



Breathing

Breathing is one of the fastest and strongest ways to affect our level of energy. How we breathe is – along with our thoughts and feelings – the most important regulatory factor for our health and well-being. Our breathing affects almost all other functions of the body and learning to breathe properly is probably the fastest and most effective way to improve one's health.

Breathe through your nose with calm, deep breaths known as abdominal breathing. Adopt the habit of slowing down the number of breaths a few times a day, since it will result in soothing the entire system. Breathing with your nose also filters the air and it has been estimated that 3/4 parts of all airborne bacteria and particles are cleared away, which significantly reduces the risk of infection.

Does your brain often go into high gear? Do you easily get depressed, angry or anxious? Do you have asthma, allergies, often stuffy nose or get infections of the upper respiratory tract easily? These may be signs that you are breathing too much, so-called over breathing or hyperventilation. Other signs include often being tired and lacking stamina, having sleep problems or high blood pressure.

A lot of people breathe too much without being aware of it, often twice or triple the amount of what the body needs. This constitutes a major strain on the body. Compared to a turtle that breathes about four times per minute, which is a likely reason to why it will be up to 200 years. Excessive respiratory volume also affects musculature and contraction of microbial vessels and contributes to asthmatic disorders.

All forms of stress, fear and other negative emotions disrupts breathing through tense abdominal muscles that prevent the movement of the diaphragm.

A compilation of 24 medical studies shows that the volume of breathing has doubled in only 60 years. It is unclear why, but it may have to do with an increased stress level in societies that makes people "stress-breathe". People move less and combined with the junk food, it can cause problems with swollen mucous membranes in the nose, which makes breathing with the nose more difficult.

But then how do you know if you're breathing too much? The blood's carbon dioxide level is probably too low if at rest you cannot hold your breath for more than 20 seconds, after exhalation, without having to hyperventilate.

The Buteyko Method

- Get used to breathing through your nose, calmly and quietly. Do this during physical activity as well (you exercise the ability).
- Use the abdomen when inhaling and not the chest.
- Become aware of your breathing in different situations and take control of it when breathing too violently or too high up in your chest.
- Relax and focus on your breathing. It gives you a well needed break from all those thoughts that easily goes around like a pinball in your head.

Those who breathe normally should get up to 40-60 seconds between breaths, while those who gets up to 30 seconds breathes twice as often as normal, indicating poor breathing, but may not be reflected in bodily disorders. Those who can hold your breath for 20 seconds breathes three times as often as normal, which may indicate slight breathing disorders. Anyone who comes up to 10 seconds probably has chronic bad breathing and anyone who only counted for five seconds should examine if they suffer from asthma or other chronic breathing problems. Studies over more than twenty years showed that 150 different conditions improved with altered breathing.

- Most people breathe about 14 times a minute. If you halve the number to seven, you activate the part of the nervous system that controls the brain's ability to relax. At the same time, you help the digestive system and lower blood pressure. (Quote from Iform No. 17 2010)

Sources:

Sanna Ehdin, *Finn din energikod – få ett rikt, lyckligt och självläkande liv*

Gunnel Minett, *Livets källa – om andningens kraft och förmåga att läka*



Inspirare is Latin for breathing, but also our word for to feed good ideas, creativity and enchantment.

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