

Building Healthy Lungs, Naturally



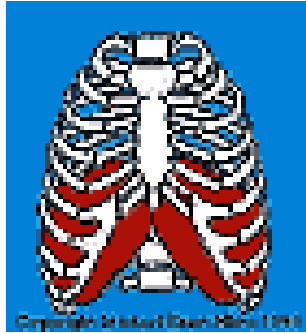
Michael Grant White, LMBT, OBDMT

Author of Secrets of Optimal Natural Breathing

"Mike White's techniques for proper breathing provide excellent and effective tools for self-empowered healing."

James Biddle MD, www.docbiddle.com

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\$7.00

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James Biddle MD, Asheville, NC

Michael Grant White, NCLMT #1724, OBDMT

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<http://www.breathing.com> 866 My Inhale

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Medical Disclaimer: Any practices or advice given in this publication is not intended to replace the services of your physician, or to provide an alternative to professional medical treatment. This publication offers no diagnosis of or treatment for any specific medical problem that you may have. Where it suggests the possible usefulness of certain practices in relation to certain illnesses or symptoms, it does so solely for educational purposes--either to explore the relationship of natural breathing to health, or to expose the reader to alternative healing approaches.

The breathing improvement techniques, practices and products outlined in this publication are extremely gentle, and should, if carried out as described, be beneficial to your overall physical and psychological health. If you have any serious medical or psychological problem, however--such as heart disease, high blood pressure, cancer, mental illness, or recent abdominal or chest surgery--you should consult your physician before undertaking these practices.

The purpose of this booklet.

As proper breathing is generic to all humanity and a very small percentage of us do it optimally, I feel it wise to quantify and qualify just what is good breathing and how do we develop it and maintain it on a day to day and moment to moment basis.

This booklet will provide you with information for easy and accelerated self help breathing development goals. You will find that the Optimal Breathing™ programs referred to within will greatly aid most people in most situations, even life threatening ones.

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Building Healthy Lungs, Naturally

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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.

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.

With certain limitations as to genetic 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.

Why bother learning about breathing at all?

Optimal Natural Breathing™ 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(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.

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.

Here are just a few of the ways Optimal Breathing can affect your life:

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 increasing oxygen to kill germs, viruses and parasites and support healthy bacteria. .
- Oxygen works very much like T cells in that it kills harmful bacteria, germs and viruses.
- . Adding copious oxygen offsets fatigue, listlessness, repeated infections, inflammations, allergic reactions, slow wound 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 of 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
- elimination

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

- Calms 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
- 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 leads 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 crating 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 it's 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:

- 1. 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.**
- 2. Airborne allergy or pollutants**
- 3. Food based allergies including all grains**
- 4. Prescription drug side affects**
- 5. Non activity**
- 6. Unresolved emotions**
- 7. Posture**
- 8. Poor attitude**
- 9. Stress**
- 10.No program to develop optimal breathing**

It is quite worth noting that:

1. Lung tissue, just like brain and heart tissue thought previously lost to sickness or non use, can be reactivated.
"Curing emphysema is possible. The lungs that medical science thought impossible to reactivate can in fact be reactivated".
Robert Nims, MD. Pulmonary Specialist.
2. Your lungs become less active and actually shrink in size if you do not use them properly or abuse them. If you want to live as **long** and as healthy as possible you need to offset that "shrinkage" with specific breathing exercises, lung expansion and diaphragm enlarging techniques, clean air and proper nutrition.
3. A small number of people with emphysema are born without a lung-protecting enzyme called alpha₁-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.

"Dr. Robert Nims, M.D., now retired chief of pulmonary medicine at West Haven Veterans Hospital in Connecticut, who worked with Carl Stough, says this about the 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."

During the Stough Institute Breathing Coordination study, <http://www.carlstough.org> every test known in the field was administered to the several hundred patients involved, documenting the success of Breathing Coordination. Every patient who participated in these tests improved in direct relation to the development of the diaphragm and its increased motion. Over the past 40 years, hundreds of lives have been saved and thousands of lives improved.

REGENERATING ALVEOLI

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.

I am confident that this remarkable therapy will be more widely adopted. In fact, the FDA may be approving the drug all-trans-retinoic acid for emphysema therapy. All-trans-retinoic acid must be prescribed by a physician. If the high cost of retinoic acid makes its cost prohibitive, consider taking four drops a day (100,000 IU) of emulsified liquid vitamin.

