Top Breathing Techniques for Better Health

Analysis by Dr. Joseph Mercola Fact Checked

July 29, 2022

STORY AT-A-GLANCE

- The way you breathe — fast or slow, shallow or deep — sends messages to your body that affect your mood, stress level, blood pressure, immune function and more
- One of the most basic of all breathing techniques is to make sure you're always breathing through your nose. Mouth breathing decreases tissue oxygenation, elevates your heart rate and blood pressure and has many other adverse health effects
- Most people chronically over breathe. Breathing less is a sign of better health. Conversely, the more you breathe, the more likely you are to experience significant health problems
- Another near-universal breathing abnormality is breathing vertically rather than horizontally, which triggers your sympathetic nervous system and makes you feel stressed
- Several breathing techniques are reviewed, including proper breathing basics, a technique to improve your body's tolerance to carbon dioxide, the 4-7-8 breathing method to improve sleep, the Buteyko Breathing Method to ease stress and anxiety, and many more

This article was previously published January 31, 2019, and has been updated with new information.

Breathing wields incredible power over your health, as it supplies your body with oxygen and removes excess carbon dioxide (CO2) to keep you alive. However, the way you breathe — whether fast or slow, shallow or deep — also sends messages to your body that affect your mood, stress level, blood pressure, immune function and more.

What's interesting about breathing is that it's both a voluntary and an involuntary process. While your body breathes automatically, you also have the ability to consciously control your breathing — the speed, the depth and whether you breathe through your mouth or your nose.

So, simply by changing the way you breathe, you can actually influence your health in a variety of ways. Here, I review some of the most important basics of proper breathing, and share several effective controlled breathing techniques shown to have a positive impact on health and psychological well-being.

Always Breathe Through Your Nose — Even During Exercise

Perhaps the most basic of all breathing techniques is to make sure you're always breathing through your nose. Mouth breathing tends to promote hyperventilation, which actually decreases tissue oxygenation. Mouth breathing also results in diminished levels of CO2 in your body and a decreased ability to filter toxic pollutants from the air.

Your body needs a balance of oxygen and CO2 for optimal function. CO2 is not just a waste product but has actual biological roles, one of which is assisting in oxygen utilization. When your CO2 level is too low, changes in your blood pH impair your hemoglobin's ability to release oxygen to your cells (the Bohr effect).[1,2]

Mouth breathing can also elevate your heart rate and blood pressure, sometimes resulting in fatigue and dizziness.[3] The elasticity of your lungs also depends on nasal resistance, which you only get from nasal breathing due to the smaller diameter of your nasal passages.[4] Poor breathing is even associated with poor posture.

So, breathing through your nose helps maintain your health in a number of important ways. While huffing and puffing through your mouth may be particularly tempting during physical exertion, really try to avoid this tendency. You should be exercising only to the extent that you can continue breathing through your nose the vast majority of the time.

If this means backing off on intensity, then that's what you need to do, realizing that it's only temporary until your body begins to adjust to your slightly increased CO2 levels, which will happen fairly quickly. You just have to get used to "air hunger" (an admittedly uncomfortable feeling of mild suffocation), and realize it's normal and safe.

So, the rule of thumb is to not push yourself to the point where you are unable to maintain nasal breathing. If you feel the need to open your mouth, then slow down and recover. This helps your body to gradually develop a tolerance for increased CO2.

Assess Your CO2 Tolerance

There's a simple self-test for estimating your body's tolerance to CO2. Dr. Konstantin Pavlovich Buteyko,[5] a Russian physician, discovered that the level of CO2 in your lungs correlates to your ability to hold your breath after normal exhalation. You can use a stopwatch or simply count the number of seconds to yourself. Here is the process:

1. Sit straight without crossing your legs and breathe comfortably and steadily.
2. Take a small, silent breath in and out through your nose. After exhaling, pinch your nose to keep air from entering.
3. Start your stopwatch and hold your breath until you feel the first definite desire to breathe.
4. When you feel the first urge to breathe, resume breathing and note the time. The urge to breathe may come in the form of involuntary movements of your breathing muscles, or your tummy may jerk or your throat may contract.
5. Your inhalation should be calm and controlled, through your nose. If you feel like you must take a big breath, then you held your breath too long.

The time you just measured is called the "control pause" or CP, which reflects the tolerance of your body to carbon dioxide. Here are the criteria for evaluating your CP:

- **CP 40 to 60 seconds —** Indicates a normal, healthy breathing pattern and excellent physical endurance.
- **CP 20 to 40 seconds —** Indicates mild breathing impairment, moderate tolerance to physical exercise and potential for health problems in the future (most folks fall into this category).

