

# **Your Sacred Breathing Hand Book**

**Accessing Your Ancient Healing Birth Rite**

**from**

**Heart Failure Solutions**

**by**

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**“The Life Breath Coach”**

## **Table of Contents**

### **Chapter 1 - What makes Breathing Sacred?**

The goal of this book is to convince you what has been known for a very long time. Drugs are not solutions, but Sacred Breathing and Increasing Your Oxygen is a HEALING PANACEA.

Find out why this is the most important book you will ever read.

### **Chapter 2 - What Does Restricted Breathing Look Like?**

The mission of Heart Failure Solutions is to help caregivers answer their caregiving questions quickly, and convince them of the importance of making time for self care to prevent burnout. Caregiving takes a lot out of you whether you do it professionally, or you are caring for loved ones. The incredible stress coupled with a lack of self care results in restricted breathing. It's the nature of the beast.

Before we dig in here, let me just say that anything that makes you recoil from life will cause, contribute to, and worsen restricted breathing.

### **Chapter 3 - Understand Over Breathing**

You want functional oxygen. Over Breathing is your worst enemy. You need to recognize it in order to address it before it steals your health.

### **Chapter 4 - Acknowledging Progress**

If you don't acknowledge your progress, you can't build on it!

You need to understand the role of carbon-dioxide and oxygen and how to evaluate whether or not you are getting closer to the goal of better breathing for better health, wealth and happiness.

## **Chapter 5 - Breath Holding**

Breath holding is only a powerful healing tool when you know how to use it. Using a tool inappropriately will hurt you.

## **Chapter 6 - The Anatomy of Breathing**

Breathing is much more than moving air. Emotional processing is not optional when it comes to Sacred Breathing. Just knowing how your lungs are supposed to unfold helps you access unprocessed emotion that may be decades old.

## **Chapter 7 - Body Work For Better Breathing**

Breathing happens in your body so that is where you hold your attention.

The application of this book can be accomplished in five simple action plans. You can skip to the end and get started, but you will want the understanding you'll gain in the pages between the Table of Contents and the Action Plans.

**Additional Resources** - Identify what you've already got, plus 2 cool gadgets.

Wise utilization of your resources can mean the difference between success and failure. If you are a caregiver, you'll want to check out the awesome resource especially for caregivers, because burn out is a huge “fail”.

**What do you have? What do you know? What do you want?**

At the other end of [Your Sacred Breathing Hand Book](#) you will be far more capable of empowering answers to those questions. You are about to be transformed because that's what healing is all about.

## Chapter 1

### Why Do You Need Sacred Breath?

*It has been known for a very long time that drugs are not solutions but Sacred Breathing and Increasing Your Oxygen is a HEALING PANACEA!*

Science has established the fact that the better you use your lungs the longer AND better you will live. In other words, the efficiency of your lung function determines the quality of your life.

That's a pretty good reason to breathe better. Do you want to live better?

Breathe better to live better .... awesome!

*“What's the catch?”*

The problem with any “Better Breathing Program” is actually making it work for you!

Can you wrap your brain around this statement? ...

### **"Hyperventilation is Present in Over 90% of Normal People"**

Hyperventilation (breathing too big or too often)REDUCES oxygen supply to the brain, heart, liver, kidneys, and all other vital organs due to losses in carbon-dioxide.

**Breathing LESS Means MORE Oxygen!**

Does that melt your brain? Not everyone agrees that 90% of the population is effected, but every breathing expert will tell you that the average citizen has bad breathing habits.

If you are not wheezing or struggling to catch your breath, you may think that you have nothing to worry about. A word of caution here ... YOU are likely suffering from over breathing, restricted breathing, or BOTH!

When you were born your breathing was probably perfect. As you grew, your breathing was likely damaged by trauma, tension and disease. Physical or mental trauma can damage your breathing, and harmful tension can be acute or chronic. Your breathing slowly deteriorates for years, likely without you even being aware.

As your breathing becomes restricted, you suffer the consequences whether you notice them or not. You may be chalking them up to the aging process, but the truth is that your suffering is caused by lack of oxygen delivery to the cells of your body.

Your “under-developed-breathing” will eventually cause you to over breathe. Since breathing LESS means MORE oxygen, Breath Awareness becomes the single most important thing you can do to improve your health!

If oxygen isn't getting to your cells, you will deteriorate until you are suffering illness.

You need to recognize restricted breathing so that you can take consistent action to address it before you breathe yourself sick.

**There is so much conflicting information about better breathing that it may make you feel hopeless to change such a subconscious activity!**

Shoot! If your doctor isn't concerned about your breathing, why should you be?

Getting a clean bill of health from your doctor could be the worse thing to happen to you! You don't want to be lulled into comfortable denial if you are one of the 90% who is chronically hyperventilating resulting in the destruction of your health and well being! (Heart Failure has been going on for quite some time before an actual diagnosis is made, in MOST cases!)

Your uncomfortable symptoms will eventually have you begging your doctor for a quick fix! He/she will be happy to write you a prescription to mask your symptoms, but you will be NO closer to health and vitality!

Is the drugging model of care REALLY safe?

Keep these numbers in mind as you explore breathing for better health!

- Over 750,000 people die every year in the United States from conventional medicine mistakes.
- 106,000 plus people die each year from PROPERLY PRESCRIBED medications.
- Around 15,000 people die each year from illegal street drugs.

Deaths from prescribed drugs are the 4th and 6th leading cause of death in the United States, just behind heart disease, cancer and stroke!

**The drugging model of care is more dangerous than illicit drugs!**

Ignorance is NOT bliss.

If you are ready to be educated, let's look at what might be wrong with your breathing.

Fixing your breathing pattern will address absolutely every complaint you may be living with. It's not a quick fix, but if you are dedicated ... so am I!

The simple techniques and tips you are about to learn have the power to stop an asthma attack immediately and over time with dedication and consistent practice can completely eliminate high blood pressure, chest pain, blood sugar troubles, allergies, anxiety, sleep disorders and even chronic pain!

When faced with Heart Failure, your number ONE concern is the functionality of the oxygen in your blood.

If you have restricted breathing, there is reason to be concerned!

## Chapter 2

### What Does Restricted Breathing Look Like?

*The incredible stress of caregiving, coupled with a lack of self care, results in restricted breathing. It's the nature of the beast.*

*Before we dig in here, let me just say that anything that makes you recoil from life will cause, contribute to, and worsen restricted breathing.*

In order to recognize restricted breathing you will need to “Cultivate Breath Awareness”.

Normal breathing is slow and deep. Restricted breathing is shallow and rapid.

The breathing you were born with is initiated in your para-sympathetic nervous system. Normal breathing is deeply subconscious.

Rapid-shallow breathing is initiated in your sympathetic nervous system. This type of breathing is born of your “fight or flight” instinct. The chronic stress of your modern day world can cause you to function in this fearful state habitually!

### So how do you identify restricted breathing?

Does your stomach rise and fall when you breathe, or is your breathing up in your chest?

Do you breathe more than 8 breathes per minute?

Do you breathe through your mouth?



If you answered yes to chest breathing, rapid breathing, or mouth breathing ... odds are you have restricted breathing.

Whether your breathing is slightly restricted or dangerously restricted, you will benefit from focused attention on your slow exhalation.

Consistent focus on Breath Awareness and your slow exhalation will benefit you even if your trouble is over-breathing.

Restricted breathing will eventually cause over-breathing. However your oxygen starvation will NOT be remedied by frantically sucking air!

Many issues contribute to restricted breathing.

**Stress and Tension contribute to restricted breathing:**

- Lack of sleep as well as poor quality sleep will cause tension to accumulate.
- Tension is stored in your muscles. Your stiff unyielding neck, chest, abdomen and back muscles are evidence of this stored tension.
- Chronic inflammation can make stress and tension constant.
- Poor nutrition will quickly result in stored tension.

Magnesium is a magical relaxant.

A sick bowel will cause poor nutrition no matter what you eat.

Fiber is the broom that cleans up your messy gut.

Leaky gut is a condition that can result from many causes and can lead to poor nutrition absorption, and fluid retention due to insufficient calories and absorption of poisonous toxins.

**Emotion/trauma contributes to restricted breathing:**

Traumatic feelings are suppressed until time heals enough for you to be able to tolerate the pain and face your emotions.

Unprocessed emotions live in you at a cellular level until they are released. Emotional energy that becomes trapped in your body hardens and crystallizes blocking the flow of your life energy, which will make you sick over time.

Breathing will eventually process even the most painful emotions. Processing deeply trapped emotion requires the safety of a supportive healing space. If you do not feel safe, you will not process your feelings.

**Crippling emotion isn't lethal, if just feels like it will kill you.**

### **Insufficient Fatty Acids contributes to restricted breathing:**

You can only inhale properly IF you can exhale completely. Pulling air into your lungs is something you do with your muscles. However, air exits your lungs as a result of elastic recoil.

The normal process of emptying your lungs in preparation for another critically important inhale is accomplished by straightening your spine sufficiently to allow your diaphragm to climb as high as it needs to.

Restricted breathing is caused by tension stored in the muscles and toxic thoughts and insufficient nutrition fueling this process. It's caused by bad breathing habits that have you using only a fraction of your lungs. And it's caused by the chemistry you've become accustomed to.

Fatty acids in your diet are so very important to maintain the elastic ability of your lungs and muscles. Both expansion and contraction happen more effectively when you nurture your elasticity!

These essential nutrients are important for MANY functions of wellness. Essential fatty acids support the cardiovascular, reproductive, immune, and nervous systems. They are necessary to manufacture and repair cell membranes, and enable your cells to obtain optimum nutrition and expel harmful waste products.

A primary function of essential fatty acids is production of prostaglandins, which regulate body functions such as heart rate, blood pressure, blood clotting, fertility, conception. As well, prostaglandins play a role in immune function by regulating inflammation and encouraging the body to fight infection.