To ensure speedy success with this process I highly recommend you integrate the techniques in the 176 video¹ <http://www.breathing.com/video-strap.htm>

“STRENGTHENING” THE DIAPHRAGM?

Strengthening or actively engaging the diaphragm can actually be negative to one's progress. Passive or using the "easy" part of the exhale is superior for many but not for all. Passive exercising is difficult to explain in print. Effortless is closest to the idea but sounds contradictory. It must be experienced to be well understood. I have guided people through these exercises at workshops, in private sessions, and even over the phone.

Bedridden people must be visited and trained by professionals or loved ones 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 without drugs or surgery. For patients with lung disease, the recumbent type of stationary bike or mobile tricycle can help but 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.

I suspect that swimming with mask, fins and snorkel in warm water (85-95degrees.) in face down position will help as well. 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 breast-stroke or back- stroke are best as they open the chest.

Patients in a critical state or pre or post surgical condition need very careful attention. Speaking during or after breathing exercises can undo most benefits as can spirometry. 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. this may stem from day to day needs and wants to anxiety and fear. There are several more techniques which require one-on-one training. The side Reflexive Development exercises from the **176 Video**¹ may be very effective.

Optimal Breath Releases (OBRs) in [the Secrets of Optimal Natural Breathing Manual](http://www.breathing.com/secrets.htm)TM <http://www.breathing.com/secrets.htm> help tremendously and are the mainstay of any breathing recovery program. Learn more about the diaphragm at <http://www.breathing.com/articles/diaphragm-development.htm> .

NOTE: One essential difference between asthma and COPD is that the asthma breathing component (there are nutritional and environmental components as well) is primarily from high chest breathing and the constriction and anxiety that is caused by trying to breathe way high up in the chest where there is no breath. Emphysema comes from lung dysfunction, which is compounded by improper breathing such as with asthma, which makes breathing harder. "E" can localize anywhere in the lungs.

Quite often the bottom but also in the middle or lower middle where the "Speed Bump" is <http://www.breathing.com/articles/breathwave.htm>

SMOKING

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 function be returned? Even a great deal of it? Yes.

Is it easy? Maybe yes maybe no. Is it worth it? Absolutely.

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 such as low impact standing type aerobics, walking, dancing. butoh etc. I say standing because it easier to breathe while standing. If you can't stand then sit and if you can't sit then lye; breathe slow and deep and pray for HOURS at a stretch.

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 balance of the body including the lymphatic system. Recommended Program <http://www.breathing.com/video-strap.htm>
Plus King Bio Smoke Control; Lymph Detox; Blood & Kidney Detox

CLEANSE, cleanse, cleanse, including colonic irrigation, watermelon binges, liver & kidney detoxification 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.

POSTURE

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 easy diaphragmatic transition. When I questioned them about patients who were slumped over the exercise machine, I was told that "it is difficult to get them to stand erect". I suspect that many "difficulties" are often considerably lessened when the exercisers are first taught how to breathe easier and fuller and then are constantly reminded until it becomes second nature.

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 (excursion) 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 tabletop can open the chest and make breathing easier. There are many variations on this insight clarified by proper assessing.

VOICE QUALITY

Your voice is often a reflection of your core level of internal power and vitality. Ever notice how a lot of "old" people have weak crackly voices? A strong voice is often a good sign of healthy breathing if combined with a good number count, long pauses and a below 10 count breath rate. A strong voice with a LOW number count, high breath rate, fast pause rate and large chest has been observed in emphysema victims. The voice is "wind" passing membranes. It is possible to detect slight changes in the breathing by monitoring the sound and feelings/vibrations of the voice. (Private or phone sessions only. Must

have <http://www.breathing.com/energy-5-level.htm> in your possession for visual referencing.)

MYTHS & CAUTIONS ABOUT BREATHING

Breathing Myths.

1. Underbreathing is better. Asthma symptoms is because we breathe too much???. A style of asthma reduction advises to people underbreathe. It actually can help reduce asthma symptoms but I believe this is non optimal as its advocates state that CO2 is more important than is oxygen. The key to asthma is not volume it is balance; whether the chest breath is too much instead of a strong enough belly breath to maintain nervous system balance. Food allergies can be critical as well but the mechanics of breathing can be changed a lot faster or even in conjunction with the diet. More about this at <http://www.breathing.com/articles/buteyko.htm>

2. Oxygen used to be 30-40% of the air we breathe? According to people at the Scripps Institute that is not accurate. Air bubble samples taken from 10,000 year old ice bergs have a few thousands of a percentage more but that is all.

