

BREATHWORK

LEVERAGE YOUR BREATH FOR MAXIMUM BENEFITS

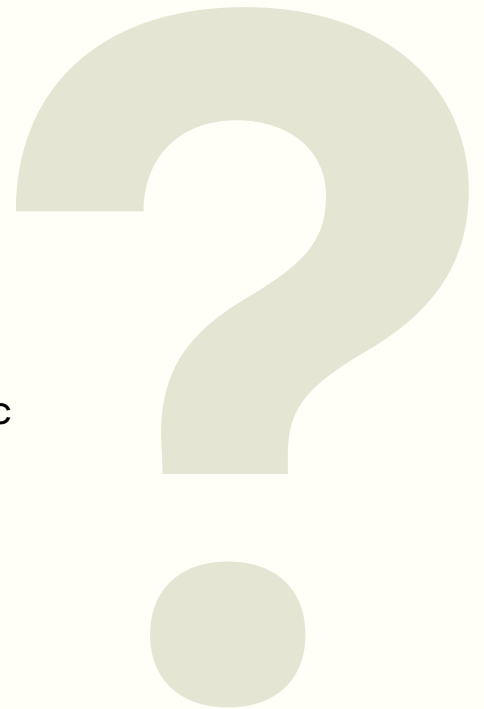


How is the way we breathe connected to overall health?

The "simple" act of breathing is anything but simple. This necessary ingredient for life does far more than move life-sustaining oxygen into our lungs and releasing carbon dioxide from the body. This unconscious activity that all of humanity participates in every minute of every hour has more health-supporting tricks up it's sleeve -- and there are ways that we can harness it to maximize those health benefits!

What exactly is breathwork?

According to Merriam-Webster, breathwork is defined as "conscious, controlled breathing done especially for relaxation, meditation or therapeutic purposes." These therapeutic purposes include supporting the body in multiple facets beyond relaxation; from the cardiac system to digestion, there are powerful ways that the simple act of breathing can influence our health!



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HOW BREATHWORK SUPPORTS THE BODY

01

Cardiac Health

It goes without saying, keeping the heart muscle healthy is essential! The heart is an integral part of cardiorespiratory function, and as such, breathwork can have an impact on overall heart health. Research indicates that breathing exercises not only help in terms of relaxation, but can also influence overall blood pressure while reducing hypertension.⁽¹⁾

1. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9905130/>

02

Anti-inflammatory

Inflammation is a "hot" topic, and with good reason. Over-inflammation is known to be a source of many chronic issues such as diabetes, heart disease, autoimmunity, cognitive decline and other issues. Research has shown that incorporating breathwork, or breathing exercises, as a wellness habit can positively impact the body's inflammatory response.^{(2) (3)}

2. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5561407/>

3. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9071023/>

03

Stress & Anxiety Support

In recent years, it seems that stress and anxiety have skyrocketed. Knowing that each of these create the potential for poorer mental and general health outcomes, research is being conducted to find more holistic approaches for support. Breathing exercises have shown to be helpful in supporting the body during times of stress, as well as with generalized anxiety.^{(4) (5)}

4. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8989478/>

5. <https://pubmed.ncbi.nlm.nih.gov/34588511/>

04

Supports "Rest & Digest"

"Rest & Digest" is an autonomic nervous system response that is the opposite of "Fight or Flight". In this mode, the body is in a "rest" state, where it is better able to rebalance and refocus on the basics like digestion, hormone rhythms, and even reproduction. This is where the "rubber meets the road" in breathwork, as moving the body into the restful state impacts overall balance in the body.^{(6) (7)}

6. <https://pmc.ncbi.nlm.nih.gov/articles/PMC10622034/>

7. <https://pubmed.ncbi.nlm.nih.gov/15347862/>

3 SIMPLE BREATHWORK TECHNIQUES

If breathwork is new to you, a good starting goal is practicing a breathing technique for 10 minutes per day, then work up from there!

01 Pursed Lips

1. Relax your neck and shoulders.
2. Close your mouth, and inhale slowly through your nose for 2-3 counts.
3. Purse your lips, like you're going to whistle.
4. Slowly exhale by pushing air through your pursed lips for 5-6 counts.
5. Repeat

02 Belly Breathing

1. Lie on your back with your knees slightly bent. If needed, a pillow may be placed under your knees for extra support.
2. Place one hand on your upper chest and one hand below your rib cage at the top of your belly.
3. Slowly inhale through your nose.
4. As you inhale, pay attention to the hand on your belly. You should feel your stomach expanding and your hand rising. The hand on your chest should not be moving at all.
5. Purse your lips and exhale as you tighten your abdominal muscles, again paying attention to the hand on your belly, which should feel the stomach contracting. The hand on your chest should not move.

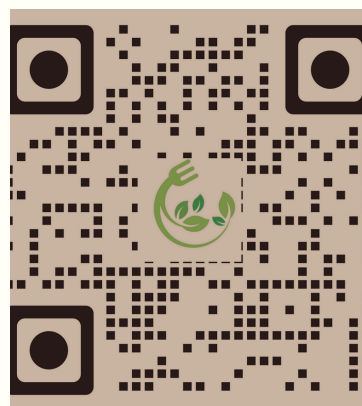
03 Box Breathing

1. Find a posture that is comfortable for you: Sit in a chair, stand, or lie down on your back with one hand on your chest and one hand on your stomach. If you are in a chair, make sure your back is supported and your feet are firmly on the floor.
2. Breathe as you would normally for 5-6 breaths.
3. Start by inhaling through the nose for 4 counts.
4. Hold your breath for 4 counts.
5. Exhale through the mouth for 4 counts.
6. Repeat this pattern several times.
7. FOR IMPROVED VAGAL TONE:
 - ***Try humming as you exhale, as the vocal cords will stimulate the Vagus nerve.***

Get started today!

Embracing changes, no matter how small, is an empowering step towards better sleep and overall health. If you're ready to make changes but aren't sure where to start or need support along your journey, I'm here to help! Scan the QR code for a free discovery call! Invest in your health.

Together, we can create a personalized plan that fits your lifestyle!



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