  To increase your CP from 20 to 40, physical exercise is necessary. You might begin by simply walking with one nostril occluded. As your CP increases, begin incorporating jogging, cycling, swimming, weightlifting or anything else to build up an air shortage.
- **CP 10 to 20 seconds —** Indicates significant breathing impairment and poor tolerance to physical exercise; nasal breath training and lifestyle modifications are recommended. If your CP is less than 20 seconds, never have your mouth open during exercise, as your breathing is too unstable. This is particularly important if you have asthma.
- **CP under 10 seconds —** Serious breathing impairment, very poor exercise tolerance and chronic health problems.

Short CP times correlate with low tolerance to CO2 and chronically depleted CO2 levels. As a result, the shorter your CP, the more easily you'll get breathless. The good news is that you will feel better and improve your exercise endurance with each five-second increase in your CP.

Improve Fitness and Endurance by Raising Your CO2 Tolerance

The first step to increase your CP is to learn how to unblock your nose with the following breath hold exercise. While this exercise is perfectly safe for most, if you have any cardiac problems, high blood pressure, are pregnant, have Type 1 diabetes, panic attacks or any serious health concern, then do not hold your breath beyond the first urges to breathe.

- Sitting up straight, take a small breath in through your nose and a small breath out. If your nose is quite blocked, take a tiny breath in through the corner of your mouth.
- Pinch your nose with your fingers and hold your breath. Keep your mouth closed.
- Gently nod your head or sway your body until you feel that you cannot hold your breath any longer.
- When you need to breathe in, let go of your nose and breathe gently through it, in and out, with your mouth closed.
- Calm your breathing as soon as possible. Repeat this exercise several times in succession, waiting 30 to 60 seconds between rounds. Also, be sure to do it on a regular basis, ideally daily.

Breathe Less and More Lightly

While "breathe less" might sound like a terrible recommendation, most people chronically over breathe, meaning they breathe more than is needed, which depletes their carbon dioxide reserves. Typical characteristics of over breathing include mouth breathing, upper chest breathing, sighing, noticeable breathing during rest, and taking large breaths prior to talking.

Clinical trials[6] involving asthmatics show they breathe between 10 to 15 liters of air per minute and people with chronic heart disease tend to breathe between 15 to 18 liters of air per minute. On the other hand, normal breathing volume is between 4 and 7 liters of air per minute, which translates into 12 to 14 breaths.

This suggests breathing less is a sign of better health. Conversely, the more you breathe, the more likely you are to experience significant health problems. What's more, if you are breathing through your mouth during the day, odds are you're also doing so at night, which can lead to health problems such as dehydration, snoring and sleep apnea.[7,8,9,10,11,12] Mouth breathing is associated with several other health problems, including:

- Bronchial asthma and exercise-induced asthma — In one study,[13] asthma patients had remarkably reduced asthma after exercising while breathing through their noses. However, they did experience moderate bronchial constriction after exercising while mouth breathing.
- Abnormal facial development — Children who breathe through their mouths tend to develop longer faces with altered jaw structures.[14,15,16,17,18,19]
- Poor oral hygiene — Loss of moisture dries out your saliva and contributes to poor oral hygiene; dehydration causes your airways to constrict and makes nose breathing even more difficult, creating a vicious cycle.
- Reduced oxygen delivery to your heart, brain and other tissues due to constricted arterial blood flow.[20]
- Crooked teeth, poor concentration, allergies, poor sports performance and ADHD have also been linked with mouth breathing.

The trick to minimize these problems is to breathe more lightly, and this happens automatically when you shift from breathing through your mouth to your nose. Remember, the deeper and more quickly you breathe, the more constricted your blood vessels will be and the less oxygen will be delivered to your tissues.[21]

Breathing through the nose, on the other hand, slows down and regularizes your breathing, thereby improving oxygenation. Nasal breathing also has a calming effect because it activates your parasympathetic nervous system.[22,23]

Three Steps to Proper Breathing

The following steps will help your breath become lighter, such that the hairs in your nose barely move. Again, this type of light breathing helps you to enter and remain in a calm, meditative state while lowering your blood pressure and reducing nasal congestion for easier breathing.

You may feel a slight air shortage at first, but this should be tolerable. If it becomes uncomfortable, take a 15-second break and then continue.