Breathing Cautions.

1. Pranayama. Is largely for altered states of consciousness. I recommend that if you are going to experiment in pranayama that you first develop a strong balanced breath so your nervous system knows where to revert to after the altered state experience; that you know where "home base" is. Pranayama needs an experienced teacher with adequate credentials to teach it.

2. Oxygen bars. A huge waste of money compared to hyperbaric oxygen tank treatments at 2 atmospheres of pressure. I suspect it would take thousands of dollars of sniffing oxygen from a bottle to get even as small percentage of the benefits of one \$100.00 hyperbaric chamber treatment. Oxygen bars may be nice places to meet people of like mind but for breathing I would learn to breathe better and get it for free.

3. Hyperbaric Oxygen Tank Rip-Offs

Beware of cheap hyperbaric tank substitutes that use little to no atmospheric pressure and still call themselves hyperbaric. More about <http://www.breathing.com/articles/hyperbaric.htm>

BREATHING EXERCISES

There is a breathing exercise in almost every self-help book. Most breathing exercises are difficult or impossible to master without a teacher present, though I can talk some people through key, even life saving exercises over the phone.

Caution: What you do with your breathing over and over again the same way will eventually restrict the freedom of the way you breathe. But do the following one as long as it feels good to do. It is unlikely that it will ever be too much of the same thing.

This one should create both calming and energizing aspects. I call it "**The Squeeze and Breathe™**".

Firstly see the lungs below and notice how they are mostly in the sides and



back and not very much on the front.

This tells us that trying to breathe in the high chest does not give us very much air at all.

The Squeeze and Breathe™

For breathing that is quieting, calming, centering and energizing all at once.



Supported by a small round pillow as above or a NADA Chair from Relax the Back Stores Nationwide, Sit 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 stiff posture. Be "tallest" with your chin slightly above the horizon. If you stand, bend your knees slightly so as to unlock them. Let your tongue lightly touch the roof of your mouth and your jaw relax. Relax your belly. Let it hang down. Let go of any fear of having a "pot belly" or not having "washboard abs". .

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 gently as you nose breathe (mouth breathe if you've no choice <http://www.breathing.com/articles/nose-breathing.htm>) long slow deep breaths into your squeezed fingers forcing them apart against their will with your in-breath into your belly back and sides. simultaneously take 4 slow deep in and

out breaths. Use a slow silent mental count 1,2,3 on the inhale and a slow silent mental count 1,2,3,4 count on the exhale.

1. How did that feel? Relaxing. Energizing? Good? If it did then do it five more times in a row. Then 5 more times.

What we are looking for is which breathing pattern feels most calming or energizing in a good way, not an overstimulating, anxiety causing way.

2. A little anxiety (or a lot)? . Dizziness, spaceyness or otherwise confusion means you should stop and recommence in a minute or two after the energy has subsided or integrated within you or stop for the day and recommence tomorrow.

If you felt anxious it was probably too fast for you or you did not squeeze in the right place or strongly enough and then breathe into the squeezed thumb and fingers to separate them against their will.

Try it again. This time following this breathing pattern by making the breathing cycles longer. Use a longer 1,2,3,4,5 count on the inhale and 1,2,3,4,5,6 count on the exhale.

Back to the basic Squeeze and Breathe. 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 gently as you nose breathe long slow deep breaths into your squeezed fingers forcing them apart with your in-breath in your belly back and sides against their will. Simultaneously take 4 deep in and out breaths while using a slow 1,2,3,4,5 silent mental count on the inhale and a slow 1,2,3,4,5,6 count on the exhale.

Now, just observe what is happening in your mind, your feelings, your emotions and your body sensations. Look at your thoughts, feelings, emotions and body sensations that are passing by as you would observe clouds in the sky. Just observe what is happening. Meanwhile do you feel better? Calmer? Energized? Calm and energized at the same time?

What we are looking for is which number counted breathing pattern feels most calming or energizing in a good way, not an overstimulating, anxiety causing way.

In any event try the next one remembering to coordinate it with the squeezing. Squeeze gently as you breathe in long slow deep breaths into your squeezed fingers forcing them apart with your in-breath in your belly back and sides against their will. Take 5 deep in and out breaths while using a slow 1,2,3,4,5,6,7 silent mental count on the inhale and a slow 1,2,3,4,5,6,7,8,9,10 count on the exhale. If it feels good then do it 5 times more.