It's a great idea to focus on getting plenty of essential fatty acid rich foods along with supplementation to insure that you are nurturing your elasticity. Got stretch?

### Quality Food Sources of Essential Fatty Acids:

- flax seed oil, flax seeds, flax seed meal
- hemp seed oil, hemp seeds
- grape seed oil
- soybean oil
- wheat germ oil
- canola oil (cold-pressed and unrefined)
- olive oil, olives
- borage oil
- evening primrose oil
- black currant seed oil
- chestnut oil
- raw nuts (walnuts, brazil nuts, pine nuts, pistachio nuts)
- raw seeds (pumpkin, sesame, sunflower)
- avocados
- dark leafy greens (kale, spinach, purslane, mustard greens, collards, etc.)
- fish (salmon, mackerel, sardines)
- chicken

It's good to get the right mix of Omega 3, 6 and 9 fatty acids, however, it's best not to over-think your plan for supplementation.

1. Avoid processed and prepacked foods.
2. Choose raw nuts and seeds over roasted.
3. Cold pressed oils are superior to those obtained with harsh processing.

**Get familiar with the foods on the list  
and implement them in your diet plan as soon as possible  
or you will blow it off and forget how important it is!**

### **Poor Posture contributes to restricted breathing:**

If your spine is not erect you can not exhale fully.

In order to straighten your spine WITHOUT tension, it is important to surrender into your center. Find your center by sitting on your sit bones, and expanding the bowl of muscle at your base. You'll find your center two inches below your navel.

When you sit up be careful not to sway your back. Sit with your posture consistently to correct it. Let the stillness settle into your bones. Go deep to stand tall. Listen for the stillness and breathe.

Put your head on top of your spine and lift your chin above the horizon as though you were going to sing out, especially with your EXHALE!

Kill your Lazy Boy! Recliner chairs are your enemy because they will destroy your posture. In fact, look for every opportunity to seek a straight spine, but keep in mind that tension works against better breathing.

Tension will squeeze the life out of you! However, the biggest problem your posture causes is the inability to EXHALE completely. Your diaphragm is a large muscle that separates your chest from your belly. It slides up and down your spine as it causes your lungs to inflate and deflate.

The hunch at your shoulders is health robbing because it keeps you just shy of a complete exhale, which leaves no room for a full inhale. A speed bump at your solar plexus is a sign of even bigger trouble. If you are chest breathing, you need to explore your back, side and belly breathing.

Scientists tell us that you will live as long and well as you use your lungs efficiently. Poor posture is a sign that your life is being shortened and your potential for wellness drastically reduced!

**Don't get frustrated, but know that posture work is vitally important!**

### **Chronic Inflammation contributes to restricted breathing:**

Inflammation is the true source of all chronic illness and, of course, restricts your breathing! A wheeze is actually inflammation of your breathing tubes, but inflammation causes your chest to be stiff, rigid and unyielding even when it doesn't show up as a wheeze.

You rely on the immunity you were born with as well as the immune function you acquired through behavior, environment, and exposures. Inflammation is an important aspect of immune function as well as the healing process. You NEED inflammation to survive, but when this process gets stuck in the ON position, you will quickly be facing some serious consequences.

A connection has been established between an imbalanced immune system and metabolic disorders, like type 2 diabetes.

The drugging model of care approaches this problem with the intention of “turning off” the inappropriate inflammation that is causing all the trouble. The problem with this philosophy is that even the use of mild anti-inflammatory drugs can lead to concerns like leaky gut, ulcers, increased bleeding, and kidney problems.

You thought you had problems before!

Marcelle Pick, OB/GYN NP, says that “non steroidal anti-inflammatory drugs, like Motrin and Aleve, disrupt the production of prostaglandins, which are needed to regulate inflammation, constrict or dilate vessels, and much more. Corticosteroids like prednisone, COX-2 inhibitors like Vioxx and Celebrex, and antihistamines each shut down a different inflammatory mechanism, leading to further long-term risks in the body.”

Chronic inflammation is a BIG concern, but so are leaky gut, ulcers, increased bleeding, and decreased immune response! Taking measures to reduce inflammation without drugging yourself is a very good idea. You want to heal rather than hurt yourself further!

Many things contribute to inflammation

- insufficient sleep/rest
- insufficient sunlight
- insufficient fruit and vegetable consumption
- dehydration
- insufficient exercise
- malnutrition
- food sensitivity/ food allergy
- trans fats/ chemically processed oils
- processed foods
- leaky gut
- toxic foods
- toxic thoughts
- toxic environment
- toxic stress
- toxic relationship
- shallow breathing
- over breathing
- operations
- physical trauma
- emotional trauma
- unprocessed emotion

Do you recognize any of these health robbing issues in your life?

**Reducing your chronic inflammation will restore your health ...**

**Drugging your symptoms will NOT restore your health!**

Your typical medical doctor really can't help you here. All they can do for you is write a prescription and drug your symptoms or cut you open to “fix you”. So how do you know what to do about inflammation? Start with the basics.

## **7 Things You Can Do About Inflammation**

1. Reduce your intake of refined carbohydrates and replace trans-fats with healthy fats such as omega 3 fatty acids and olive oil. (Boost your omega 3's and reduce your omega 6's to promote balance.)
2. Prioritize sleep and rest since nothing you do will reduce inflammation more!
3. Supplement vitamins and minerals with a high quality source.
4. Nurture your normal gut flora (probiotics) by eating naturally fermented foods (yogurt, kefir, sauerkraut, kombucha, and kimchee) and getting more high fiber foods. Probiotic supplements may be helpful as well.
5. Replace beverages with water. (herbal tea and other healthful drinks are fine, but don't drink them **INSTEAD** of water).
6. Be active (ideally out doors).
7. The **MOST** important thing you can do is **EXHALE SLOWLY** all day everyday! (Focus on breathing through your nose, mouth breathing is more harmful to your health than you might think.)

Understanding the role of inflammation in the disease process will help you to understand how to nurture yourself to reverse inflammation. If you haven't already received your copy of ...

**“Increase Your Oxygen; Your Secret To Empower Health and Well Being”**

... make sure to get your copy at [Heart Failure Solutions.com](http://HeartFailureSolutions.com), TODAY!



Restricted breathing squeezes the life out of you.

If you can see stress, tension, unprocessed emotion, inadequate nutrition, poor posture and/ or chronic inflammation robbing your health you need a plan of action to address your red flag warning!

### **What should you do about restricted breathing?**

1. Prioritize sleep.
2. Allow your emotions expression.
3. Make time for quiet stillness.
4. Stretch and move your body.
5. Seek a creative varied diet plan for optimal nutrition.
6. Attend to your bowel health.
7. Be certain to nurture yourself with fatty acids (especially omega 3's).
8. Give consistent attention to your straight spine.
9. Consistently build Breath Awareness and guard your mind from toxic thoughts!

Consistent self care is your best bet to reduce the restricted breathing that leads to OVER breathing ... that DESTROY'S your health!

### **Restricted breathing always drives you to OVER breathe!**

Once you begin over-breathing, you DECREASE Your Oxygen!

Decreasing your oxygen will advance your disease process!

**Sacred Breathing can keep you out of trouble, but you should be aware of what over-breathing looks like! When you see it you NEED to be very concerned.**

Take action to address OVER breathing BEFORE you breathe yourself SICK!

## Chapter 3

### Understand Over Breathing

*You want functional oxygen.  
Over Breathing is your worst enemy.  
You need to recognize it in order to address it before it steals your health.*

Does it make sense to you that breathing LESS will give you MORE oxygen?

It might seem counter-intuitive, but if you are over-breathing, it is cold hard fact.

If you OVER Breathe, you will have less oxygen available to your cells, tissues, organs and organ systems!

Restricted breathing reduces your oxygen as well. Chronic UNDER breathing will end up causing air hunger that will drive you to OVER breathe!

I shared a video a while back on my blog, Heart Failure Solutions. The title is:

#### **“Do You Suck At Holding On To Oxygen?”**

The video in that post may shine some light on this confusing topic.

If you click on the title in this document it will take you to the post on my blog. Hank Green is a well known video blogger who has a pretty large following. I like him because he is fun and humorous, and really really smart!

Since DECREASING your oxygen will destroy your health, you NEED to take this as seriously as a heart attack! But thanks to Hank you will have a little fun learning.

### **Did you understand what Hank meant in the video?**

The more you breathe, the more carbon dioxide you lose. Losing too much carbon dioxide causes oxygen to become trapped in your red blood cells.

“Trapped in my red blood cells? What the heck is that suppose to mean?”

Shoot, if you have oxygen in your blood, you have oxygen in your body, right?

No ... not exactly!

Having oxygen trapped in your red blood cells means that you do not have access to it! It's IN your body, but it is not nourishing your body!

This oxygen that is traveling through your circulation on the hemoglobin of your red blood cells is unable to reach your cells, tissues, organs, and organ systems!

### **How do you know if your oxygen is functional?**

### **How do you know if your oxygen is getting where it needs to go?**

Getting answers to those question will have to be practical in order to apply it in a home/ work setting. You need more functional oxygen ALL the time, not just when you are measuring it.

Those questions are important!

- If you have an oxygen deficit, your cells will be oxygen starved.
- *Having plenty of oxygen in your blood, with excessive loss of carbon-dioxide, results in oxygen starvation.*
- Supplementing oxygen for any reading under 92% saturation is a good idea, but may still leave you oxygen starved if you are over-breathing.

**Fortunately, the answer to those questions isn't difficult to assess.**

When you increase your activity, you increase your oxygen appetite. The more you challenge yourself the more your body eats up oxygen. Can you exercise without breathing through your mouth? Heck, can you do your basic house work without opening your mouth to breathe?

You can measure your functional oxygen for all practical purposes just by observing how long it takes until you are forced to breathe through your mouth.

