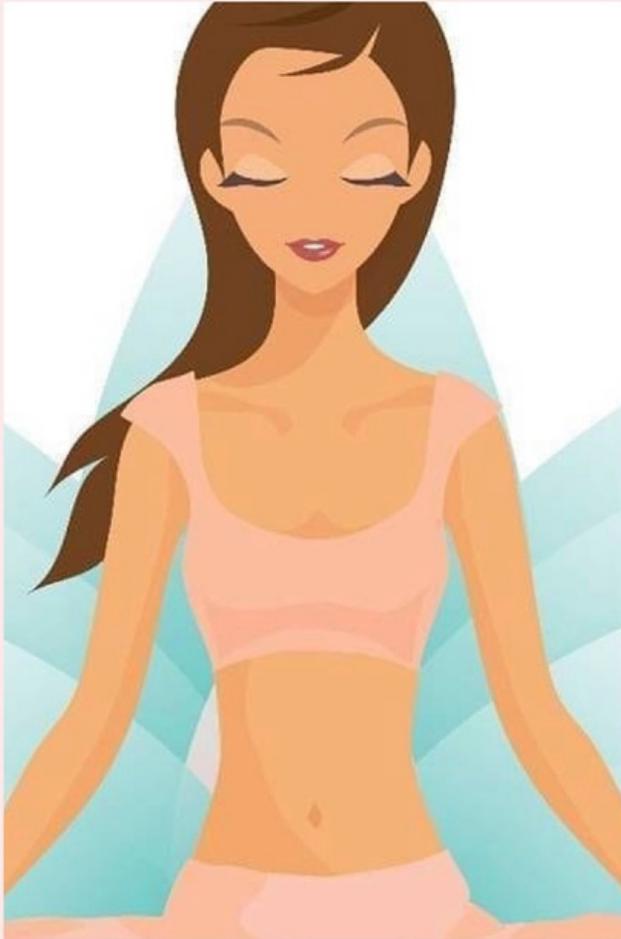


BENEFITS OF DEEP BREATHING



1

70 % of toxins are released simply by breathing properly. If you aren't breathing deeply toxins aren't being fully released properly

2

Releases tension; when you are afraid, tense, stressed or nervous, your breathing pattern changes. Breathe slowly, deeply and purposefully to feel relaxed.

3

Improves your blood; deep breathing releases carbon dioxide and increases oxygen supply, improving blood quality.

4

Releases emotional distress; clears out negative or confused feelings with a deep breath!

5

Elevates your mood; breathing induces pleasure inducing chemicals in your body!

6

Eases your pain; breathe in deeply, hold your breathe and visualize that pain leaving your body as you breath out.

*just
breathe*

How?

Count to 5 and inhale through your nose expanding your rib cage.

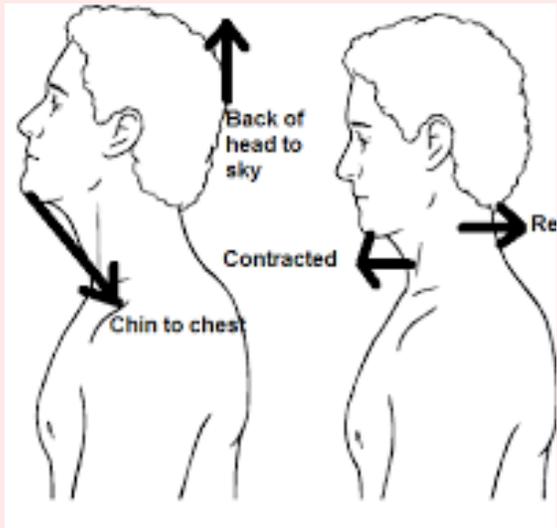
Hold for 3 seconds....

Exhale out through your mouth for a count of 5 drawing your navel down and in



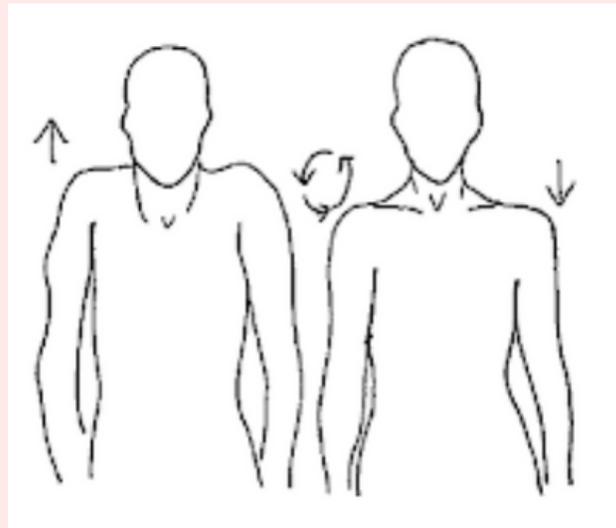
the BEHAN PROTOCOL
FOR BETTER BACK AND SPINE HEALTH