If that is not the right feel of timing then experiment with different combinations that you can do without straining. ALWAYS Make sure that the inhale number count is less then the exhale number count. ALWAYS.

After you have found the one you prefer, (they may change from session to session and breath to breath) just practice it for 5-10 minutes and observe what is happening in your mind, your feelings, your emotions and your body sensations. Look at your thoughts, feelings, emotions and body sensations as they occur as you would observe clouds in the sky. Just view with your mind's eye what is happening. Meanwhile you are breathing gently, slowly, deeply and easily with your "feel good" breathing cycle.

If the above helped you get or stay calm even just a little bit know there are even better ways of addressing breathing development, stress management, energy, sports, singing and much more. They are included in our video/audio program at. Rapid Breathing-Development_ <http://www.breathing.com/energy-5-level.htm>

MISCELLANEOUS

Heat packs, the *Primary Resting Position (PRP)* in the "Secrets" manual, facedown supported extension, and gentle yoga-like postures and supportive pillows (also in the manual) that make breathing easier, help as well. Special stretches aid progress but they must be sensitive to each breath. Lung reduction surgery recipients need different approaches depending on the surgical procedure.

BASIC DIET

Raw living foods contain complex carbohydrates and convert into carbon dioxide excreted primarily by the lungs. Raw foods are the most enzyme laden and efficient processing of nutrients but not always the most practical. 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. Access <http://www.livingnutrition.com>, <http://www.living-foods.com>; <http://www.naturalhygiene.info>

NUTRITIONAL SUPPLEMENTATION

See your health professional or the product label for proper quantities

To restore energy production to damaged cells in the lungs, the following nutrients are suggested:

- Coenzyme Q10, 100 mg, 3 times a day.
- Optimal Digestive Enzymes

- Alpha-lipoic acid, 250 mg, twice a day.
 - Acetyl-L-carnitine, 1000 mg, twice a day.
 - NADH, 5 mg, twice a day.
 - Taurine, 1000 mg, twice a day.
 - Magnesium, 500 mg of elemental magnesium, once a day.
 - Potassium, if needed.
 - Oregano oil capsules - 400 mg daily twice. Between meals with warm water. Maximum 4 weeks of continued use then allow 2 weeks break between courses for 1 week of use. Local health food store
 - Vitamin C - 5,000 -20,000 units daily to bowel tolerance
 - Colloidal Silver – see bottle
 - Germanium . Allergy Research Company. See bottle
 - Pycnogenol see bottle
 - DMG 3 - 200 mgs times daily for endurance
 - EFAs from Udo Erasmus or www.TotalHealthDynamics.com
 - Free form amino acid complex.
 - Natural Beta Carotene 10,000 units daily.
 - Garlic (Kyolic) protects against pneumonia.
 - Fiber - 30-50 grams daily of mostly brown and light brown flax seeds ground fresh in a coffee grinder.
 - Vitamin A emulsion
 - Vitamin E emulsion
 - Selenium 200 qd,
 - Lipoic acid 100-300 qd.
 - From Dr. James Biddle. For pulmonary fibrosis, add melatonin 6-18 mg at bed. plus Zinc lozenges 80 milligrams total including all other supplements
 - Kelp
 - Water. <http://www.breathing.com/articles/water-doc.htm>
- Oxywater <http://www.breathing.com/oxywater.com>
 We need oxygen and we need water. The best of BOTH worlds is from Oxywater.com

Eliminate any mucous producing food such as animal protein, red meat, grains, dairy, chocolate. Focus on raw living foods and fresh vegetable juices.

Vitamin A precautions. Beta carotene is the precursor to vitamin A. Use carrot juice as the source

Probiotics. Proflora from Bio Botanical Research

Green foods

Spirulina 8 tablets twice daily.

Barley green from Daily Manufacturing - Rockwell NC

Wheat Grass Fresh 1 oz 2 times daily

Chloryphill (Kyo Green from Wakunaga as directed on label 3 times daily

Get a juicer from www.discountjuicers.com

Norman Walker's *Fresh Vegetable Juices*

Juice carrots, spinach, 10 oz twice daily 6 to 1 ratio,

Horseradish table spoon with lemon juice for phlegm

Ongoing nutritional support

Subscribe to Living Nutrition Magazine at www.livingnutrition.com

Multi Vitamin Supplements

Perque 2 Lifeguard See Label for quantities

<http://www.breathing.com/perque-2.htm>

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Homeopathy. The sleeping giant in breathing development

Complementary products from King Bio Pharmaceuticals, Inc: Asthma

Free; Allergies & Hay Fever; Lungs & Bronchial Relief; Snore Control.