When you can't meet the increased need caused by your increased activity without opening your mouth, you know that your oxygen is less functional. As you increase the amount of work you can do without causing this mouth breathing air hunger you know you are making progress.

**You want functional oxygen all day everyday because it means the difference between health and wellness AND deterioration and suffering!**

What do I mean by “deterioration and suffering”?

Every aspect of disease as well as aging comes back to Oxygen.

You don't have to read or listen to Dr. Majid Ali's vast library of research very long before he will bring up oxygen. It doesn't matter what subject he is covering, Better Breathing is always a basic necessity for restoring health.

The most common causes of deterioration and suffering brought about by insufficient oxygen availability are related to heart disease.

**Heart Disease is the leading cause of death in the world today!**

Increasing Your Functional Oxygen Will Address  
the Most Common Heart Disease Concerns:

- angina/ chest pain
- high blood pressure
- myocardial infarcts
- strokes
- various cardiovascular incidence

Sacred Breathing and Increasing Functional Oxygen  
Will Reverse Disease:

- asthma/ allergy
- anxiety/ panic attack
- depression/ mental illness
- pain
- sleep issues
- blood sugar issues
- obesity
- cancer
- aids

**You do not have to suffer and die!**

However, if you put your trust in the drugging model of care, you may NEVER discover your solutions! Don't sell yourself short. Drugs are not the answer!

Sacred Breathing is not a quick fix, but it will cure whatever ails you if you give it committed focus and consistent practice.

## Chapter 4

### Acknowledging Progress

*If you don't acknowledge your progress, you can't build on it!*

*You need to understand the role of carbon-dioxide and oxygen  
and how to evaluate whether or not  
you are getting closer to the goal of Sacred Breathing.*

You will never be finished developing your Breath Awareness. It is a life long process. Whether you are extremely ill or in top physical shape, your breathing will continue to evolve through out your life time.

If you give Breath Awareness your focused attention you can build a foundation of wellness that will carry you into your golden years with all the energy and vitality to enjoy life to the fullest.

Ignore your breathing and you will likely succumb to hypocapnia (insufficient carbon-dioxide) and the illness it causes just as 25% of the population does year after year!

**The secret to breathing progress is your SLOW exhale!**

There is no need to over think breathing, as a matter of fact, thinking is a deterrent to better breathing! You will never think your way to Sacred Breathing!

In the 1960s Dr. Konstantin Buteyko proved beyond a shadow of a doubt that excessive loss of carbon dioxide CAUSES many chronic illnesses. He taught using will power to consistently breathe less with astounding results.

To give you an idea of how damaging carbon dioxide loss can be, refer to the list on the following page. You will see why this issue is central to many of the worrisome so called “modern diseases”.

Modern diseases are really a symptom of the problem, which is drugging symptoms instead of addressing cause!

### **Physiological changes that occur during CO<sub>2</sub> loss:**

- reduced blood flow and volume in the brain (up to 50%)
- **oxygen and glucose deficit in the brain**
- alteration of hemoglobin chemistry
- **reduced supply of nitric oxide (vasoconstriction)**
- reduced coronary artery blood volume and flow
- **bronchial constriction in the lungs**
- smooth muscle constriction in the gut
- **electrolyte imbalance (sodium, potassium, calcium)**
- buffer system compromises, bicarbonates
- **muscle fatigue, weakness, spasm, and pain**
- Increased excitability and metabolism of brain cells
- **Intracellular (lactic) acidosis in brain and other cells**

CO<sub>2</sub> Deficit Will Result In Profound Physical and Mental Changes.

Remember, the secret to Increasing Your Oxygen is all about proper management of carbon dioxide through a return to your normal breathing rhythm.

Dr. Buteyko was so successful at reversing disease and getting people OFF drugs that they dismantled his lab and attempted to murder him many times. One of the most amazing discoveries of our time was not good news to those profiting from the drugging model of care!

The world owes Dr. Buteyko a debt of gratitude! It's a shame he didn't live long enough to see his discovery acknowledged as the most powerful healing tool of our time. Luckily, you don't need any fan fare to utilize this truly remarkable information to heal whatever ails you!

**The most important thing you can do for your health is to shift your chemistry so that you better tolerate carbon dioxide. Measuring and acknowledging your progress is the only way to be sure you are headed in the right direction with your consistent effort to Increase Your Oxygen.**

Why do you need to Increase Your Oxygen?

“Oxygen ushers life in. Oxygen terminates life.”

“Oxygen is:

The most important healing substance

The most effective detox agent

The premium blood cleanser

The most potent antibiotic

A versatile hormone

A blood clotter and declotter

And the conductor of the orchestra of the immune system.”

“Without oxygen, the lungs cannot breathe, the heart cannot beat, the brain cannot think, the bowel cannot digest or absorb food, and the muscles cannot move.”

“That is all very basic and essential.”

- Dr. Majid Ali



Dr. Ali is a well respected doctor with an impressive resume. He was the past President and Professor of Medicine at Capital University of Integrative Medicine, Washington D.C., He was the former Associate Professor of Pathology (Adj.) at Columbia University, New York, College of Physicians and Surgeons. He is a Fellow, of the Royal College of Surgeons of England, and he is editor of The Journal of Integrative Medicine. Dr. Ali has authored or co-authored over 110 articles in peer review journals. In other words you can trust what this doctor has to say. His reputation is untarnished.

**Since heart disease is NOT a plumbing problem but a disease of your circulating blood, Increasing Your Oxygen is a VERY good idea!**

You NEED to detox, clean your blood, battle microbial enemies, balance your hormones, clot and declot as necessity demands, and support your immune system, digestion and activity!

**Increasing Your Oxygen and Better Managing Your Carbon-dioxide Will Do All That!**

Increasing Your Oxygen Requires Sacred Breathing.

Your Daily Check List For Sacred Breathing:

1. focus on slow exhale all day everyday
2. use nasal breathing as much as possible
3. pay attention to posture during your waking hours
4. utilize yawning without over breathing
5. measure your progress only occasionally (see chapter 5)

**Breath Awareness is ALL about the exhale!**

Your job is to focus on your slow exhale through your nose. It is NOT your job to inhale! Check it out! If you WAIT for that breath, your body will inhale all by itself. Normal breathing is truly unconscious!

### **Do you slouch?**

Correcting your posture might feel impossible. It certainly isn't easy, but it IS possible and well worth your time.

Why is slouching so problematic?

Your inhaled breath should fill your middle and lower lobes first (belly, sides and back). Then the pressure you create from inflating those lobes will inflate your upper lobes which are surrounded by ribs and require much more pressure to inflate!

If you are “chest breathing” with little expansion in your belly and back, then you are not breathing effectively and your UNDER breathing WILL result in OVER breathing!

Now add to that a significant slouch and your UNDER breathing becomes horribly harmful! Slouching even reduces your sloppy chest breathing!

When you exhale, your diaphragm climbs your spine to expel your breath. If you are slouching, your diaphragm can NOT climb as high as it needs to!

Slouching reduces the effectiveness of your breathing, thereby reducing the quality AND the length of your life!

**Increased yawning is a SURE sign that you are making progress!**

When you begin to notice frequent yawning, you know that your body is feeling the elevation in your carbon-dioxide. Carbon-dioxide levels in your body is what tells you when to breathe. As you make progress with slow exhale, you begin to coax more carbon-dioxide into your body.

Since you are use to LESS carbon-dioxide from breathing more deeply and/ or rapidly, your body wants to suck in air to reduce your carbon-dioxide back to the level you have become accustomed to.

BUT you don't want to allow that!

When you notice a yawn coming on, allow your mouth to drop open and feel the stretch in your jaw and throat.

*Now, here's the important part ...*

Exhale AS you yawn! I know, you think of a yawn as a BIG breath IN.

It is in your best interest to look at your yawn as your body's attempt to release tension and rigidity! If you continue to suck in a giant breath with every yawn, you will NOT stop your health robbing over breathing!

You want to overcome restricted breathing, but OVER-breathing is even more harmful!

Have you ever heard of the term “tight ass”?

Maybe it's a Montana thing, but I grew up hearing folks call others a “tight ass” when they were uptight and tense. I always thought that was a weird expression, but have come to find that it is a very accurate choice of words!

As you become increasingly tense your breathing becomes stiff and rigid and as a result your life becomes stiff and rigid. Your life is your movement and your movement is your life. Your healing is your movement and your movement is your healing. (Even if all you can do is breathe, you can heal!)

So how do you overcome the whole “tight ass issue”?

I discovered a valuable secret when I gave birth to my son. My mid-wife taught me that when you open your mouth and throat just as wide as you can, you open the other end as well. Since I was trying to pass a baby, I did exactly as she told me and was surprised to discover just how right she was!

Utilizing this little known secret for Sacred Breathing is a powerful technique that is hugely helpful for reducing your restricted breathing.

So when you feel a yawn coming on, remember you want to minimize the amount of air you take in from your yawn, but you want to open your mouth and throat just as WIDE as you can without hurting yourself! You'll be expanding EVERYTHING between your mouth and your buttocks.

No more tight ass!

Reversing restricted breathing certainly takes expansion,

but hyperinflation is NOT helpful!

Honor your exhale especially when you yawn!

## **What does normal breathing look like?**

Sacred Breathing really means a return to your normal breathing rhythm. You were likely born breathing optimally but your breathing has been perverted by modern day life and trauma. 90% of the population on the planet suffers from damaged breathing so you are in good company.

You obviously can't remember what it was like to breathe when you were a baby, but observing a baby breathe might be helpful. Witnessing a normal breathing rhythm at least gives you the opportunity to see how it differs from your own breathing. (Just remember that babies are much smaller and breathe much more rapidly than you do.)

It is impossible to evaluate your own breathing! As soon as you put your awareness on your breathing ... you begin to breath more deeply. You can't evaluate your breathing by becoming aware of it BUT you can IMPROVE your breathing by becoming aware and consciously choosing slow exhale as frequently as you possibly can!