CHIN TUCKS



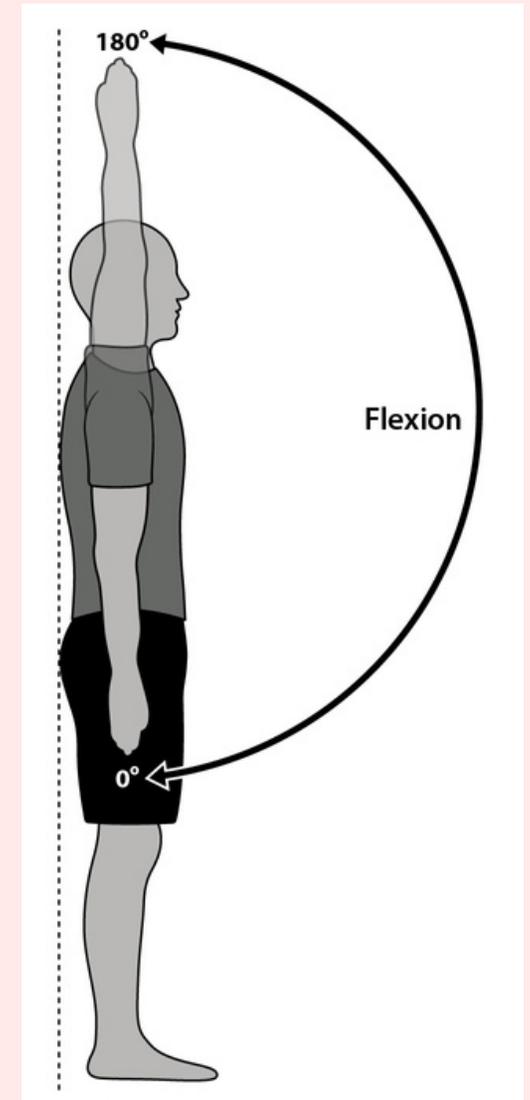
Hold for 5 - 10 seconds...do 5 - 10

SHOULDER ROLLS



Roll down and back pushing shoulder blades down and chest slightly open...10-12

SHOULDER FLEXION



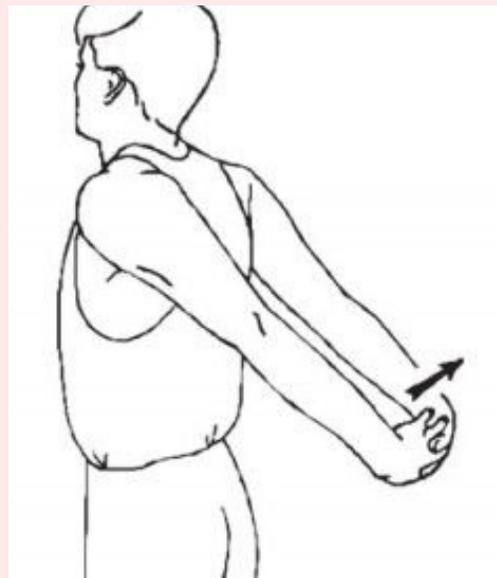
12-15 without arching back off wall

LATERAL NECK STRETCH



Hold for 10 -15....do once or twice

REVERSE SHOULDER STRETCH



Hold for 10 -15..reaching away hands and drawing shoulders down

Benefits of Drinking Water

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Benefits of Magnesium

- 
- 1 It flushes out body waste
 - 2 It regulates body temperature
 - 3 Has a positive effect on mood and energy levels
 - 4 It keeps blood pressure low
 - 5 It aids in digestion
 - 6 It delivers oxygen throughout the body
 - 7 It boosts performance during exercise
 - 8 It lubricates your joints and spine



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- | | |
|---|---|
|  | Fights Osteoporosis |
| Pregnancy Benefits |  |
|  | Reduces Risk of Diabetes |
| Lowers Blood Pressure |  |
|  | Fights Depression |
| Relieves Leg Cramps |  |
|  | Helps Prevent Migraines |
| Reduces Insulin Resistance |  |
|  | Anti-inflammatory Benefits |
| Boosts Exercise Performance |  |