Smoke Control; Birth Ease. Acid Clenz; Blood & kidney cleanse; Chemo

Clenz; Liver Detox; Lymph Detox;

King Bio products are being integrated with many of our programs.

<http://www.kingbio.com>

COMPLEMENTARY- ALTERNATIVE MIND BODY METHODS

- Acupressure • Biofeedback Training • Guided Imagery • Qigong • Reflexology • Yoga/stretching • Cleansing- Colonic Irrigation Feldenkrais • , Alexendar Technique •

Aromatherapy Eucalyptus, pine.

Reflexology Chest/lung, diaphragm, intestines, all glands, lymph system.

Supportive data, exercises, ergonomics, clinical studies can be obtained in my master thesis called Secrets of Optimal Natural Breathing.

<http://www.breathing.com/secrets.htm>

Products making up the Optimal Breathing Development programs.

Secrets of Optimal Natural Breathing <http://www.breathing.com/secrets.htm>

176 video¹ <http://www.breathing.com/video-strap.htm>

Better Breathing Exercise #1 <http://www.breathing.com/exercise1.htm>

Better Breathing Exercise #2 <http://www.breathing.com/exercise2.htm>

Optimal Digestion <http://www.breathing.com/optimal-digestion.htm>

49 Tips booklet <http://www.breathing.com/49tips.htm>

Grain Damage booklet <http://www.breathing.com/grain-damage.htm>
Perque 2 Vitamin Energy Transport <http://www.breathing.com/perque-2.htm>
Building Better Lungs, Naturally
King Bio Pharmaceuticals. <http://www.kingbio.com>

How to choose a program?

Take these simple self tests and see the recommendation at the end of each test. Do not duplicate any product. You will only want one of each.

Day to day signs of good to great breathing.

Steady energy throughout the day
Great positive mood(s)
Freedom to breathe in chest, sides and back
Feel open and free inside yourself
Wake up clear headed and refreshed
Clear mind and good memory
Strong voice or vocal expression.

Objective Assessments For How Well You Breathe

#1. Complete breaths

Per minute at rest while sitting or prone (a complete breath = one inhale and one exhale plus any pause at the end of the exhale) Total_____.

15 or more Poor

11-14 Fair

8-10 Good

5-7 Very Good.

3-4 Excellent.

Higher breathing rates generally relate to a tendency towards, or actual state of, nervousness, anxiety, panic attacks, ranting and raving, heart conditions, high blood pressure, strokes, and a general state of less to far less than optimal health. They help cause or worsen every health condition known to mankind. For lower breath rate count focus on the program that seems most needed or wanted. The breath rate should reduce using any program. Just take the test at least once a week.

#2. Pauses

The length of time at the end of an exhale before an inhale begins. In half seconds.

Follow your breathing and note in your mind the length of pauses included in the complete breaths.

Use one thousand one, two thousand two, three thousand three, etc to sense how long the

pauses are. One thou, two thou, three thou are each half seconds.
Example: One thou-sand one, two thou-sand two, three thou- = 2.5 seconds.
Or have a friend keep time for you. Total_____

Less than 3 seconds.

The pause is the resting phase of the in and out breath. No pause, no rest.
Some might call it "a point of stillness".

With too short a pause your body never really rests. To use the automobile metaphor, - your engine is still at high revolutions even while standing still at a stop sign. Too short pauses and you don't really rest even while sleeping.

Excessively long pauses past 10 seconds can be related to sleep disturbances including sleep apnea, snoring, and heart conditions. But they may be healthy as well, though this would be rare. The breathing rate is the key and then comes the relationship between the breathing rate and pause.

Too short pauses cause chronic fatigue and distressing stress.

Less than 3 seconds definitely requires change.

None or less than 1 second pauses is a state of emergency and often accompanies severe or several different maladies and negative conditions.

Shorter pauses generally relate to anxiety panic attacks, heart conditions, high blood pressure, and a general tendency to be less than healthy.

Better Breathing Exercise #1 <http://www.breathing.com/exercise1.htm> addresses pause lengthening. It will be aided by the strapping techniques in the Rapid Breathing Improvement Video 176 <http://www.breathing.com/video-strap.htm>

#3. To measure your breathing volume and oxygen uptake efficiency.