### Normal Breathing Rhythm

Text books these days will tell you that a “normal breathing rate” is 12 breaths per minute. Since “normal” in terms of health care is really only helpful when “serving to establish a standard”.

However, when the average citizen is experiencing declining health, establishing a “standard” in order to label health as “good” or “bad” can be very misleading!

If you look at an OLD text book you'll see that a “normal breathing rate” is 8-10 breaths per minute. So which is correct? Did modern science correct the error made in the past, or are scientists simply observing the increasing “standard rate of breathing”?

MOST modern day adults breath 15-20 breaths per minute!

**Modern Day Diseases are evidence of this increasingly rapid breathing that is fueling the unnecessary decline of the human race.**

Normalizing your breathing pattern will transform your health. It is an established scientific fact. So, why has one of the most amazing scientific discoveries in the history of Health Sciences been suppressed?

Plain and simple ... it is TOO cost effective.

Health Care is BIG BUSINESS!

That may seem pessimistic to you.

**The truth remains ... unless you take on the responsibility for seeking options you may never find your solutions.**

Do you want to manage your disease or heal?

Simply changing your breathing can cause POWERFUL healing!

This chapter is about acknowledging progress in order to build on it.

Remember what Dr. Ali teaches:

“All thinking is a deterrent to better breathing!” ...

There are no hard and fast rules. Just breathe slowly with your diaphragm.

Having said that, you should be aware that you can use your breath hold to measure your level of health very accurately.

**The longer you can hold your breath comfortably, the healthier you are!**

If your Breath Awareness includes regular measurement of your controlled pause you have an accurate assessment tool to see if you are making progress or hurting yourself.

### **Do you keep a journal?**

Record your thoughts, emotions and reflections.

Record an estimate of your Breath Awareness time.

Record your exercise/ activity.

A food journal can be very helpful as well, but don't bother unless you write down absolutely everything that you put in your mouth.

**Don't think you will accurately remember what you did, what you ate, and how you were feeling, because it never works like that!**

You need to have that record so you can see what's REALLY going on.

Journaling is the most valuable acknowledgment tool you could hope for!

Use it!



### Things to keep in mind for Sacred Breathing:

1. Relax
2. Exhale longer than you Inhale
3. Challenge yourself by pausing your exhale (more in chapter 5)
4. Chest breathing will sabotage your Sacred Breathing efforts, address it. (In Chapter 7 as well as the optional resources you will find help.)
5. Keep It Simple → Become Aware of Your Breath

Reflect on your breathing and record your thoughts. Your insight is more powerful than you know! Learn to trust your insight, but ask for help when you don't!

## Chapter 5

### **Breath Holding Controlled Pause / Extended Pause That “Break From Breathing After You Exhale”**

*Breath holding is only a powerful healing tool when you know how to use it.*

Many breathing experts say that there is a natural pause at the end of exhalation. Some say that it is normal to pause a couple seconds before you inhale.

Dr. Ali says that “it is useful to utilize a pause at the end of your comfortable exhale” to correct bad breathing habits.

Dr. Buteyko practitioners teach a lot about “breath hold”.

Buteyko method uses the terms “control pause” and “extended pause”.

Control pause basically refers to pausing your breath just until you feel the urge to breathe. Extended refers to forcing it longer than is comfortable.

It is also argued that holding your breath causes tension to accumulate in your neck muscles and over stimulates the “fight or flight” nervous system. There is argument for AND against “breath-holding”.

Since the evolution of your Breath Awareness is individual to you, it is up to you to be watchful and observant in order to assess what is helpful and what isn't. It's a good idea to keep in mind, however, that Dr. Buteyko used “that break from breathing after you exhale” to accurately measure health.

Dr. Ali teaches that there are no hard and fast rules for Better Breathing.

Dr. Buteyko taught his method as an exact science.

**Any attention to your breathing will make you feel better.**

Breath holding is incredibly useful in many ways.

Gently pausing breath as you exhale allows the air to rise passively but it's important to keep in mind that baring down and holding your breath forcefully causes tension and pressure to build in your muscles and vessels and can be dangerous.

You don't want to cause your own demise, but there is a lot to be said for challenging yourself to a significant breath hold. The recovery process involved with air hunger will grow your strength IF you don't OVER-breathe.

Breathing through your nose is the quickest way to improve your breathing.

If you are OVER-breathing you will breathe less (which is a step in the right direction) and if your breathing is restricted, you will become painfully aware of how difficult it is to breathe through your nose for any length of time.

Is your nose always plugged? Even if you don't think you can ever breathe through your nose again, implement the following exercise several times everyday and see if you don't open up your nose and change your circumstance!

**Nasal breathing will improve your health for the better!**

It is worth your time, effort and focus.

Try this Buteyko exercise to open your nose:

1. Exhale normally.
2. Allow your inhale to fill your lungs.
3. Then exhale normally.
4. At the end of your normal exhalation, hold your nose with thumb and finger.
5. Begin gently nodding your head up and down (big yes nod) as you continue to hold your breath and your nose.
6. When you feel the urge to inhale push yourself to wait just a few seconds longer
7. When you must inhale, do so through your NOSE!!!

If this exercise doesn't clear your nasal passages the first time keep trying!

Even if your nose is not plugged you will likely feel much more clear from doing this exercise. Reduce the resistance in your upper airway and it will quickly get easier to breathe through your nose.

Nasal breathing may feel like a simple insignificant thing to you. That is why I want to ask you to remember the following sentence as we proceed:

**Nasal breathing causes immediately improved CO2 management**

**AND Increasing Your CO2 means Increasing Your OXYGEN!**

Why is that so? Because oxygen level isn't what tells your brain to breathe. Your carbon-dioxide level tells your brain when to breathe.

You may not be aware of your harmfully low oxygen level, but you will always be aware of your carbon-dioxide level. Carbon-dioxide is what triggers your breathing.

If you begin to savor your carbon-dioxide and learn to consistently manage it better BEFORE you get sick, you will have done yourself a BIG favor.

Though even if your health is terribly compromised, the secrets you are learning in Your Sacred Breathing Hand Book WILL restore your health IF you are consistent, and seek help if your progress stops.

The cause of your incorrect breathing may not be obvious. Habits that you don't notice may contribute to keeping you stuck.

Faithfully giving attention to Breath Awareness all day everyday will go a long way to improving your situation. As your health improves you will think more clearly, and you will have greater access to your intuition.

When you become a student of your breathing, your solutions will come to you. It's important to honor your process.

When you have issues with your posture or you habitually chest breathe instead of breathing from your diaphragm, then body work becomes just as important as the chemistry work you are doing in order to better manage your CO<sub>2</sub>. However, be careful not to ignore your breathing chemistry as you turn your focus to body work. Both are important!

### **So, should you worry about the danger of breath holding?**

You should be able to pause comfortably for at least as long as you can exhale.

If you can't, keep working with it until you can. This is a reasonable goal and won't put you in any danger even if your health is seriously compromised.

**Challenging yourself while pausing your breath is beneficial because with each passing second you are taking on carbon dioxide.**

**Increasing Your Carbon-dioxide (CO<sub>2</sub>) CAUSES:**

- increased blood flow and volume in the brain (up to 50%)
- oxygen and glucose increase in the brain
- improvement of hemoglobin chemistry
- increased supply of nitric oxide (vasodilation)
- increased coronary artery blood volume and flow
- bronchial dilation in the lungs
- improved smooth muscle function in the gut
- electrolyte balance improvement (sodium, potassium, calcium)
- buffer system recovery
- reduced pain and spasm in muscles
- decreased fatigue, weakness
- decreased excitability and metabolism of brain cells
- improved intracellular pH

**Holy cow! That's a BIG deal! You can handle a little air hunger!**

There is a LOT to be gained by better carbon dioxide management! Now I'm not saying get crazy and hold your breath til you blow a blood vessel! Do you normally push yourself SO hard that you cause yourself harm?

Ask yourself this question:

“Can I be gentle with myself?”

If you can be gentle with your breath holding ... you can utilize a healing tool so powerful that you will feel a noticeable difference in your energy level as well as your ability to get restful sleep within days!

**Feeling better fast makes it a whole lot easier to be consistent.**

Commit to consistent Breath Awareness and transform your health!

In the last chapter you learned that recording your progress is how you create the opportunity to acknowledge and then build on your progress. This idea really gets powerful when you have a way to actually measure how you are doing.

**Measuring your progress means that you have a way to tell if you are gaining or losing ground. You need to know if what you are doing is working!**

Breath work is not a linear process. There isn't an a-b-c 1-2-3 kind of plan to get you from sick to Sacred Breathing and optimal health. The issues that effect your breathing are individual to you.

The only way to evaluate the simple tools offered to you here in Your Sacred Breathing Hand Book is to apply them and observe your response. If you use a breath hold, “a break from breathing after you exhale”, as your ruler you can accurately measure your Sacred Breathing Progress.

You can measure your health and vitality, as well as your Sacred Breathing Progress by timing your extended exhale.

**If you can comfortably hold your breath for longer and longer periods of time, you know that your vitality, strength, and stamina are improving and so is your Sacred Breathing Progress!**

Follow the same procedure each time you take a measurement to evaluate your progress, and record your measurement in your journal.

Example of Measurement Procedure:

1. Relax for 5-7 minutes
2. Observe a couple normal exhaled breaths
3. At the end of exhale pause your breathing
4. Time the period between end-of-exhale and your urge to breathe
5. Record the number of seconds in your journal

(If you hold your nose and/or bob your head while you breath-hold, then do it each and every time you measure your pause. You want each measurement to be taken under similar circumstances.)

**If your ability to pause your breathing grows you know that Your Daily Check List For Sacred Breathing is doing its job, if it isn't then your program needs attention.**

Issues preventing you from making progress with Sacred Breathing may not be obvious. Chronic stress can definitely prevent breathing progress, but if you've been living with it for years, you may not notice the harm it is causing you!