1. Place one hand on your upper chest and the other on your belly; feel your belly move slightly in and out with each breath, while your chest remains unmoving.
2. Close your mouth and breathe in and out through your nose. Focus your attention on the cold air coming into your nose and the slightly warmer air leaving it on the out breath.
3. Slowly decrease the volume of each breath, to the point it feels like you're almost not breathing at all (you'll notice your breath getting very quiet at this point). The crucial thing here is to develop a slight air hunger. This simply means there's a slight accumulation of carbon dioxide in your blood, which signals your brain to breathe.

After three or four minutes of air hunger, you'll start experiencing the beneficial effects of CO_2 accumulation, such as an increase in body temperature and an increase in saliva. The former is a sign of improved blood circulation, the latter a sign that your parasympathetic nervous system has been activated, which is important for stress reduction.

Breathe Horizontally, Not Vertically

Download Interview Transcript

Another near-universal breathing abnormality is breathing vertically rather than horizontally. This is something clinical psychologist Belisa Vranich points out in her book "Breathe," which details her breathing program.

Vertical breathing makes you feel a bit taller on the in-breath, as it raises your chest and shoulders. The problem is that this kind of breathing actually triggers your sympathetic nervous system, basically signaling your body that you're stressed.

Correct breathing will cause your midsection to widen, while not raising your shoulders or puffing out the upper part of your chest. This is the horizontal breath. At first, you may find it difficult to take a proper breath, as your midsection and diaphragm may be tight. To relearn proper horizontal breathing, Vranich suggests the following exercise:

- Begin by relaxing and unbracing your midsection.
- Take a deep breath in and actually feel the middle of your body get wider. Let your belly go.
- On the exhale, roll backward, tipping your hips underneath you while pressing your fingers gently into your belly, giving it a little squeeze.

Eventually, this exercise will teach your body to use the diaphragm to breathe. A related problem here is feeling short of breath, which is caused by insufficient exhalation that leaves excess residual air in your lungs.

Engaging your diaphragm and intercostals — the muscles that run between your ribs, allowing your chest wall to move — will allow you to take more complete in and out breaths. You can also train yourself to exhale more fully by making sure your exhale is slightly longer than your inhale, and by engaging your diaphragm to really squeeze the air out as you allow your midsection to collapse inward.

In the 4-7-8 exercise below, for example, your exhale is twice as long as your inhale. The condensed version of Vranich's interview is included above for your convenience.

Improve Sleep With the 4-7-8 Breathing Exercise

Deep breathing activates your parasympathetic nervous system, which induces the relaxation response.[24] There are many different breathing practices that will accomplish this, but the following is both powerful and easy to perform.

I first learned this exercise when I attended a presentation by Dr. Andrew Weil at the 2009 Expo West in California. Here's a quick summary of the process.[25] Weil also demonstrates the technique in the video above.

1. Sit up straight.
2. Place the tip of your tongue up against the back of your front teeth. Keep it there through the entire breathing process.
3. Breathe in silently through your nose to the count of four.
4. Hold your breath to the count of seven.
5. Exhale through your mouth to the count of eight, making an audible "whoosh" sound.
6. That completes one full breath. Repeat the cycle another three times, for a total of four breaths.

You can do this 4-7-8 exercise as frequently as you want throughout the day, but it's recommended you don't do more than four full breaths during the first month or so of practice. Later you may work your way up to eight full breath cycles at a time. The benefits of this simple practice are enormous and work as a natural tranquilizer for your nervous system.

Ease Stress and Anxiety With Controlled Breathing

Another powerful technique is the Buteyko Breathing Method, which will help reverse health problems associated with improper breathing, the most common of which are overbreathing and mouthbreathing. When you stop mouthbreathing and learn to bring your breathing volume toward normal, you have better oxygenation of your tissues and organs, including your brain.

The Buteyko Breathing Method and many other controlled breathing methods are also very effective for controlling anxiety and quelling panic attacks. As reported by Scientific American:[26]

> *"[R]espiratory techniques do not work only for acute stresses or sleep problems; they can also relieve chronic anxiety. They are particularly effective in people with psychiatric disorders such as phobias, depression and post-traumatic stress disorder …*
>
> *Breathing exercises also help to counter the accumulation of minor physical tension associated with stress. Therapists recommend doing them regularly during the day, during breaks or at moments of transition between two activities: you simply stop to adjust your posture and allow yourself a few minutes of quiet breathing.*
>
> *Therapists often suggest the '365 method': at least three times a day, breathe at a rhythm of six cycles per minute (five seconds inhaling, five seconds exhaling) for five minutes. And do it every day, 365 days a year.*
>
> *Some studies even suggest that, in addition to providing immediate relief, regular breathing exercises can make people less vulnerable to stress, by permanently modifying brain circuits."*

Research[27] also shows the relaxation response enhances "expression of genes associated with energy metabolism, mitochondrial function, insulin secretion and telomere maintenance," and reduces "expression of genes linked to inflammatory response and stress-related pathways."