A. Lie, sit or stand. If you stand, then bend your knees very slightly. Take as large an in-breath as possible and then as quietly and quickly as you can count and still be heard - like a fast talking auctioneer whispering - count up to as high a number as you can reach on this one full exhale.

Note the number down and try it again. Try it a third time if you think the number will be much different.

Notes. During this exhalation number counting, do not:

a. inhale b. skip any numbers c. hold your breath d. Breathe IN
and count at the same time.

If you reach 100 start again at 1.

Make sure you include the beginnings of each number such as the "thirty" in thirty three , the "forty" in forty four and so on.

TEST REPEATS?

Always repeat the tests again in whatever sitting, standing or lying position you did with the previous tests.

Ok, try it now.....

ANSWER?

How high a number did you reach in that ONE long exhaled breath? Total_____

Science has proven that your primary marker for longevity is how big your breath is. Your FEV1 or Forced Exhalation Volume. Oxygen uptake is primarily

during the exhale. I can reach 200-250. How high a number count did you reach? _____;

Try it again now if you are uncertain that if you did it properly.

My research strongly indicates that below 100 on the number count means you may well have a serious health challenge or a condition that can invite one.

Below 60 there is surely something wrong with something, starting with your breathing. Please make absolutely sure that you take immediate action. Don't panic, don't worry, just take action and begin an Optimal Breathing Program soon.

Forced deeper breathing can restrict easier larger deepest breathing. For this reason we use very little of it. Our Optimal Breathing system increases vital capacity, aspiratory capacity, functional reserve capacity, total lung capacity, tidal volume, and expiratory reserve volume. It decreases lung dead spaces and non functional alveoli. It also invites increased oxygen uptake/utilization (QO₂) and reduced oxygen cost of breathing.

Breathing ease and oxygen increase strengthens EVERY healthy biochemical reaction in the human body from

1. Killing germs, viruses, bacteria, fungi and yeast
2. Enhancing brain function.
3. Increasing vitality
4. Speeding recovery times from stress, illness and trauma
5. Free-radical neutralization
6. Healing wounds
7. Enhancing the body's waste treatment systems in the lungs, liver, kidneys, bladder, colon and lymphatics
8. Being critical to heart strength and function.

For developing and maintaining a low number count focus on the program that seems most needed or wanted. The number count will improve using any program. Just take the test at least once a week.

4. How does your breathing feel?

Close your eyes, go within and take the deepest in and out breath you can take, now take another in and out breath. Then allow yourself to breathe normally, and open your eyes and reflect on:

When you did that, did you experience one or more of the following conditions?

- a. Shortness of breath.
- b. Can't catch breath or deep breathing curtailed
- c. Tightness or pressure in the chest?
- d. Breathing feels stuck?
- e. Feel a hitch, bump or lump right below your breastbone when you try to take a deep breath?
- f. Breathing feels like a series of events instead of one smooth internally coordinated, continuous flow?
- g. Breathing is labored or restricted?
- h. Breathing is shallow?
- i. Pain between the shoulder blades?

- j. Stiff neck?
 - k. Lump in throat
 - l. Shoulder tension?
 - m. Jaw tension
 - n. Tension around the eyes
 - o. Do you find that you are pressing your tongue to the top of your mouth?
 - p. Are you a mouth breather
 - q. Do you often sigh or yawn a lot?
 - r. Pulsing or stabbing feeling in and around ribs?
- Do you ever have:
- s. Sore deep pain feeling like a band across the chest?
 - t. Resting pulse rate over 62?
 - u. Side stitches?
 - v. Dizzy spells or pass out?
 - w. Can't hear associated with any of this list?
 - x. Can't walk and talk at the same time?
 - y. Get tired from reading out loud?

If you experience ANY of the above then you should get the 176 Video.

5. Belly or chest breather?

Stand, place left hand on chest, right hand on belly. Breathe in: Does your left hand raise first? If so then get the **Video 176**¹

<http://www.breathing.com/video-strap.htm>

6. Posture Do you slouch at all? In other words would you consider your posture to be less than correct?

Posture is indispensable for optimal breathing. But just sitting or standing straight is not going to feel comfortable to most people because their muscles have adjusted to support their body in a non optimal posture and standing upright actually reduces easy breathing. For poor posture get the 176 video1

<http://www.breathing.com/video-strap.htm> and the Secrets of Optimal Breathing Manual <http://www.breathing.com/secrets.htm>

7. Physical - Unbalanced breathing

Stand and look into a mirror or just close your eyes or ask someone to observe you. Take a very deep breath, as deep as you can. Do you raise your rib cage or shoulders when taking a deep breath? **Video 176**¹