Addressing chronic stress, poor diet, toxic relationships, unprocessed emotions, or an inactive life style can be the secret to making life changing progress.



**Sometimes, though, just taking a look at your simple Daily Check List For Sacred Breathing will give you some insight.**

Let's take a look at each separate point.

Your Daily Check List For Sacred Breathing:

**1. Focus on slow exhale all day everyday.**

If your progress meter says that you are NOT improving one thing you can do to get moving in the right direction is to increase the amount of time you spend each day focused on your slow exhale.

Shifting your body chemistry takes time. The more you focus on your Breath Awareness, the quicker you will make the shift to a more normal breathing pattern.

**2. Use nasal breathing as much as possible.**

Are you doing a lot of mouth breathing through out the day and night?

Become the Gate Keeper! Close your mouth!

You might even want to try taping your mouth closed while you sleep ... no joke! Whatever it takes, do LESS mouth breathing.

If you can't breathe through your nose at all, then give more time and attention to the exercise at the beginning of this chapter.

### **3. Pay attention to posture during your waking hours.**

To make progress on Your Sacred Breathing it's a good idea to schedule time to sit with your posture. Be consistent with your practice and you will more effectively address poor posture in your daily life.

The more time you spend focused on your posture the stronger you will become and the less your breathing progress will be hampered.

### **4. Utilize yawning without over-breathing.**

Once you begin to accumulate and manage higher levels of carbon-dioxide, (Increasing Your Oxygen and turbo charging your health!) you will notice the urge to yawn much more frequently than you normally do.

This urge to yawn is actually a sign of progress all by itself. However, if you give in to the urge and suck in a bunch of air, you will sabotage your progress!

**Carbon dioxide leaves your body 20 times faster than you take on oxygen. It doesn't take much yawning to lose all the carbon-dioxide you have accumulated with your Breath Awareness.**

By all means, allow your yawn to serve you. Opening your mouth will cause expansion. You WANT expansion! You do NOT want to suck air like a fish!

## **5. Measure your progress only occasionally.**

It's really exciting and motivating to see rapid progress. You'll probably want to check your progress every day in the beginning of your breath work. However, it's a good idea to back off after you've been following your progress for a week or so.

Measuring your progress weekly will give you a good idea of how you are progressing, but daily measurement will have you stressing. It's sort of like “micro-managing” your breath work.

Dr. Ali tells us that “Thinking is a deterrent to better breathing.”

You won't think your way there, but you want to make sure you are experiencing slow steady progress. So measure, just not too frequently!

Expect to see less progress, or even loss of progress, with your breath-hold when you are experiencing heavy stress or illness. You will see it in your measurements.

Be patient as you begin your breath work. There is no hurry. Even if your health is poor, rushing the process really won't serve you!

Your focus on slow exhale will gradually shift your body chemistry to a new comfort zone if you are consistent and patient.

**Poor posture and chest breathing are 2 issues that won't go away without your consistent focused effort to address them.**

Body work is important since your posture needs to be corrected and your bad breathing habits need to be unlearned in order to continue your evolutionary journey to Sacred Breathing!

The next chapter will educate you about your body so you can better understand what you are doing wrong and how to correct it.

## Chapter 6

### The Anatomy of Breathing

#### How are you SUPPOSED to breathe?

*Breathing is much more than moving air.  
Emotional processing is not optional when it comes to Sacred Breathing.  
Just knowing how your lungs are supposed to unfold  
helps you access unprocessed emotion that may be decades old.*

In Chapter 4 you were given 2 checklists to assist you in evaluating and acknowledging your progress. As you become more aware of your breathing you need to be able to evaluate what you are noticing.

Did that chapter convince you of the importance of keeping a journal?

If not, go back and read that chapter again.

Recording your thoughts, emotions and reflections is important.

This is simple stuff, but the healing you are about to unleash will be powerful enough to reverse disease! If you do not acknowledge what you are doing and your reaction to it, you will miss the importance of your Breath Work. You may not even continue the simple process of developing Breath Awareness and you will let it fall away when you are no longer suffering!

If you spend consistent time focusing on your breathing you WILL make progress.

Record an estimate of the time you spend each day devoted to Breath Awareness. When you value it enough to record it, you will find that your mind returns to your breath more and more. It becomes an effortless part of your day.

The same thing goes for physical activity. When you value being active enough to record what you are doing, you may find that you aren't getting active as much as you thought, or you may find that your program has become rigid and you are burning yourself out with OVER exercise.

You really CAN get too much of a good thing, and your journal will help you identify it if you do. If you are feeling really tired, look back and see what might be adjusted to allow for more rest and recuperation time.

Recording the foods you eat can give you insight into mood swings, water retention and potential issues that might be having an effect on your health and wellness.

Breath Awareness is the doorway within.

Practice feeling your feelings and acknowledging them. Become more self aware and your body will tell you what is helpful and what isn't.

When it comes to addressing your physical and mental health, the first step is to get tuned in with YOU. “Feel your feelings” might sound like ridiculous advice, but it isn't at all uncommon to suppress feelings.

I'm an Aries. Born under the sign of the Ram. If you're not into astrology then I'll fill you in ... Aries are some emotional ladies. I just let it fly. Can't seem to help myself. So this whole “suppress your feelings” thing was a mystery to me.

Until I became an emergency caregiver.

You just can't manage the ABCs of CPR without suppressing your feelings.

Airway, breathing and circulation take the priority over feeling your feelings within emergency care. So the suppressed (unprocessed) emotion has to be left to deal with later.

Since trauma leaves painful emotion to process, that can get to be down right over-whelming! It took me a decade after I left the hospital to realize that I was dealing with Post Traumatic Stress Syndrome.

This condition causes a response in your nervous system that is mentally and emotionally paralyzing. It makes taking care of yourself a challenge.

Post Traumatic Stress among caregivers is not uncommon. Compassion Fatigue is the term used to refer to this condition, since it seems to be a little easier to admit to.

Compassion Fatigue, Post Traumatic Stress, what ever you want to call it, causes Burn Out! Do you understand what Burn Out is? I'm sure you've heard of the term, but do you know what it actually looks like? Could you spot it in yourself?

### Symptoms of Burn Out

- you can't sleep or you sleep too much
- you can't concentrate
- negative thoughts bombard your thinking
- loss or increase of your appetite
- you are more irritable and short-tempered than usual (less empathetic)
- unexplained aches and pains
- feelings like life isn't worth the struggle (get help immediately in this case!)
- social isolation
- lack of self care

Does any of that sound familiar?

If this sounds like you, listen up, because this is serious stuff that could rob your happiness! Who wants a happiness shortage? Not you!

Now, you can be burnt out without having Post Traumatic Stress. Burn Out is serious even if you don't have this debilitating neurologic response.

The problem is that if you DO have PTS it could prevent you from becoming aware of your Burn Out. You could consider it a disorder that causes you to suppress your feelings.

Post Traumatic Stress is a term most have come to associate with soldiers. Caregivers know that the caregiving team is counting on them, and it's hard to compare what they are going through with those who have seen live combat.

During the Civil War the term used to describe this condition was “soldier's heart”. In World War I the term was “shell shock” and that carried over to World War II.

During the Civil War enlisted men were shot as cowards for this condition while high ranking officers were prescribed time away from the fighting with their families for the same condition. Soldiers are trained to suppress their feelings and do as they are told.

There has been a great deal of shame associated with this condition through out history.

No wonder it is difficult to admit to and get treatment for.

PTS can also be caused by abuse and trauma experienced at any point in your life. Even if you can't remember the incident, the memory lives in the cells of your body. If PTS is caused by abuse that is hidden, the issue becomes even more buried.

**There are many factors that can cause suppressing your feelings to become deeply engrained habit.**

If you had a parent who suppressed their feelings the habit has probably become so deeply engrained that you don't even notice it. Maybe you just “learned” to suppress your feelings by example!

**So why are we talking about Post Traumatic Stress, Burn Out, and suppressing your feelings in this chapter about anatomy and breathing?**

The only way to correct posture and unlearn bad breathing habits is to become aware of what is going on inside you. This is internal work.

In order to make that journey inward and address your issues, you have got to come to terms with your emotions.

Emotions are magnetic energy. The fuel we burn is electricity. We are electrical beings. When a magnetic emotional energy becomes trapped in your body it obstructs your electrical field. It interrupts your life force.

Emotional energy is not meant to stick around inside your body. It is meant to pass through you. Emotions are your sign posts in life. They give you useful information to help you navigate your life's journey. But when you suppress them, they become road blocks to health.

The trapped emotional energy will make you sick!

Allowing your emotions to be processed and released requires surrender. You must surrender to the emotion or you will stuff it again.



Sorrow, anger and other low vibrational emotions only feel like they will kill you. If you allow them, they pass through you without causing you any real harm. However, when you resist them, or rationalize them, they are not allowed process and they become trapped in your body causing you harm!

As you embark upon your journey INWARD you need to expect emotional upheaval.

Your breathing will entrain low vibrational emotions that have become trapped in your body and when they are released you will become aware of them, just as you were when you stuffed them in the first place.

As long as you allow the feeling its expression, you will not stuff it all over again!

Rationalizing your feelings amounts to stuffing them!

“I am feeling sad because ...” is not helpful, and sobbing your eyes out is only helpful if you are truly allowing the emotion.

Don't hold back! Those emotions only FEEL like they will kill you. Allow them and watch them pass through you on their way out.

## **The journey inward is NOT for the squeamish!**

It isn't a dangerous journey, in fact it can save your life, but it does require courage to face your suppressed emotions. You wouldn't have suppressed them if they weren't painful.

So what does all this have to do with anatomy and breathing?