Scientific American lists six breathing techniques shown to relieve stress, anxiety and panic attacks, including alternate nostril breathing and abdominal breathing. The Buteyko Breathing Method is also indicated for this, as it allows you to retain and gently accumulate CO2, which calms breathing and reduces anxiety:

1. Take a small breath into your nose, followed by a small breath out
2. Hold your nose for five seconds in order to hold your breath, and then release your nose to resume breathing
3. Breathe normally for 10 seconds
4. Repeat the sequence

For Better Health, Control Your Breath

Typically, the respiratory rate of humans is about 10 to 20 breaths per minute. Slowing your breathing down to a rate of four to 10 breaths per minute appears to offer many benefits, however, including effects on the respiratory, cardiovascular, cardiorespiratory and autonomic nervous systems.[28]

Further, according to research[29] published in the medical journal Breathe, optimized respiration in humans may be in the range of six to 10 breaths per minute, done in a way that activates your diaphragm. The researchers also note that nasal breathing (such as taught by the Buteyko method) "is also considered an important component of optimized respiration," and that:

> *"Controlled, slow breathing appears to be an effective means of maximizing HRV [heart rate variability] and preserving autonomic function, both of which have been associated with decreased mortality in pathological states and longevity in the general population …*
>
> *This is easily achievable in most individuals with simple practice and there is yet to appear in the literature any documented adverse effects of respiration in the 6 to 10 breaths per minute range."*

Aside from the techniques already mentioned, there are many others. Following is a short list of a few additional breathing methods you can try, all of which are backed by scientific evidence[30] showing their beneficial influence on human health.

Nadi Shodhana/Nadi Shuddhi (alternate nostril breathing) — With your right thumb, close the right nostril and inhale through your left nostril. Closing the left nostril, exhale through the right, following which, inhalation should be done through the right nostril. Closing the right nostril, breathe out through your left nostril. This is one round. The procedure is repeated for the desired number of rounds.
Surya Anuloma Viloma (right uninostril breathing) — Closing the left nostril, both inhalation and exhalation should be done through your right nostril, without altering the normal pace of breathing.
Chandra Anuloma Viloma (left uninostril breathing) — Similar to Surya Anuloma Viloma, breathing is done through your left nostril alone, by closing the right nostril.
Surya Bhedana (right nostril initiated breathing) — Closing the left nostril, inhalation should be done through your right nostril. At the end of inhalation, close the right nostril and exhale through the left nostril. This is one round. The procedure is repeated for the desired number of rounds.
Ujjayi (psychic breath) — Inhalation and exhalation are done through the nose at a normal pace, with partial contraction of the glottis, which produces a light snoring sound. You should be aware of the passage of breath through your throat during the practice.
Bhramari (female honeybee humming breath) — After a full inhalation, closing the ears using your index fingers, you should exhale making a soft humming sound similar to that of a honeybee.

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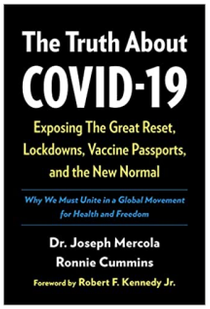

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Guillermou
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Cardiac coherence or heart rate variability (HRV) is a fundamental factor for health. Research studies have found that low heart rate variability (HRV) is the most important leading indicator of heart disease. Cardiac coherence occurs when our breathing and heart rhythms are connected and operate at the same frequency, and many relate to the foundations of Emotional Intelligence. It describes above all those states where our nervous system, the endocrine system, the immune system and, above all, the cardiovascular system, work efficiently while regulating our emotional state. The method developed by the HeartMath Institute of California, called "cardiac coherence breathing" that relates relaxation with breathing and heart rate to combat stress and improve cardiovascular and mental health.

The heart beats at a non stable and variable frequency between 60 and 80 beats per minute at rest, which is indicative of the proper functioning of our physiology. The heart rate is a function of the activity that we are doing, as well as the emotional state in which we find ourselves. When we make a physical effort or in situations of emotional stress we need more oxygen.