<http://www.breathing.com/video-strap.htm>

8. Are you

- a. Sick more than in previous years
- b. In an area with bad pollution
- c. In a building without open windows?
- d. Sleep on a soft mattress
- e. Sleeping on your stomach
- f. Getting dizzy a lot
- g. Waking up tired

Program: Energy Level 3 or 4 <http://www.breathing.com/energy-5-level.htm>

9. Do you experience any of the following?

Do you experience frequent

- a. Anxiety
- b. Extra or missed heart beats
- c. Hyperventilation
- d. Chest pains
- e. Fainting
- f. Seizures
- g. High blood pressure
- d. Panic attacks
- e. Too many thoughts that will not stop when I would like them to

Program: Energy Level 4 plus Rip Roaring health

<http://www.breathing.com/energy-5-level.htm>

10. Want to sing or speak better?

Video 176 <http://www.breathing.com/video-strap.htm>

11. Do you.

- a. Get drowsy when driving a vehicle
- b. Often fall asleep while watching a TV program when you would rather have stayed awake to watch the program
- c. Get jet lag real bad.

Program: Energy level 3 <http://www.breathing.com/energy-5-level.htm>

12. Any weight loss goals?

Weight Loss 3 level Program. Based on amount of weight loss goal.

<http://www.breathing.com/weight-loss-program.htm>

13. Any emotional problems?

Use Energy Level 2 in conjunction with professional counseling.

<http://www.breathing.com/energy-5-level.htm>

14. Does less than 75% of your daily diet consist of raw uncooked food?

Program: Appropriate breathing development program PLUS 49 Tips, Optimal Digestion, Grain Damage. *Some programs may have these included already.*

15. Do you consume any grains, animal protein, dairy products, chocolate, sugar, salt, fried foods?

Program: 49 Tips, Optimal Digestion, Grain Damage.

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.*

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 it 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 the above and 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. Diplomate, American Board of Internal Medicine Diplomate. Also practices chelation therapy. <http://www.integrative-med.com>

[<http://www.integrative-med.com/>](http://www.integrative-med.com/)

Recommended program <http://www.breathing.com/energy-5-level.htm> Level 4

I am a changed Person

Dear Mike:

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

<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 dis-functional

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 through this 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 Wa La came "breathing.com" and Michael. Got Michael's tapes in his Breathing kit <http://www.breathing.com/breathingkit.htm>

Breathing Exercise Tape #<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. My 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.

Phyllis Ross Recommended program. <http://www.breathing.com/energy-level-5-level.htm> Level 3.

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 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.

Thanks, Phyllis P. Recommended Program <http://www.breathing.com/energy-5-level.htm> Level 4

Emphysema

Dear Mike;

"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 From Mike: This gives us good insight but is not necessarily universally appropriate.

Recommended Program <http://www.breathing.com/energy-5-level.htm> Level 4

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.

Recommended Program <http://www.breathing.com/school.htm>

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 back in March 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 nite 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 nite, 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 wonderfull breathing the right way can do for them

Aloha, Bruno Yim Recommended Program <http://www.breathing.com/energy-5-level.htm> Level 3. Level 4 if you need alternative health supplements

Breathing, Trauma & Personal Power - Breath Coaching Sessions with Michael Grant White

by Alan Paul

I was a long term severally abused child, physically and emotionally. I am steadfastly 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, various psychotherapies including Psychoanalytic, Gestalt, Short-Term Psychodynamic, and others. I've tried body-oriented therapies including Reichian, Alexander Technique, Rebirthing, Rolfing, 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 swam 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, 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 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-5-level.htm> **Level 3. Level 4 if you need alternative supplementation.**

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.

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 cities 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> 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 from them.

While working with Mike in 2000 I was introduced to a strapping exercises <http://www.breathing.cm/video-strap.htm> which really allows an opening and expanding of lung capacity, Mike has a video that you can use at home for this.

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>
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. You can check out his work at www.breathing.com.

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 lo 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.

Sincerely,

D. M. Recommended program <http://www.breathing.com/energy-5-level.htm>.
Level 3. Level 4 if you wish nutritional and other supplemental products.

We also have a large Frequently asked health questions section at <http://www.breathing.com/faq.htm> Other Program Themes contained in the Video 176:

Pain reduction

Energy increase

Pregnancy and birthing ease

Better Sleep

Sports performance:

Anxiety and stress reduction

Recovery from addictions

Meditation

Voice strengthening

Weight Loss

Deepest calm

The Optimal Breathing School

The Leading Edge in Breathing Development

Become an expert in a field that few health or personal growth professionals clearly understand.

