhealthy practices for properly developing your breathing. We carefully choose what breathing exercises we DO employ, based on physical function, form and the health, peak performance, self expression, emotional balance and life extension goals of our students and clients.
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Michael Grant White, Executive Director of The Optimal Breathing School® The combined School core faculty has studied breathing for over 190 years. Our materials, workshops and personal breathing development coaching provide results and insights that are guaranteed to transform your life.

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- Water
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- Environment

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