

Self Care - Detox - Breath

Did you know that working with your breath will assist your detox?

Using Breathing techniques can calm the nervous system with amazing speed. Nothing connects us more quickly to our mind and enhances our ability to calm and relax ourselves quicker than this.

But more than this, intentional focused breathing helps our body remove toxins more quickly, and here are four ways it does that:

1. Oxygen helps your body to utilize and absorb nutrients and promote tissue function
2. Creates more white blood cells
3. Helps increase the efficiency of your lymphatic system
4. Removes carbon dioxide from the body to assist in brain function and increases vitality

Using Breathing Techniques

Correct breathing should be one of the most natural things we do.

You would think it would be easy...go without saying...doesn't need teaching.

Yes ... in an ideal world ... but with our fast paced lives our minds are overly busy, affecting our bodily systems and preventing them from working at optimal effectiveness.

Intelligent control of our breath; breathing with deliberate intent and awareness is a tool for bringing vitality into our lives, physically and emotionally. If we choose to focus on the breath we can improve the functioning of the breath which in turn nourishes our body and mind at the deepest levels, quickly and effectively.

I recommend the following technique as something that is easily mastered and effectively shows the benefits of calmly controlling the breath enabling us to become the conscious master of it rather than the unconscious fool.

Finding the Breath

Stand in an upright position with the feet slightly apart, back straight and arms loosely at your side, head balanced easily on top of your neck. Imagine a line that runs up your side from your outside ankle bone through your hip joint and up through your shoulder, so you are supported each side by a line of gravity.

Keeping your mouth closed, tongue soft and relaxed and within your mouth, draw air into the back of your throat via your nose.

From here be conscious of the path it takes down the windpipe to the lungs, as it fills the lungs from the very bottom right up to the very top. The ribs will expand outwards and slightly upwards as the diaphragm muscle moves down towards the intestines allowing the lungs to fill.

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Exhalation follows the opposite path as the diaphragm muscles contracts and pushes air gently up with the help of the stomach muscles, emptying the lungs from bottom to top. Again follow the path the air takes with active awareness. After a couple of complete breaths, (an inhalation and an exhalation is one complete breath) take a count of between 4-6 seconds on each inhale and exhale so that the breath is regular and even.

A thorough exhalation is the most effective way to ensure that a full complete breath is taken. Any air left in the lungs will prevent a full and deep inhalation therefore lessening the effect and benefits of the exercise.

Repeat several times and begin to enjoy deep peace and relaxation.

This can also be done lying down and will help facilitate sleep if done at bedtime and especially if one awakens unexpectedly during the night.

A variation to this technique is **Rhythmic Breathing**

Performed in the same way it simply requires the participant to control the time taken for each inhalation, retention, exhalation and relaxation.

INHALATION- count 1-2-3-4

RETENTION - count 1-2

EXHALATION - count 1-2-3-4

RELAXATION- count 1-2

After some practice one can increase the count to 6 and 3 so long as light-headedness is not experienced and then to 6 and 6, the aim being to gradually place more emphasis on the out breath.

Do you know where or what your Diaphragm is?

It's easy to find!

Put your hand on your abdomen when you cough.

The sharp muscle movement under your stomach is the diaphragm.

Also, the spasm when experiencing hiccoughs happens in the diaphragm.

It is a large muscle located at the bottom of your rib cage that separates your top half from your abdomen.