If you are slouching and/or chest breathing you are facing quite a challenge with your Breath Awareness. The journey inward is necessary to discover the insight required to alter deeply engrained and subconscious breathing habits.

**Developing a habit of inner reflection may feel “silly” to you if you've never given it your attention.**

It's important that you check in with yourself on a regular basis. Notice how much more you notice as time goes by.

As we take a look at your anatomy and how you are supposed to breathe, remember that the only way to Sacred Breathing is Inward.

You'll find that journey Inward much easier when you foster an attitude of Gratitude.

**Gratitude for life as it comes is the secret to finding yourself and recovering Your Sacred Breathing!**

Do you remember anatomy class?

Maybe your high school health class was better than the one I had, but we were never taught much about the lungs and how they work.

Do you think of your lungs like two balloons?

That comparison really won't help you understand how your lungs are supposed to work for you.

Picture this instead:

- Your lungs are like an upside down tree with branches, twigs and leaves.
- You have 3 separate segments in your right and left lung.
- Only the smallest parts of your lungs actually exchange gas (the leaves).
- The bottom 2 segments of your lungs inflate first and they form a pear shape in your belly, back and sides. (70% of your breath)
- These bottom segments inflate first because your soft belly moves out of the way to allow for expansion.
- When these lower segments are fully inflated, the pressure they generate expands the upper segments of your lungs which are surrounded by your ribs and are much more difficult to inflate. (and are only 30% of your lung volume)
- The shape of your upper lung segments resembles a cone.
- You inflate your lungs with your muscles of respiration.
- You exhale by elastic recoil. (IF you allow it!)

If your inner journey shows you that you are chest breathing, you are working harder than necessary to inflate the most difficult parts of your lungs! While you leave the largest most effective parts of your lungs idle and useless.

**To address chest breathing you need to focus on your diaphragm.**

If you don't use your diaphragm because you have become a chest breather somewhere along the way ... you need to get to know your diaphragm.

Here is an exercise to help you feel your diaphragm:

### **The Feel Your Diaphragm Exercise (Chin Tuck)**

1. Lie on a bed, or stand against a wall with your head resting against the wall.
2. Pull your chin toward your chest without lifting your head off the bed/wall.
3. Exhale completely and allow a deep breath to fill your lungs.

If you are doing this exercise right, you will be forced to use your diaphragm.

When you tuck your chin you disable your alternate muscles of respiration so you have to use your diaphragm. Once you get to know this potentially powerful muscle, you will be better able to feel it moving when you breathe.

**Your diaphragm is a muscle that rises up your spine with your exhale and slides down your spine when you inhale.**

When your diaphragm is strong it is thick, when it is weak it is thin.

The stronger your diaphragm is the easier it is to exhale fully. A thin weak diaphragm is not able to climb your spine high enough to fully exhale so you breathe stale air and are unable to fill your lungs with fresh air.

Your best bet for fresh air?

Belly, back and side breathing that inflates your “pear”, (which should be 70% of your lung volume), is your best bet for fresh air!

Most people are chest breathers. Can you take a humble look at your pear shaped expansion? Superman looks great, but he is a chest breather.

The problem?

**Your stiff-rigid-unyielding abdomen** making “pear expansion” impossible.

Release the tension or it will squeeze the life out of you!

**Your Slouch** is another obstacle to Better Breathing. If you slouch your diaphragm can't possibly climb your spine far enough to allow your full exhale.

If you have significant posture issues, you are probably already aware that correcting your slouch will NOT be easy ... but it can be done!

If you have osteoporosis you may feel hopeless to improve your posture.

Just trust that whatever body work you do will benefit your breathing.

**Your Throat** is an anatomical feature that benefits your breathing, especially while you are sleeping.

Strengthen your throat muscles and you will protect your airway.

The way to strengthen your throat muscles is to SING!

Next let's talk body work. You need to know what you can do to reverse chest breathing and get your diaphragm doing its job! Chest breathing is a bit more simple to correct than posture is, but it will still take consistent effort.

## Chapter 7

### Body Work For Better Breathing

*Breathing happens in your body so that is where you hold your attention.*

*The application of this book can be accomplished in five simple action plans.*

It's important to remember that thinking is a deterrent to Better Breathing. At the risk of sounding like a broken record, you just can't hear that too many times!

You really don't want to complicate this any more than absolutely necessary for this very important reason! You are about to discover what painfully simple really means.

To keep your thinking to a bare minimum around your Breath Work and your Breath Awareness I am going to give you 5 VERY Important Action Plans. If you do nothing but repeat these 5 actions consistently you will dramatically improve your health!

These 5 VERY Important Action Plans will mean the difference between your success and your failure. Will you develop Sacred Breathing and better health, wealth and happiness or will you put this on the shelf and forget it?

Nobody can do it for you, but once you do it you will be able to teach those you care about so that they can be free from the fear that symptoms cause.

You are about to get a whole lot healthier and happier! Welcome to the crowd. If you've got questions, just ask.

Are you ready for your 5 Painfully Simple VERY Important Action Plans?

**Get out your journal, you are going to want to record your journey!**

## **Body Work Must Do #1**

### **Keep It Simple → Become Aware of Your Breath**

This is the foundation of your Breath Awareness program, and just this simple philosophy WILL improve your breathing resulting in better health, wealth and vitality not to mention more happiness and Joy!

Dr. Ali keeps it ultra simple.

### **Action Plan #1**

1. Exhale very slowly
2. Hold gently
3. Exhale slowly
4. Hold gently
5. Exhale slowly
6. Hold gently
7. Exhale slowly
8. Hold gently
9. Wait for your body to breathe

Can you exhale that long? Can you exhale longer?

You will be amazed at the progress you'll make and how much better you will feel just from utilizing this simple technique frequently and consistently.

It really is that simple.

**Remember, simply returning your attention to your SLOW EXHALE is your main focus. Don't try to make this too complicated until you are focusing on Breath Awareness all day long every day ... because this work is VERY important.**

## **Body Work Must Do #2**

### **Shift To Sacred Breathing With Shock Therapy**

Your body work gets turbo charged “all of a sudden” with a nice cold shower! A nice cold shower is a Sacred Breathing Tool!

“A cold shower will help my breathing?”

I know it sounds bizarre to say that a cold shower is a VERY Important Action Plan to address your bad breathing habits but you will be surprised when you apply what you are about to learn.

Keeping yourself too warm and cozy actually harms your health.

There is something to be said for elevating your temperature to create a false fever. In fact they are very successful at treating cancer this way in Germany. President Reagan was treated there with little media coverage. The powers that be don't want you to know that they would never give the President of the United States chemotherapy. They know better.

However, if you keep your home at a cozy temperature, sleep on a nice soft bed with lots of blankets and cuddle with your cozy on the couch for hours every day you will actually harm your immune system AND your breathing.

Many folks through out history have touted the positive benefits of bathing in frozen lakes and snow and otherwise using this philosophy to promote amazing vitality. Just Google it, you'll find many interesting stories!

As far as our breath work is concerned, utilizing a cold shower can be extremely beneficial for many reasons.



Since thinking is a deterrent to better breathing, suffice to say that your cold shower procedure will serve to “shock your system” and shift it back to a more normal breathing rhythm.

Is the thought of a cold shower shocking all by itself?

If you live in a cold climate, you might just be saying, “Hold on a minute!”

Listen to this Montana Girl, I know about getting out of a nice warm shower on a cold winter morning. BRRRRRR!

It wasn't until after I had moved to Washington State and was working night shift there that I discovered a little secret! You don't have to freeze after a shower!

I really love my shower hot! I just can't help it. Some folks turn to comfort food when they are stressed. I jump in a nice hot shower. Sometimes those showers were ridiculously long because I dreaded stepping out into the cold winter morning!

What I discovered is that if I turned my shower to COLD before I got out ...

**I felt absolutely NO chill what so ever when I got out into the chilly air!**

How cool is that? It became standard practice even in the summer when stepping out of the shower can be surprisingly chilly.

I was just letting the cold water run over my head for as long as I could stand it, which wasn't long. But just a few minutes of cold water at the end of my HOT shower was enough to fend off any chill.

When I learned “Body Work Must Do #2” I was thrilled to find out just how powerful my little secret could be.

Your second “Must Do Action Plan” is easier than you might think. Give it a try!

## **Action Plan #2**

### **Your Cold Shower Procedure**

1. Take your shower or bath as usual.
2. Turn on a cold shower. (if your health is compromised lower the temperature gradually over time)
3. Standing to the side of the stream of water, put your right arm in the cold water.
4. Put your left arm in, put your left arm out.
5. Put your right leg in, put your right leg out
6. Put your left leg in.
7. Now step into the stream so the cold water washes over your lower trunk.
8. Next allow the water to wash over your upper trunk.
9. Now put your head under allowing the water to pour down your back.

See how long you can handle step number 9.

Your goal is to relax and allow the cold to seep into your bones.

Don't manipulate your breathing while you are cold showering, but be aware of it. Do you notice how you have to hold your breath initially and that your breathing is pretty shallow throughout? It's all good, there is no wrong way to breath in a cold shower!

When you step out of your cold shower you will not be chilly even if it is the dead of winter. This technique is great for avoiding the temperature discomfort of getting out of a hot shower or bath.

There ya go, another ridiculously simple technique that will turbo charge your breath work. This is serious business, so please don't decide to skip this important piece!

**Your cold shower strongly supports your slow exhale which is the foundation of your body work for Better Breathing!**

## **Body Work Must Do #3**

### **Close Your Mouth**

As simple as your cold shower procedure might seem, your next “must DO” is even more simple, though not completely painless for some.

**You've learned that mouth breathing robs your progress with better carbon-dioxide management. So the next thing you must do everyday is ....**

### **Action Plan #3**

1. Close your mouth.
2. Keep your mouth closed as much as possible.
3. Breathe through your nose.

Enough said?

If you need to, review the nasal clearing exercise on page 36 and consider printing it out and posting it next to your bathroom mirror.

