

Diaphragm Deep Breathing

Breathing is such an integral part of daily life that it's probably something you don't think about often. However, the way you breathe can have an important impact on your physical and mental state. Setting aside time to take a few deep breaths has many physical and mental health benefits. Here are the main ones:

1. Detoxifies and Releases Toxins:
 - a. Our body is designed to release 70% of its toxins through breathing. If you're not completing deep breathing you're not releasing toxins. At least 3x times per day for 39 seconds is all it takes.
2. Deep Breathing Releases Tension:
 - a. When we are tense everything is constricted: muscles, arteries, lungs. Deep breathing relaxes our system which increases blood flow, releases toxins, and opens up lung tissue.
 - b. Diaphragmatic breathing promotes the relaxation response. When we belly breathe we stimulate the vagus nerve which lies very close to the diaphragm. 75% of the fibers from the vagus nerve are part of the parasympathetic (rest and repair) nervous system. The more we deep breathe the more this nerve gets stimulated the more we will relax.
3. Deep Breathing Improves Mind/Body Connection and brings Clarity:
 - a. Relieves emotional problems: Endorphins are released when we deep breathe, this will help in elevating our mood.
 - b. Elevates mood: Oxygenation of the brain relieves anxiety, increases circulation, increases muscular relaxation; takes your mind off the problems.
4. Deep Breathing Relieves Pain:
 - a. Breathing into pain will increase circulation to that specific area, relieves tension and increase oxygenation.
5. Deep Breathing Massages the Internal Organs:
 - a. Diaphragmatic breathing massages stomach, small intestine, liver, and pancreas and even massages the heart.
6. Deep Breathing Enhances the Immune System:
 - a. Deep breathing enhances the body's ability to metabolize nutrients and vitamins. Deep breathing also aids in digestion which helps strengthen our immune system.
7. Deep Breathing Improves Posture:
 - a. Diaphragmatic breathing will place the body naturally into a correct posture. You can't sit all slouched over when belly breathing.
8. Deep Breathing Increases Digestion and Assimilation of Food:
 - a. The stomach receives better oxygenation with deep breathing to allow for better digestion and assimilation of nutrients. Deep belly breathing helps regulate our hormonal system which helps regulate the digestive system.

9. Deep Breathing Improves the Nervous System:
 - a. The brain, spinal cord and nervous system receives better oxygenation and blood flow. Effective deep breathing can help with mental clarity, better reaction times, increased productivity, stress relief and balance of the brain hemispheres.

10. Deep breathing increases the hearts efficiency:
 - a. Increasing blood flow and increased oxygenation to the heart allows it to pump more efficiently and actually can slow the heart down.
 - b. The diaphragm acts as a lymphatic pump, since about 60% of all lymph nodes in the human body are located just under the diaphragm. With deep belly breathing we are making sure our lymph system is in proper working order.

11. Deep Breathing Boosts Energy level and Improves Stamina:
 - a. Increases oxygen in the cells, which slows the heart rate, lowers blood pressure, and improves circulation which will increase our energy reserves.

12. Deep Breathing Improves Cellular Regeneration:
 - a. With deep breathing our body is better oxygenated and has better circulation which enhances the body's efforts of cellular regeneration.