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abc8. Breathing

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Breathing is an important part of your health. Inhalation and exhalation are natural processes. There are many types of breathing patterns that people have suggested in the past to help relieve stress. Metaphysical teachings on breath are very old.

The key for you may not be any specific pattern, but paying attention to what you are doing in the breathing process. Focus is what allows you to relax and get your mind off other more stressful worries. Focussing on the breathing process is a great way to unwind, relax, and let stress melt away. Concentrate on how you breath in and how you breath out.

You will likely find that when you have a cold or are fighting some physiological stress that your breathing changes. Your exhalations may become faster and sharper with a let down type of sigh where the breath does not come out in a slow controlled fashion. This may be just a sign that the body is adapting its pH balance (acid base balance) and is nothing to worry about.

Holding the breath for longer and longer times is an old Yoga technique that can offer some relaxation. If you have a headache though, this technique may make it worse. Learning to control breathing by concentrating on each breath and focussing on the expiration and the inspiration is a good way to relax.

Men usually breath more with their diaphragm, women more with their ribs. Trying to figure out which type of breather you are is another good exercise for relaxation. Sometimes you may want to just change the type of breather that you are just as a drill to focus your attention on something new.

Using a mantra (sound) can also aid in the relaxation process. Combining the breathing and the sound is often very helpful.

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