Science has now discovered that the heart really has its own brain, with its own neurites, similar to those found in the brain. This new evidence confirms that the heart has its own conscious intelligence. It has also been found that the intelligence of the heart influences the processes in the brain that control the nervous system, cognitive function, and emotions. We know that the magnetic field of the heart is a powerful electromagnetic generator that produces blood pressure, which injects hormones into the bloodstream and emits electromagnetic communication with several meters of range. The heart produces the hormone atriopeptin which, in addition to helping in the balance of fluids and salts in the body, inhibits the production of stress hormones and releases oxytocin, the "love hormone".

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The foundation of this method is that breathing and heart rate are closely related. The breathing technique by "cardiac coherence" allows controlling the accelerations and decelerations of the heart. It involves slowly inspiring and exhaling slowly to increase the amplitude and harmony of the heart rate. Thanks to this synchronization between breathing and heart rhythm, you can enter a state of relaxation and well-being. This method allows to relieve stress quickly with a notable increase in mental clarity and a greater psycho-emotional balance. Negative emotions such as fear, frustration, anxiety, irritation or anger can lead to inconsistency. In fact, French fighter pilots are trained in cardiac coherence to reduce stress.

It is the "state of cardiac coherence". Neurobiologists study to what extent we can act on the connection between the intelligence of the brain and the intelligence of the heart. According to Dr. Howard Martin of the HeartMath Institute, if we reduce stress and favor coherence between the brain and the heart, we will live with greater health and balance and we will expand serenity and calm to the people with whom we interact.

Scientific research has shown that cardiac coherence is at its maximum efficiency when the respiration rate is six cycles per minute, which provides an optimal increase in the amplitude of heart rate variability. When this is regular, a harmonious wave is drawn and rounded the graph that draws the oscillations of the respiratory rhythm.

The effectiveness of the technique is based on constant breathing, rhythm that controls the heartbeat and the autonomic nervous system, which reduces the intensity of the impact of stress on our body and increase our immune defenses. Cardiac coherence results in a calm state of mind, acting on the vagus nerve (part of the parasympathetic nervous system), which influences heart rate and blood pressure, aiding relaxation.

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HeartMath scientists propose a technique to overcome stress situations: focus on the heart area and suspend negative thoughts and feelings. You have to feel that you inhale with your heart and exhale through the solar plexus and make an effort to evoke a positive feeling: love for a person, a favorite place, an experience or memory that is pleasing to you. Try to perceive any positive change in your sensations and try to hold it as long as possible

In a quiet environment, sit in a chair with your back straight, your feet on the floor, without crossing your legs and your hands resting on your thighs. During the exercise, focus your attention on inspiration and expiration, on the entrance and exit of the air, like a wave. 1. Inspire through the nose for 5 seconds, swelling the abdomen .. 2. Exhale through the mouth for 5 seconds, contracting the abdomen. 3. Six inspirations / expirations per minute should be performed and the duration of the exercise will be 5 minutes. It is necessary to practice it at least three times a day. Shortly after practicing it reduces your stress is reduced considerably.. Cardiac coherence, self-regulation, autonomic stability, and psychosocial well-being www.frontiersin.org/.../full (2015).---

Cardiac Coherence Training to Reduce Anxiety in Remitted Schizophrenia, a Pilot Study link.springer.com/.../s10484-015-9312-y (2016).--- Influence of HeartMath quick coherence technique on psychophysiological coherence and feeling states journals.co.za/.../EJC200070 (2016) youtu.be/-7m4pm12yxQ www.mydodow.com/.../cardiac-coherence . lifestyle.inquirer.net/283579/p2fb-cardiac-coherence-a-stress-busting-.. healthy-heart-meditation.com/cardiac-coherence .

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juststeve
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Gui, Prana, life force, balanced through Pranayama, breathing exercise increasing Prana throughout the body systems. Observed for thousands of years. Now that's a lot of anecdotal observation. Science & Ancient knowledge are merging. Practices like this, the article & the Nitric Oxide Dump can sound like so much voo doo - hoo doo to many people, but if practiced one can see results.

To suffer from work related COPD, scarring, to be aware and to practice them can generate so much relief & increase your ability to be active and participate in life at a higher level. With COPD your 10 pound sack may be pinched off to only hold 5 pounds, but your ability to process that remaining 5 pounds can be increased for a better quality of life.