**If this just isn't doable for you, then purse your lips when you exhale and slow it down consciously with your focused attention!**

As you make progress with your CO2 management, you may find that this nasal exercise actually WILL open your nose and allow you to breathe freely!

Reduce your chronic inflammation and your nasal health is bound to change.

## **Body Work Must Do #4**

### **Keep your chin up!**

This Body Work Must Do has several aspects to it.

Keeping a positive mind set will nurture your health. Sometimes it feels like you don't have control over your emotions. However, stand up tall, look up at the sky, put a ridiculous smile on your face for a few minutes and tell me you feel sad.

Seriously, the first step toward a brighter out look is to lift your chin.

Keeping your chin up (literally) will help you straighten your spine as well, if you do it consistently. With better posture your diaphragm can rise higher.

Even without significant posture progress you can really make a difference in your breathing by developing diaphragmatic excursion. (excursion meaning the rise and fall of your diaphragm)

Squeeze your belly in order to push your diaphragm higher up your bent spine, but make sure you relax completely while you wait for your inhale.

Posture work can be very frustrating! Remember that simply focusing on your slow exhale will serve you well even if your body work gives you very slow progress!

Frustrations can cause tension to build and that definitely works against your breath work. Experiment with tightening your muscles as you slowly exhale. When you pause and relax to wait for your inhale you will feel much greater release in all your muscles.

Relax! It's all good!

## **Action Plan #4**

### **Your 3 Part Plan For Keeping Your Chin Up**

#### **A- Put a silly smile on your face for at least 2 minutes every morning.**

It helps to look in the mirror while you smile at yourself.

If you are outside ... look at the sky. (Although if you are driving, you'll want to keep your eye on the road.)

This is something you can do any where - anytime. (except of course while you are consoling a friend)

Do it when you LEAST feel like it! You'll be surprised.

#### **B- Guard your thoughts**

If you detect a negative thought, ask yourself a good question.

Good questions are ones you WANT the answer to.

You get what you focus on, so focus on what you want.

Know that you are not your thoughts, you are the one witnessing them.

Never judge your thoughts. Hold yourself accountable for your actions.

When thinking, it is essential to remember that forgiveness is a Gift for the giver as well as the receiver.

(You might say, All Forgiveness Is Self Forgiveness)

**C- Schedule 10-15 minutes per day to sit with your posture.**

Sitting in quiet stillness is the perfect opportunity to stack one disc on top of the other → as you visualize your straight spine → while you keep your chin up.

Notice that your spine must rock back and forth to accommodate the expansion and deflating of your lungs.

Remember the chin tuck you did in the Feel Your Diaphragm Exercise on page 53? It can really help you get your diaphragm moving. Just remember to LIFT YOUR CHIN when you exhale!

You may feel stiff and sore as you make progress with your posture. This is a sign of progress and a reason for celebration! Now just make sure you nurture yourself during this time of transition.

Soak in magnesium to relieve pain and make posture work easier.

Lavender Epsom Salt in a nice hot bath is heaven.

Water therapy is amazing and heat is healing. A false fever, so to speak, can be very helpful.

You can eat that magnesium for greater ease of posture work as well.

A list of high magnesium foods and a list of reasons to eat them might just help you accomplish that.

There is a blog post on Heart Failure Solutions that will help you appreciate how amazing magnesium is. Just click on the link and you'll be taken to the blog. → [Magnesium Article](#)

## **Body Work Must Do #5**

### **Develop an Attitude of Gratitude**

What you put in your body will come out. Create statements of gratitude daily and your life will bring you more and more to be grateful for!

Developing a “Right Heart” will support your breathing, health, wealth, vitality, happiness, and any other worth while goal you can think of.

You've already been warned that you are in for emotional upheaval because your Sacred Breathing is so darned effective at processing emotion. When those painful emotions surface, you may find that what comes with them is NOT pretty!

This is GOOD news! As that ugly debris exits, it creates a wonderful VOID within you.

Your 5<sup>th</sup> and final action plan is designed to FILL this void with JOY!

Simply exercising your ability to be grateful will cause you to be more and more grateful. Your Gratitude Adjustment Action Plan is intended to foster increasing gratitude in your life.

The world is your mirror! You can tell when your Breath Work is processing ugly emotion because you will bump into it all day long.

Well the same holds true for Your Gratitude Adjustment Action Plan. You know it's working when you bump into grateful people and things to be grateful for all day long!

## **Action Plan #5**

### **Your Gratitude Adjustment Action Plan**

1. Get a journal just for recording gratitudes and put it next to your bed.
2. Write down 3 specific things you are grateful for every morning.
3. Express gratitude for your food before you eat it.
4. Tell others why you are grateful for them.
5. Feel grateful for a completed goal when you make it!
6. Find gratitude in difficult relationships
7. Every night find at least one thing that you absolutely LOVE about YOURSELF

The more gratitude you cultivate in your heart the more that gratitude will push out all lower level vibrational energy. All of the suppressed emotions living within you are made fluid.

Your suppressed emotions have become hardened and crystallized from years of being locked within you. Your gratitude is powerful enough to bust through the crust and free this magnetic energy so that it can be allowed its expression and released with gratitude.

**Gratitude will set you free! Make more room for Joy!**



**There you go.**

**Your five “Body Work Must Do” tips will serve you well!**

Heart Failure Solutions.com was created to give you tools to survive the epidemic of Heart Failure that is sweeping the planet today.

For me it was a journey to find solutions that would really help folks heal even if they were already facing Heart Failure, not just prevention. To be honest, I felt that perhaps I was being arrogant in the beginning. I mean after all, if there were solutions, wouldn't the great minds of history have found them.

I discovered that the solution for Heart Failure and all other forms of suffering has been known for some time. The truth is timeless. You'll find it in every ancient healing art. Modern science confirms what has been taught for centuries.

You would already know the simple truth in The Breathing Hand Book if it wasn't such a threat to the profit that is currently being generated with drug sales. Coming to terms with the fact that profit, population and wealth control is the reason that solutions, REAL solutions are not being offered to you ... is a very freeing event.

Your health care provider may not offer you solutions, but your search brought you here.

How easy is everything you learned in this book?

**WAY!!!**

Way easy! So simple it's almost insulting.

**Believe it! Believe the truth you have just received or the powers that be will rob you of your health, wealth, and happiness.**

**You CAN eliminate your symptoms!**

This simple stuff is powerful medicine. But it is also just the natural healing process. Your healing process will never hurt you IF you surrender to it, however, it also has the potential to hurt you!

### **Warning**

**If you try to rush your healing or control it in any way you will sabotage your efforts and likely be overwhelmed by the flood of emotion that you unleash upon yourself.**

**You Do Not Control Your Healing**

**You Receive Your Healing**

Nobody said change was easy! That is for sure! Having fun with a group as you laugh at yourselves through the ups and downs can make the journey a whole lot easier!

The Life Breath Club is a weekly call that you can participate in by phone or computer to get the review to keep you on track and the support to keep you from feeling like you are doing this yourself!

You are not alone!

Get 1 week free when you click on the link below →

**[Become a Member of The Life Breath Club](#)**

## **Keep It Simple and then Keep It Moving!**

As you develop your Breath Awareness your breathing will change over and over again. Have fun with it and allow it to blossom!

As your breathing improves, movement and activity will become easier and more enjoyable for you.

The more you move and enjoy yourself while you do it the healthier you will be! There is no getting around the fact that you will die early if you are inactive.

Go for a nice walk with someone you love. Be gentle with yourself and others.

You know more than you think you do! Just reading this book has taught you what you need to do to heal yourself. Prove it to yourself and then tell others about it.

Let's heal the world!

Many blessings to you and yours,

Carrie

PS- Your Sacred Breathing Hand Book is complete! You have what you need to Breathe Better.

The alternate resources to follow are meant to support your basic Sacred Breathing Program. If they resonate for you then add them to your plan. There is no hurry, you can always add them later.

## **Additional Resources**

I really debated adding this section of the book. I would not have many of my private coaching students use these additional resources during the early stages of their healing.

Yet, other students are transformed over night by putting these simple tools into practice.

This is your warning. Using inappropriate tools too much too early will hurt you!

Before we jump into your additional Sacred Breathing Tools, I just want to encourage you not to under estimate the power of what you have already learned. It won't actually help you until you have put it into action.

Reread Your Sacred Breathing Hand Book again very soon. You will get completely new insights and take your Breath Work to a whole new level each and every time you review. Trust yourself and honor your intuition as you enjoy the journey to Sacred Breathing and Better Health.

This is a very spiritual journey you are embarking upon. You must feel safe in order to heal. So it's vital that you nurture yourself and have a good time doing it.

Only after you have a consistent routine in place to nurture yourself with the basics is it time to focus on what more can be done to correct posture and chest breathing.

If you don't embrace the simplicity of your Breath Work and the power it has to heal, you won't value it enough to prioritize the time to make it happen!

Forgive me for further insulting your intelligence, but I'd like to invite you to ask yourself better questions that might result in you better nurturing yourself.

**Good Questions are a VALUABLE Resource!**

## **Resource #1 – Good Questions**

### **Off Set Your Negative Self Talk With Good Questions**

A well timed question can make all the difference on your journey to Better Breathing.

Let's be honest here. As you develop Breath Awareness you are processing old emotion with your breathing. This could get a little bit, or a whole lot, ugly before it gets better.. Yuck will rise to the surface. You can count on it.

Along with your emotional upheaval you may experience some discomfort from the house cleaning that you are able to do with all that new found energy. You may actually feel increased fatigue in the early stages of your healing process. The more you sleep, the more you may feel the need to sleep.

It's all good. If you take it easy you will allow your healing process without any major illness to facilitate restoration. The way to surrender to this process is to BE GENTLE and HAVE FUN!

