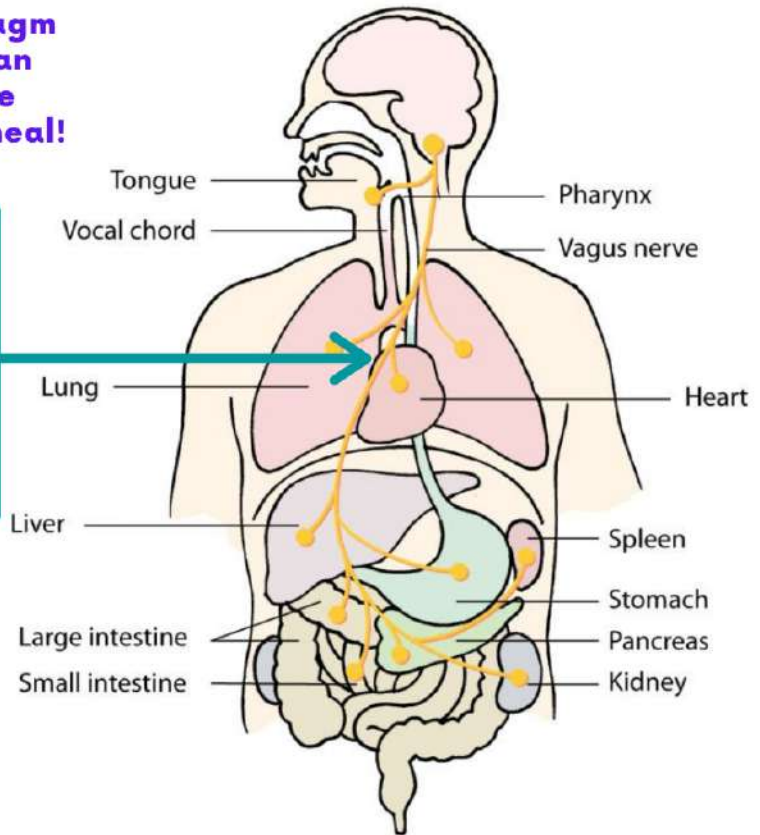


# BREATHE!

By actively controlling the diaphragm through focused breathing, we can influence a "resting" state of the nervous system and help our body heal!

## The VAGUS Nerve

- Longest cranial nerve: motor and sensory
  - see entire yellow nerve in image
- Most complex of all nerves → "Wanderer"
- Communication from brain stem to intestines
- Connects our brain, heart and lungs



## BENEFITS OF PROPER BREATHING

### REDUCED

- Stress
- Insomnia
- Anxiety
- Depression
- Blood pressure
- Heart rate
- Stroke & Aneurysm risk

### INCREASED

- Attention
- Emotional control
- Brain growth
- Sensory input
- Metabolism
- Insulin secretion
- Immune function

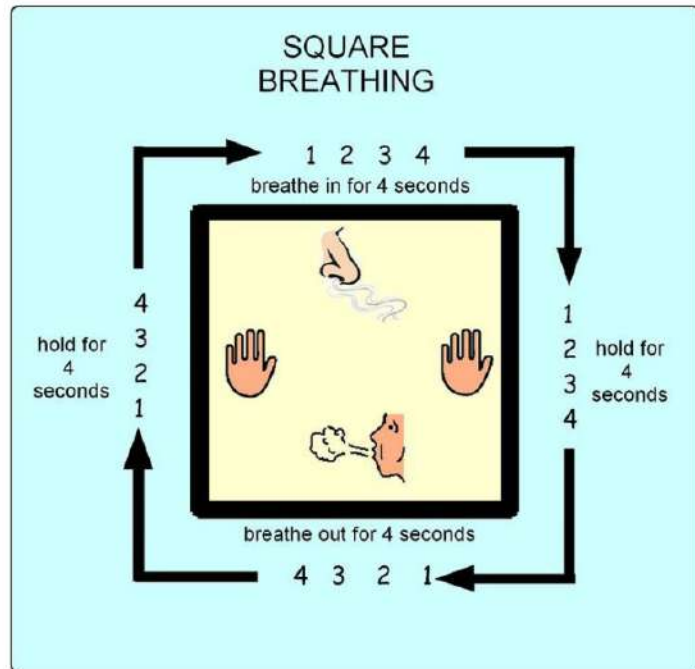
# Breathing Practice!

## PROPER BREATHING

- Breathing in
  - Inhale through nose
  - Chest expands
  - Diaphragm contracts (lowers)
  - Abdomen expands
- Breathing out
  - Abdomen contracts
  - Diaphragm relaxes (raises)
  - Chest contracts
  - Exhale through mouth/nose

## Focused Breathing Position:

- Lie down OR Sit up straight
  - Shoulders back / down
  - Chin neutral / slight upward tilt
- Remove tension
  - Shoulders → no arms on chair
  - Low back → feet supported or knees lifted
  - Loosen any snug clothes
- Allow diaphragm / ribs to move



I highly recommend checking out this "Guided Wim Hof Breathing" video on YouTube. Be sure to reach out to me with any questions or to share your thoughts!

~ Dr. Amanda