Note, to breath out through the mouth in a tight circle can cause back pressure in the lungs and signal them to relax and open up. This can rescue those of us who may find ourselves in breathing trouble situations. Case in point, the current Polar Vortex situation this area is now engaged in has had violent rapid temperature swings that some of us with lung disease can't adjust their function fast enough to keep up with it. To restrict air flow out of the mouth can stabilize us until we can use rescue medicine. Doc's information has reduced these situations & their severity for me. Thanks again Doc & Staff for all you do. (Outstanding articles this month, but I need a small staff myself to process it all. Not a complaint, a good "problem" to have. I've already suffered the alternative.) Gui, great links as all ways, thanks to you too.

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Yes, JUST, you said science and tradition are hugging, because "experience is the mother of science" and the breathing methods of Asian and Indian cultures have had a great journey in history, as well as the millennial science of Traditional Medicine of the Chinese and Ayurveda. The "cardiac coherence" is also related to yoga techniques: Recommendations for how to modulate breathing and the influence of health and mind appeared centuries ago. Pranayama ('retention of breath') of yoga was the first doctrine to build a theory around respiratory control, arguing that controlled breathing was a way to increase longevity.

My admiration is for you, because you have a daily struggle to maintain your health, which in these days of very low temperatures, I suppose you have to make a maximum effort. You, an intelligent, safe person will control the essential factors to maintain your health and your lung rhythm. JUST, you will have nutrition dominated, because a patient with low weight has lower pulmonary and cardiac function, less ability to perform exercises, which affects the development, prognosis and quality of life, but also you know you have to avoid being overweight, and of course the adaptation to physical and respiratory exercise. Sleep control, as you know, is fundamental, one of the symptoms that most scare patients with COPD, in turn this symptom interrupts sleep and can create anxiety that further worsens dyspnea. In short, the most important thing is that your limitations help you to overcome, and never enter, please, in depressive states.

Although I suppose you already have all the tools to fight against COPD, from the teachings of Dr. Mercola, these links are recommended N-Acetylcysteine (NAC), Q10, echinacea, licorice, astragalus, ginger, myrtol, quercetin, curcumin, omega 3, Panax Ginseng, eucalyptus oil, vitamins and antioxidants of certain fruits and vegetables.

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Best Natural Treatments for COPD lunginstitute.com/.../best-natural-treatments-copd .--- Top 10 Ways to Treat COPD Symptoms Naturally draxe.com/copd-symptoms Natural home remedies for COPD www.medicalnewstoday.com/.../323649.php Herbal and Alternative Remedies for COPD www.verywellhealth.com/copd-and-herbal-remedies-914819

With respect to mouth breathing, in a study that included 323 subjects who breathed through the mouth, the researchers set out to determine the effect of mouth breathing on oxygen saturation. . The results of the study indicate that 34.6 percent of the person has normal levels of oxygen saturation (95 percent or more), 22.6 percent have a 95 percent oxygen saturation level and 42.8 percent is considered hypoxic, with oxygen saturation levels below the established limit of 95 percent. The researchers concluded that while breathing through the mouth does not always produce hypoxia, it may contribute to this. As you know, by breathing the air through your mouth, you are inviting a lot of unpleasant surprises such as small dust particles, dirt and germs. Nasal breathing increases circulation, oxygen in blood and carbon dioxide levels, decreases respiratory rate and overall improvement of lung volumes

Evaluation of Oxygen Saturation by Pulse-Oximetry in Mouth Breathing Patients
citeseerx.ist.psu.edu/viewdoc/download?doi=10.1.1.916.4679&rep=rep.. Breathing Techniques for COPD Patients
www.everydayhealth.com/.../breathing-techniques-for-copd.aspx Learning to breathe right is the hardest of all. | COPD.net
copd.net/.../learning-breathe-right-is-the-hardest-of-all

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juststeve
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As always Gui, thank you for your concern and input. Weather now is brutal as Artic Cold is blasting through here and snow is piling up by the feet, not inches. In some nearby areas snow plows have been pulled from the roads until things calm down. Tractor trailers & buses have been pulled from the roads and State Troopers will issue tickets. People are urged to stay off the roads unless absolutely necessary. Windchill factored in are in the negative 30's and the other day wind gust of up to 40 or more miles an hour were making temperatures life threatening should you be caught out in it. National news is reporting by next week a warm up and factoring in the wind chill now, it will be a near 100 degree temperature swing as far as how it affects the body. And, of course it looks like another storm to follow after that system.