Learn to breathe better and earn a certification as an *Optimal Breathing Coach*. *Touch and non-touch methods of Rapidly Improving Breathing and Voice.*

Accelerate progress in your health or personal development discipline in ways you never even dreamed of.

Self help tools and client/patient training techniques usable in the following professions:

Massage Therapists, Occupational Therapists, Bodyworkers, Personal Trainers, Medical Doctors, Nurses, Chiropractors, Osteopaths, Physical therapists, Psychotherapists, Inhalation Therapists, Speech therapists, Speech pathologists, Voice and singing teachers, Transformational breathworkers including Reichian, Rebirthing, Radiance, Radix, & Holotropic; Yoga, Chi kung (Qi Gong) teachers and students, Hard and soft style martial artists, Alexander work, Feldenkrais, Butoh, Pilates, Tai Chi & Kinesiology will ALL benefit from this training.

Be able to facilitate significant improvement in one's own and most client's breathing. Benefits can include improved energy; pain reduction; pregnancy and birthing ease; improved sleep; sports performance; stress management; weight loss; stopping smoking; voice strengthening and much, much more.

Safe, fast, easy, painless. Breath is life.

Hands-on training, course book, videos, audios, specialized education tools, personal consultations with Mike, Huge web site with individual web pages for each student. Trainings offered several times a year at convenient locations around the US and abroad.

For more information contact school@breathing.com Phone 866 My Inhale
Note: You will want to begin with our Breathing Development Program as a prerequisite and supplement to this training. <http://www.breathing.com/energy-5-level.htm> Level 3.

About Michael Grant White

He is one of the most unusual teachers in the world today. He has devoted over thirty years to breathing development. Mike is one of those rare individuals whose destiny was revealed to him at a very young age by being asked to sing for his grammar school student body. Subsequent physical abuse left him unable to sing and what followed was a 40 year quest to regain his singing voice and inner sense of wholeness. Learning what did NOT work was almost as beneficial as learning what DID work.

Michael's students include a wide range of individuals, including business executives, personal and spiritual growth seekers, amateur and professional athletes, speakers and singers.

Multitasking Systems For Bio-Integration

Mike is a somatic educator using the breath as a focal point for stress management, emotional balance, self expression, and personal power. An ordained Christian minister, he has combined key elements of Christianity, Hatha, Tibetan and Kundalini Yoga, Pranayama, Chi Kung, Massage therapy, meditations, Chi Kung, Tai Chi, Karate, Reichian Therapy, Radiance Breathwork™, Rebirthing™, Meditation, Chanting, Toning, Operatic and Public Speaking training, and nutrition. He is a founding member of Association Of Humanistic Psychology Somatics Community Steering committee, a member of The Rock of Asheville (a Christian City Church) a former member of Unity Center Walnut Creek California and still a member of The Health Medicine Forum of Walnut Creek. Offices in Waynesville & Asheville, NC. 866 My Inhale

He delivers lectures and workshops worldwide and uses his Breathing Manual and recorded breathing exercise cassettes to support his work. He has appeared on Gary Null show; national cable TV 's Lifetime Channel. Articles published by him have appeared in Massage Magazine, Women's Sports and Fitness, Boardroom Reports, a children's book created by the Disney Channel book company. He is quoted in a new (2001) Rodale book for women titled *Natural Calm*. Optimal Breathing is listed in Rodale Press' newest book (2000) on Alternative Healing titled Alternative Cures.

Current Research

Today, Mike is working with some of our Nation's top physicians, behavioral and alternative health specialists to expand the use of Optimal Breathingsm in new and exciting areas of therapy, sports performance and personal growth.

Just as Optimal Breathingsm removes the barriers that prevent vocalists from reaching their performance potential, it can remove those barriers in all of us, allowing us to achieve our maximum potential in whatever it is we do. Optimal Breathingsm has shown astonishing healing factors in various health conditions, and further studies are being conducted with various health conditions using Optimal Breathingsm. <http://www.breathing.com/results.htm>

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 member of Healthful Living International at <http://www.healthfulivingint.org>. for personal consultation. Integrate our optimal Breathing programs with this state of the art Natural Hygiene approach

Discount Blood Testing.

You may legally and quite safely and directly without need for a medical doctor office visit and for a fourth 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.