

Breathe...but there's a right way to do it

"And the LORD God formed man of the dust of the ground, and breathed into his nostrils the breath of life; and man became a living soul." Gen 2:7 KJV. All throughout the Bible we see that breathing is synonymous with life. (Job 33:4, Psalm 104:29, John 20:22) For this reason, it is important to know the proper ways of breathing.

Breathing is defined as inhaling and exhaling, the process of taking air (oxygen) into and expelling it from the lungs. Breathing naturally requires no thought, it is an involuntary action of the body and can at times be voluntary, for example, in situations where one is stressed or tense deep breathing is advised to be used as a method for calm and relaxation. By this, we can readily see that there is a connection between the way we breath and the health the body. There is a right and a wrong way to breathe.

There are two types of breathing- shallow breathing and deep breathing. With today's fast paced society, many breathe shallow breaths. Shallow breathing is also known as thoracic or chest breathing which is the act of breathing that takes in the least amount of air into the lungs. The air is usually drawn into the chest area using the intercostal muscles rather than throughout the lungs using the diaphragm.

Shallow or improper breathing causes a buildup of carbon dioxide in an individual's body and does have negative effects on the health of the body. The most common are:

- anxiety disorders
- asthma
- neuro-muscular disorders
- Lou Gehrig's Disease
- Muscular Dystrophy
-
- hyperventilation
- pneumonia
- pulmonary edema
- shock
- anxiety
- stress
- panic attacks

Prolonged shallow breathing with oxygen saturation levels less than 94% can lead to brain damage.

There is a proper way to breathe. "Deep breathing is the proper way to breathe. Deep breathing increases the supply of oxygen to your brain and stimulates the parasympathetic nervous system, which in turn:

- decreases metabolism
- decreases heart rate
- relaxes muscles
- slows breathing
- decreases blood pressure
- increases levels of nitric oxide (widely considered one of the most important molecules produced in the human body, acting as a necessary regulator in a vast array of vital physiological functions, namely, blood pressure, immune response, and neural communication.) [2]

The goal of deep breathing is to get the maximum amount of oxygen to the lungs.

Here's how to do it:

1. Simply get comfortable in any position and put your hands on your chest and stomach.
2. To maximize oxygen intake, it's important to learn to breathe from your abdomen ("belly breathing") rather than your chest. Focus on your breath until you feel your stomach rise and fall more dramatically than your chest with each inhalation and exhalation.
3. Breathe in through your nose, hold the breath for a few seconds and then exhale through your mouth. The time it takes to exhale should be about twice what it is to inhale. (Many suggest a 4:7:8 pattern – 4 to inhale, 7 to hold, and 8 to exhale.) Let go of other thoughts while you breathe.
4. Do 4-8 breath cycles 1-3 times every day. [4]

Deep breathing is not to be mistaken for the satanic methods of yoga, which is built on the premise of relaxation through the emptying of the mind. You can read more yoga and its evil effects.

[1]<http://ministryhealth.org/MinistryHealth/Services/Neurosciences/Locations/SaintJosephsHospital/Stroke/CommonEffects/Breathing.nws>

[2] <https://www.ncbi.nlm.nih.gov/pubmed/25323499>

[3] https://en.wikipedia.org/wiki/Shallow_breathing

[4] <http://www.marksdailyapple.com/deep-breathing/>

[5]

<https://text.egwwritings.org/publication.php?pubtype=Book&bookCode=MH&lang=en&pagenumber=272>