This is how Global Warming pushes warm weather up into usually stable weathers systems in the Artic to then in turn push Artic Cold down here across our Great Lakes. The Great Lakes would usually be frozen by now but are exceptionally warm and not frozen so they are adding to what would have been a huge storm to begin with. The jury is out for researchers if we will be facing run a way tropic weather akin to Venus, or may actually trigger the next Ice Age. Some believe we are in the lull of an existing Ice Age as it is. Oh one more thing Gui, to worry or to be depressed is like a rocking chair, it will give you something to do - but you will not get very far. ;)

Mark as Spam | Posted On 1/31/2019 12:33:59 PM

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chrissywolcott

Joined On 6/19/2006 7:56:38 PM

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i'd like to add that beginning nasal irrigation and clearing up what i believe was a chronic sinus issue was what allowed me to exclusively breathe through my nose. prior to that, especially during exercise or when outdoors, breathing exclusively through my nose was impossible.

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forbiddenhealing

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Gui/All...The best exercises I've found are snorkel diving and Iceman breathing....and the best remedy for COPD huffing or nebulization of H2O2, alternating with nebulizing NAC solution.

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ChildOfStars

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When my congestion is clear, I don't breathe through my mouth. But, often it is so bad I have no choice if I want air at all. I do take supplements. I do eat organic. I do eat healthfully, but I still have nasal congestion, usually in the house; it will clear up outside. But, I do not use anything toxic indoors, and have tried to address this. There is the slight odor of mildew but no one has been able to find it. I believe this is the cause but I am not in a position to move. Thus, I find myself breathing with my mouth open especially in the night.

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boden53

Joined On 1/31/2010 1:22:48 PM

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It's been a while since I posted - now in my early 80ies, I use "TO DO" a form of mediation that allowed me to contact people (without seeing them, I used their recent picture at that time and help them to first relax and give them their health restored no matter what the disease was - UPDATE - about 3+ years ago I Had a Heart Attack which was my fault - that put me out of commission! - But there is a Canadian called MAX the healer - who I know well - he will restore me, MAX even supplies a detectable receipt for his clients to use on their TAX forms as a medical receipt - Max cannot be reached by simply typing his name on google or any other form of research ... so if anyone wants to contact him I can supply the information! - also, I want to clarify I do not receive any compensation for the services that I arrange!

Reply | Mark as Spam | Posted On 7/29/2022 9:23:26 PM

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mammywitch

Joined On 11/19/2010 8:00:17 AM

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Many years ago (some 15-20 years) my wise daughter (then in her mid 30's) noticed that people were not breathing in a normal way. She said, "Momma, I have noticed that people are not breathing at all when they are concentrating on doing certain tasks...that must be bad for their health." We both watched people's breathing and sure enough, it was laborious if present at all when they were mentally focused on other things. We just made a mental note of that and decided we would concentrate more on a slow steady breathing method and try our best to remember to breathe when we were 'concentrating' on other things. We have since then chided each other with the "remember to breathe" quote. ;-D

Reply | Mark as Spam | Posted On 7/29/2022 7:49:51 AM

Like Dislike

Ronald_H

Joined On 7/10/2010 1:38:54 AM

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1:34 www.youtube.com/watch

Mark as Spam | Posted On 7/29/2022 5:52:58 PM

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AureliaOana

Joined On 8/25/2008 10:57:44 AM

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Most of the herbs indicated in the article are for respiratory infections, while COPD is not! and ginger may raise the BP, so what's the gain? cumin seeds are the best bronchodilator, as well as flax seeds and flax seed oil. Licorice Root is not proper for those who suffer from diabetes (!) Red Sage yes, but you cannot find it everywhere! A big yes to thyme! So those who wrote the article should adjust it with new (at least) findings!

Reply | Mark as Spam | Posted On 7/29/2022 6:57:01 AM

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Guillermou

Joined On 4/7/2015 8:47:48 AM

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Los mejores alimentos para tener pulmones saludables articulos.mercola.com/sitios/articulos/archivo/2022/03/23/los-mejores-..

Mark as Spam | Posted On 7/29/2022 2:25:23 PM

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MannaFood

Joined On 9/7/2011 7:22:00 PM

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Red Sage also known as Dan Shen can be found at Mountain Rose Herbs. mountainroseherbs.com/red-sage

Mark as Spam | Posted On 7/29/2022 8:22:01 PM

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LiLSuzQ32

Joined On 2/21/2019 1:07:51 AM

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Everyone laughs, but when I sleep at night I put a strip of regular-width duct tape from under my nose, down over my mouth, and ending just under my chin. DEFINITELY prevents mouth-breathing while I'm sleeping, not to mention my air passages stay moist without artificial humidity. (PS: I don't eat midnight snacks, either!)

