

BREATHING EXERCISES

These exercises, if followed, will start you on your way to proper breathing. The object is to exercise the dormant abdominal muscles and stimulate a pattern of breathing deeply. If there is a slight dizziness don't be alarmed, this will soon pass.

1) Lie flat on your back, on the bed or on the floor, with your hands resting lightly on the abdomen or the lower part of the chest. Breathe in through the lips as though you were sipping water. Take four 'sips', then slowly exhale all the air you possibly can. Your hands should feel a slight expansion and contraction of the abdomen as you 'sip' in the air and exhale. Do this several times a day. Soon you will be able to do this while standing. Increase the number of 'sips' to 6, then to 8, thus increasing the air intake.

2) Again, on your back, with the hands on the abdomen, instead of 'sipping' air through the mouth, take two or more sniffs through the nostrils; hold your breath for a few seconds; then with a quick upward thrust of the diaphragm, expel the air through the mouth. These exercises, done in the morning, will make it easier to wake up.

3) When you begin this walking-breathing exercise you may feel foolish, but do not let this deter you. Walking briskly, begin to exhale through the mouth on each step for 6 steps, then on the 7th step inhale. The six exhalations will create a vacuum, and your inhalation on the 7th will be a deep inspiration. Remember to purse your lips, this is important. Walk briskly, exhaling and inhaling, swinging your arms in a rhythmic pattern and soon you will feel new life coursing through your blood.

N.B. Do not be discouraged it may take several weeks or months before you will be able to do deep breathing automatically.