

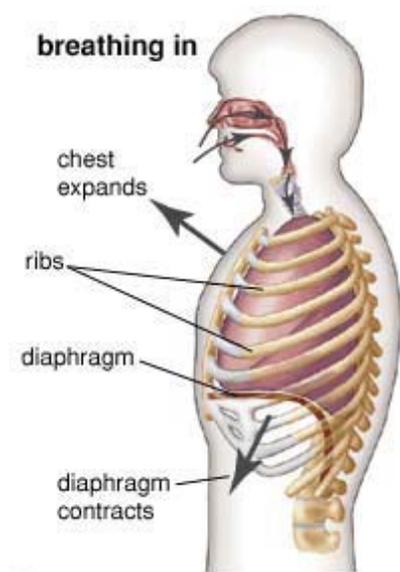
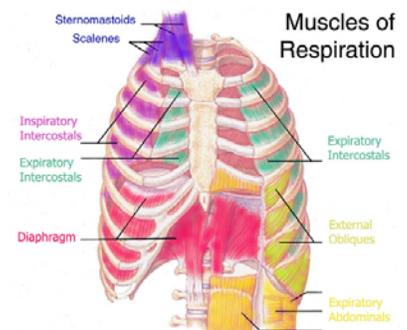
# Breathing

For most people normal breathing is rather shallow and rapid, and usually involves expanding and contracting the chest. It is estimated that 90% of the adult population does not breathe efficiently. The lungs hold approximately 2 gallons of air, most people settle for 2-3 pints with each breath.

When consuming an optimal diet, the respiratory system is responsible for eliminating 70% of your metabolic waste; the remainder is eliminated through defecation 3%, urination 8%, and perspiration 19%. Peak respiratory function is usually reached in the mid-20's and declines by 9 to 25% each decade thereafter.

Habitual shallow breathing lowers vitality, reduces resistance to disease, and can lead to a negative frame of mind.

Deep diaphragmatic breathing is the more natural and beneficial method of breathing; It is the key to abundant energy, relaxation, peace and wholeness.



When breathing; touch the tip of the tongue to the gums just behind the upper front teeth to close the 'mockingbird bridge' and complete the circuit of the Conception and Governing Channels (the microcosmic universe) and allow the free flow of Qi around the body.

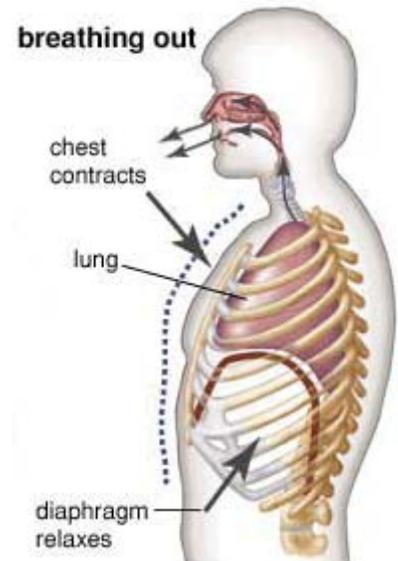
Inhale slowly through the nose by contracting the diaphragm, pulling it downward into the abdominal cavity so the stomach pushes out.

Continue the inhale while pushing the ribs out to the front, sides and back, lifting the chest and collar bone allowing the lungs fully expand.

Allow the collar bone, chest and ribs to contract, and relax the

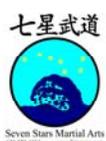
diaphragm allowing the stomach to return, while exhaling slowly through the nose or mouth.

Pull the diaphragm upward into the chest cavity expelling any remaining air in the lungs.



Practice should be aimed at increasing the length and depth of each breath.

*Physical effects: Improves the heart-lung function, decreases the onset of stomach and motion symptoms, reduces blood pressure, prevents hyper-ventilation, slows the heart beat, massages the internal organs and prolongs life.*



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