Reply | Mark as Spam | Posted On 2/21/2019 1:12:12 AM

Like Dislike

Imoberoi

Joined On 3/7/2008 10:08:01 PM

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Surya bhedana pranayama will increase body temperature and chandra bhedana pranayama will decrease your body temperature. These are part of YOGIC practices. Cardiac coherence breathing is a fancy name for Anulom Vilom Pranayama.

Reply | Mark as Spam | Posted On 1/31/2019 11:32:41 AM

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juststeve

Joined On 1/5/2012 11:13:54 AM

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amazing how observations in physical movements & meditation at least once a day can reveal to yourself how we can sabotage our quality of life & most likely never know otherwise. Great information to those interested a thread to follow.

Mark as Spam | Posted On 1/31/2019 12:22:46 PM

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nogmos4me

Joined On 10/30/2017 5:09:24 AM

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I am hoping more exercise programs and companies..in Pilates and yoga, cross fit..will begin this conversation.right now Stott Pilates teaches in through the nose.to the lower ribs.which WOULD BE HORIZONTAL breathing..but out through the mouth in a pursed lip fusion.I wish they would study the new research.

Reply | Mark as Spam | Posted On 1/31/2019 1:33:37 AM

Like Dislike

BookGal11

Joined On 11/19/2012 10:22:08 AM

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Dr Mercola says in this article: "This suggests breathing less is a sign of better health. Conversely, the more you breathe, the more likely you are to experience significant health problems." What if this instead is a sign that the person is breathing more because their body is not getting enough O2 due to other problems?

Reply | Mark as Spam | Posted On 7/29/2022 11:56:29 AM

Like Dislike

51i4177

Joined On 8/20/2021 1:51:41 PM

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What about the musicians who have to blow through their instruments? Do they have any bad results from this type of breathing?

Reply | Mark as Spam | Posted On 7/29/2022 5:33:53 AM

Like Dislike

MarkPitt

Joined On 4/1/2009 6:17:42 AM

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I'm confused why the Wim Hof breathing method is not mentioned in this article. There are serious scientific studies that show the efficacy and healing from his techniques. I don't get it in every day, but I did this morning and try to do it first thing in the AM, more often than not and it only takes 11 minutes. Here's a link: "Guided Wim Hof Method Breathing" https://youtu.be/tybOi4hjZFQ

Reply | Mark as Spam | Posted On 7/29/2022 8:31:19 AM

Like Dislike

reb22656

Joined On 6/10/2016 7:31:17 AM

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What are you supposed to do if you're too stuffy from allergies or whatever to breathe through your nose, especially at night?

Reply | Mark as Spam | Posted On 7/29/2022 8:23:00 AM

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mky32022

Joined On 6/25/2015 10:27:20 AM

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Do you have a deviated septum? Do you have sleep apnea? Have you been tested for delayed food sensitivities? Have you tried using a neti pot using Dr Zach Bush's ION restore (humic & fulvic product)? Have you tried a nasal spray with either nano particles of silver or grapefruit seed extract? Have you tried an elimination diet to rule out allergies or sensitivities to gluten or corn? Have you encased your pillow & mattress with a special material to prevent dust mite allergies, since it's worse at night? Have you tried any kind of lymph therapy? Getting to the root cause is important & time consuming.

Mark as Spam | Posted On 7/30/2022 2:15:43 AM

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Kitera

Joined On 7/26/2007 6:24:19 PM

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A friend of mine has seriously clogged sinuses - almost all the time. The medical community has little or nothing to offer - some medication that makes breathing marginally better but does not make any difference after the drugs are stopped. My guess is there is some chronic malformation within the sinus cavities -but try and interest any medical types for looking for any underlying causes.

Reply | Mark as Spam | Posted On 7/29/2022 1:30:18 PM

Like | Dislike

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louisstark

Joined On 7/23/2019 8:50:37 AM

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Pausing after exhaling, before breathing in again, I find much more natural than Weil's method. On the other hand, Buteyko saying you should be able to hold your breath for forty seconds before feeling an urge to breathe seems unrealistic, since, as is stated, the average person breathes 12-14 times per minute (every 4-5 seconds). This article might have been more beneficial if Dr. Mercola had written from personal experience, which does not seem to have been the case.

Reply | Mark as Spam | Posted On 7/29/2022 8:48:00 AM

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