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It ' s the key to good breathing. It sounds easy, but we live in a world where external influences control so much of what we do, and yes, that includes our breathing. Breathe reveals that we are all born knowing the correct way to breathe, and there are ways to find our way back to that great breathing technique hidden deep inside us. It ' s simply a matter of learning the techniques outlined in this

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book that can help you let go and live and breathe deeply.

Emotional Health

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By Patrick McKeown, Breathing Instructor and author of The Oxygen Advantage® Humans breathe from birth, automatically, whether we 're awake or asleep. As babies, it 's our first and most basic motor function. But as we get older, just as we can cultivate unhealthy eating habits, poor posture and problems sleeping, many of us develop breathing patterns that are dysfunctional or ' diseased ...

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physical mental and emotional health focused abdominal breathing abdominal breathing or belly breathing as we mentioned before

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increases the supply of oxygen to your brain and stimulates the nervous system causing a state of calmness practicing focused breathing 20 to 30 minutes each day can work wonders in reducing stress and

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the majority of people in todays modern world dont breathe the way the body is designed to breathe most of us use what breathing expert dr belisa vranich calls vertical breathing when you breathe vertically your shoulders go up during the inhale and everything in your torso stretches up vertically when you exhale your shoulders go back down while it may feel like youre

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