I offer you this simple tool because when you notice a stream of negative thoughts and frustrating feelings you will remember that you always have access to good questions.

#### **What do you have? What do you know? What do you want?**

Desire and frustration are good. Just make sure that your focus is on what you want, and be grateful for having it now. Close your eyes, what does that look like, feel like, smell like? Your questions get good when you know what you want, and you know why you are frustrated.

You don't have to know how to manifest your desires. You just need to know what you need to do now ... today. You access that information by asking yourself good questions.

**Frequently ask yourself good questions:**

**#1 “Am I rested?”**

**#2 “Am I hydrated?”**

**#3 “What do I crave?”**

If you are experiencing uncomfortable symptoms search for nutritional solutions for your specific issue that might supplement your Sacred Breathing efforts.

Something you dislike will begin to taste delicious if your body needs a nutrient the food is rich in. Whole foods are medicine!

Need quick and easy? Green smoothies!

**It can be difficult to value really simple solutions.**

Here again, focus on what you are grateful for and you will be much better able to identify and acknowledge the various important little pieces that contribute to your healing. You never know where you'll find them.

This alternate resource is just a reminder that better questions are always available!

## **Resource #2 - Mike White**

### **Let Me Tell You About Mike White the Breathing Guy**

Mike White is a breathing coach that I have been promoting for several years. He offers more information than you can shake a stick at! The problem is that if you don't apply what Mike teaches, it won't help you.

Most folks I've sent who have purchased Mike's Better Breathing Program just don't make the time to put it into practice. Others tell me that they get so anxious from practicing the techniques that they just can't continue.

**The lack of success my clients have had using Mike's program without support, and even with support, convinced me that it was time to create Your Sacred Breathing Hand Book!**

The name of the game is follow through!

If you don't do the work you don't get the results. It's just that simple.

The tragic part is that most people don't stick with a Better Breathing Program long enough to realize what a healing panacea Optimal Breathing can be!

**If you really believe that breathing is the answer to your troubles, you will apply this book like you do the prescriptions from your doctor for “life saving medication”.**

Will excuses and doubt keep you sick?

If you aren't making incredible progress, then I hope you seek out private instruction.

Your Sacred Breathing Hand Book is very simple but a highly effective resource. If you have questions or have trouble applying what you learn The Life Breath Club may be all the help you need.

The support and camaraderie of a group is sometimes the determining factor of success or failure with any lifestyle change or fitness program.

The point is that your simple focus on Breath Awareness and Slow Exhale will improve your breathing and take you to a new vantage point. With your brand new perspective you will see so much more possibility than you did while you were breathing yourself sick!

Can you say Easy Button?

As you become more aware of your breathing you will notice that it isn't all that easy to unlearn chest breathing. Some very damaged breathing even leaves outward signs of trouble. Have you ever seen what looks like a speed bump about the ziphoid process? (the soft spot where your ribs come together at a point above your belly)

That speed bump is a result of very disconnected breathing. When you disconnect your inhale from your exhale you end up all jammed up. Breathing is a continuous cycle.

**One of the things that will help you feel more connected to your breathing is becoming aware of your disconnect.**

Mike White's diaphragmatic exerciser is great for showing you this disconnect between your inhale and exhale. I'll never forget that strange sensation of being unable to connect my inhale with my exhale ... and my exhale with my inhale ... and keep the ball from dropping inside the tube!



This little gadget is a great breathing teacher.. I really had to give it some focused effort before I was able to keep the ball up.

The Challenge gets easier and easier and before you know it you've gained strength in your breathing muscles while you were eliminating the disconnect in your breathing cycle. Stronger muscle sure goes a long way to support your Better Breathing.

Mike's gadget is the only diaphragmatic strengthener recommended by Heart Failure Solutions because it has the perfect amount of resistance. You don't want too much as it really contributes to tension build up if you over do it with strength trainers meant to provide “performance enhancement”.

Mike's Better Breathing Program also provides you with a sturdy comfortable strap and thorough instruction on Strapping Technique. “Strapping” is exactly what it sounds like. You wrap a strap around your upper chest and tighten it with your full exhale. That way you are forced to breathe with the lower lobes of your lungs. Strapping helps you expand your belly and back breathing by intentionally restricting the expansion of your upper chest.

Many folks are helped by strapping the lower lobes of the lungs to get the upper lobes to expand. It's up to you to observe whether the results of strapping positions are helpful or not. Don't do lower lobe strapping unless it really feels helpful. Most everyone finds benefit from upper lobe strapping since chest breathing is so very common.

Some coaches I know teach their students to use a belt around their chest to help break that nasty habit. It's up to you to see if that works for you. Be gentle with yourself.

## **Mike White the Breathing Guy's Cool Tools**

Mike's "Optimal Breathing Kit" comes with:

- diaphragmatic-exercise gadget
- sturdy-high-quality chest strap
- instruction on stimulating your para-sympathetic nervous system.

Basically this instruction teaches you to stimulate your reflex to sigh.

He uses various techniques to stimulate a natural unconscious full breath.

You might just find that you are surprised how deep you are able to breathe when you rely on your deepest reflex to cause your breathing.

You've learned here in Your Sacred Breathing Hand Book that Sacred Breathing will process suppressed emotion. When you stimulate excessive emotional release, you may need to seek wise counsel to continue your Breathing Practice.

Use para-sympathetic stimulation sparingly.

Use your journal to ensure that the FOCUS of your Personal Sacred Breathing Program STAYS Very Simple.

Return your attention to your slow exhale. This is ALWAYS your goal.

Every tool is only effective when used appropriately for the right job.

If your intuition tells you that a diaphragm strengthening gadget and a high quality strap with world class breathing instruction will support your progress then click on the link below and order yours today →

### **Mike White Cool Tool #1**

- diaphragmatic-exercise gadget
- sturdy-high-quality chest strap
- deep reflex stimulation instruction

“The Optimal Breathing Program” is available at the link below:

### **[Get Your Breathing Kit](#)**

### **Mike White Cool Tool #2**

You learned here that it is a REALLY good idea to keep your oxygen level at no less than 92% oxygen saturation. If you have low oxygen levels, a home oxygen machine is your best friend! (well, next to your dog at least)

If you need a reputable source for oxygen concentrators, which are available with a prescription, and oxygen generators, that don't require prescription, Mike The Breathing Guy is a trust worthy source.

Home oxygen is your magic oxygen generating box!

Click on the link below to order your Magic Home Oxygen Box!

### **[Order Your Very Own Home Oxygen Box](#)**

## **Resource #3 - Easy Oxygen**

### **Does the Skeptic In You Resist Breathing Work?**

Do you feel like you are a lost cause?

Is change just too hard to think about?

Do you need an EASIER button?

You are in luck. If you don't give some attention to slowing your exhale, you will do yourself a dis-service. However there is an incredibly easy way to Increase Your Oxygen that you can accomplish in 60 seconds each day.

You need to know the truth about the most powerful healing tool available! It's cheap and unpatentable, so there are people who wish I'd keep my secret to myself.

Keeping this healing miracle a secret would be an unforgivably selfish act!

You need to know just how powerful Hydrogen Peroxide is for treating everything from cold and flu to cancer and aids.

Trust that you will be challenged if you intend to put Hydrogen Peroxide to use.

There is a lot of fear around this un-patentable, readily available, inexpensive remedy!

The powers that be want you to be fearful because they are fearful of the damage that this one little secret could cause their PROFITS!

You learned in Chapter 1 that 106,000 plus people die every year of properly prescribed prescription drugs. There have been ZERO deaths from properly administered peroxide.

You can safely take a hydrogen peroxide bath without worry. It will bring immediate relief from constipation, skin eruptions and more. Most Food Grade Hydrogen Peroxide has the instruction for bathing with it right on the bottle.

The administration of Hydrogen Peroxide by IV fluids is incredibly healing. I have seen powerful case studies that offer evidence that it will successfully treat aids and cancer.

No sense shouting that news from the highest building. It might just endanger your health, wealth and vitality. You could target yourself as so many other health champions have. The Medical Mafia plays hard ball. In the case of Dr. Burzynski, they even used tax payers dollars to harass a child hood cancer hero.

Hydrogen Peroxide IS approved by the Food and Drug Administration.

The FDA doesn't generally do what's best for the people. Their focus is on helping Big Pharma make Big Profit! However, they are the source of some of the most remarkable studies of the amazing benefits of Hydrogen Peroxide. Strange as it seems, they helped to prove how valuable it is, but they aren't letting you know the good news.

Want more detail about how Hydrogen Peroxide can be your “One Minute All Purpose Remedy”? You'll need to know what to look for, what to expect and how to dilute safely. For more guidance and instruction click on the link below →

## **Easy Oxygen**

## **Resource #4 Caregiver Survival Plan**

Do you care for elders or children on a regular basis?

Caregivers are unsung heroes!

Sometimes it can feel like a thankless job, but caregivers make the world go round.

“There are only four kinds of people in the world –

- Those who have been caregivers...
- Those who are currently caregivers...
- Those who will be caregivers...
- And those who will need caregivers.”

~ Former U.S. First Lady Rosalyn Carter

Make sure you survive your caregiving with energy left to enjoy life!

You deserve it!

A Heart Plan is YOUR plan to THRIVE!

## **A Heart Plan**

## **Resource #5 - The Life Breath Club**

### **Weekly Support From Heart Failure Solutions.com**

With or without these additional tools you can transform your health with a little faith and perseverance. It's isn't complicated or difficult. All you need to do is shampoo rinse and repeat. It's really just that simple.

Be careful that if you choose to add Mike White's awesome tools to your arsenal, that you don't hurt yourself with them. Take it easy. You will make better progress and you will never be overwhelmed by your emotions.

The Life Breath Club is a recorded weekly call that you can participate in by phone or computer to get the review to keep you on track and the support to keep you from feeling like you are doing this yourself!

### **Become a Member of The Life Breath Club**