

# **1. The Gift of DEEP BREATHING**

According to Sheldon Saul Hendler in *The Oxygen Breakthrough*, without ATP, our bodies would immediately shut down—and without oxygen, there would be no ATP. It's clear, then, that optimal oxygenation of your cells—through proper nutrition, fluid intake, exercise, and stress management—is absolutely necessary to maintaining your health.

**Shallow “chest breathing” results in:**

- 1. Chronic or intermittent fatigue**
- 2. Chest pains and palpitations suggestive of heart disease**
- 3. Tingling and numbness in the arms, legs, hands, etc.**
- 4. Muscular cramps in the neck, shoulders, and back**
- 5. Stomach upsets, heartburn, and gas**
- 6. Anxiety and panic attacks**
- 7. Feelings of unreality, hallucinations**
- 8. Disturbances, nightmares, night sweats**

The richest blood flow is in the lower lungs. When this area fails to be adequately ventilated with air, we end up underoxygenated. Proper breathing requires the use of the diaphragm, the layer of muscle that separates the chest cavity from the abdominal cavity. When you breathe properly, the diaphragm contracts and the abdomen protrudes, allowing the lungs to expand and fill with air. To get the maximum benefit from the roughly 2,500 gallons of air you take in daily, learn to breathe from the bottom up!

**Q: What's the first step you can take immediately to condition your body for maximum nutrition?**

**A: Learn right now to BREATHE properly.**

## **Power Breathing!**

**Take 10 Power Breaths 3 times a day in the following ratio:**

**Inhale for the count of one.**

**Hold for the count of four.**

**Exhale for the count of two.**