

BREATHING FOR BEGINNERS



BENEFITS OF DEEP BREATHING

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



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



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



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



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



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

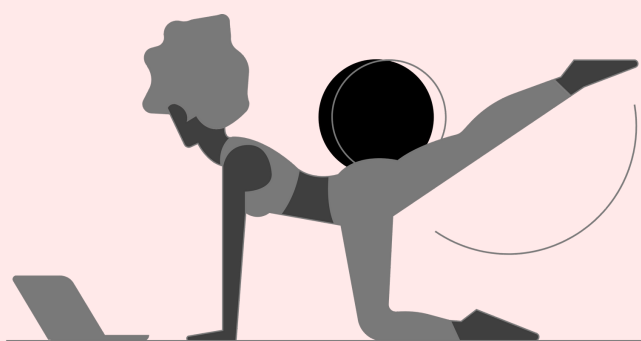


HOW?

**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**