

## Breathe Silly

Breathe silly. That's right. Breathe for good health.

How do we do that? It's simple. When you breathe in, push out your stomach. When you breathe out, pull in your stomach.

What part of your stomach? Well, actually put your thumb on your belly button and then your palms fall below your belly button. And I want you to breathe deeply below the stomach actually into the hands and into the intestines. Release that entire lower part of your gut. That releases the atmospheric pressure on the lower lung. As you breathe in, you are breathing way deep into your lungs.

Pushing outward released the large muscle under your lungs — the diaphragm. Now, when you breathe out, suck the gut in. Yes, pull the gut back in so you are getting the air that is deep in your lungs out first. This engages again the diaphragm as it seals off the lower lung again. Completely let that lower air exhale. What follows is a complete expiration of the upper lung as well. And do it slowly. S L O W L Y

1 2 3 4 5 ... inhaling

1 2 3 4 5 ... exhaling

That's right. Breathe.

I found with my clients who are having problems having enough oxygen, that if they deep breathe 10 times, their oxygen levels completely restore. Even if their oxygen is down at 70 it brings them up to 90 in ten breaths. Many times it brings them up to 100%. It makes them so happy to have control over their own levels of oxygen.

Now, if they do that at the top of the hour, and the bottom of the hour, they saturate their body with pure oxygen. Wouldn't that be nice for your health? That might be an important habit for someone unable to get out and exercise.

Imagine a way to have pure oxygen without a pure oxygen concentrator or without forcing it to happen with foods that attract oxygen. Simply do it with your breath.

This is not a forever assignment. And pay attention to the breath you need at the moment. Once or twice an hour is not a big assignment and it pays off with big dividends. Oxygen is free for the taking. Don't let anyone take it away from you.

Breathe silly.

That's what makes good health. Breath makes a huge difference in your ability to function throughout your body. So I recommend every day you breathe — today, it's easier than it's ever been.

You can buy an oximeter. An oximeter is a little device that fits on your finger. It will tell you how much oxygen you're getting in. And then you can breathe slowly and fill it up. Watch it go up up up up and gain confidence that you know exactly how to breathe deeply which will bring you optimum health.

And when you sleep, lie down with the intention of breathing deeply. It drops you into the wonderland of what singer songwriter's call Dreamsville. Welcome to the wonderful world of oxygen.