

Center for Integrated Holistic Medicine

26 Linden Avenue, Suite 102 ♦ Springfield, NJ 07081 ♦ 973-921-0348

Diaphragmatic Breathing Technique

Benefits:

- Increase immunity
- Reduces Blood pressure
- Lowers cholesterol
- Reduces hot flashes
- Helps detoxify the body
- Assists in the healing process
- Changes chronic stress into relaxed alertness
- Improves circulation
- Massages abdominal organs, improving their function
- Reduces fatigue and nervousness

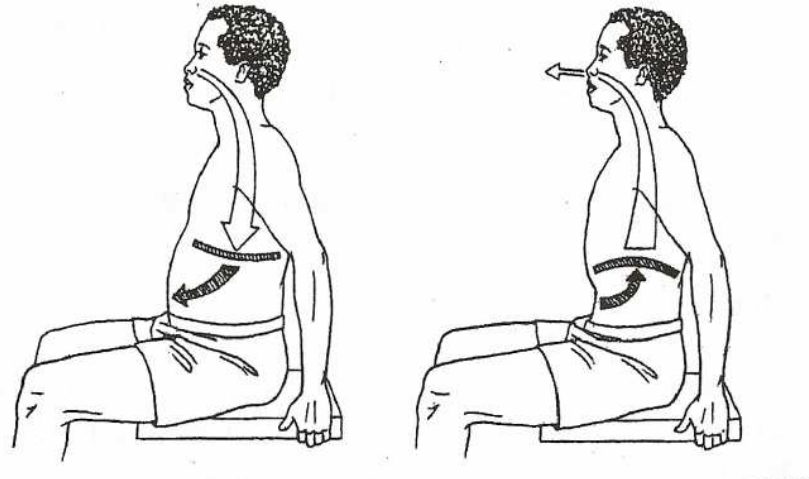
1. In a quiet place, lie on your back in loose clothing in a comfortable position, letting your arms, legs, and entire body relax. Be free of TV's, cell phones, and other noisemakers!
2. Place a pillow under your head.
3. If your back bothers you, bend your knees or place a pillow under them.
4. Gently close your eyes and concentrate on the area one-inch below your navel.
5. Place a magazine on your belly.
6. Slowly, smoothly, and evenly inhale through the nose, expanding your rib cage with air and making the magazine rise.
7. Exhale slowly through the nose, allowing gravity to contract the abdomen and lower the magazine. There should be little movement of the chest, except for the lower ribs opening out to the side.
8. Breathe with rhythm and at a natural, smooth, and comfortable pace. Just 5 minutes does it!
9. Initially practice three times a day, when you first wake-up, mid-day, and before bed. Gradually increase the frequency of this practice to many times a day. Just remind yourself to take 10 full breaths at any time, until diaphragmatic breathing becomes your naturally dominant breathwork.

Tips:

- Place the tip of your tongue to the roof of your mouth, just behind your upper front teeth. Then let your lips close gently, do not let the teeth touch each other.
- Practice on an empty stomach.
- Diaphragmatic breathing is easiest to learn lying down. Then try to practice it at extra times such as standing up (while doing dishes or waiting in line) and sitting down (while watching TV or driving the car).
- Practicing while placing your arms perpendicular to your body is an alternative position that allows an even fuller breath.
- Focus on your bodily sensations, like the gentle rise and fall of your belly. Notice that your arms and legs will become heavier as you become more relaxed.

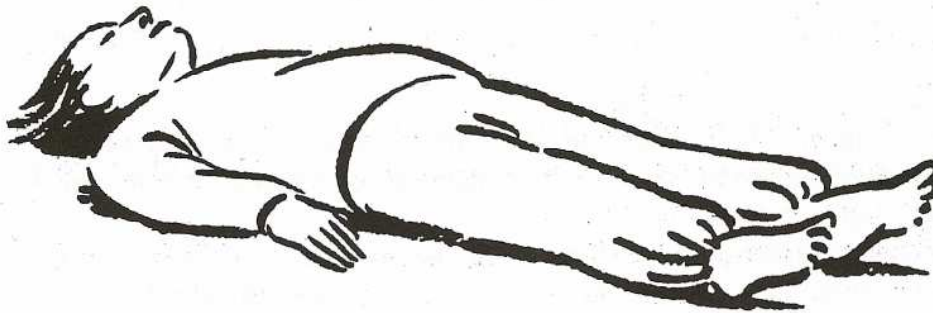
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