# HOW TO BREATHE RIGHT TO

# LIVE LONGER



**BRANDON BISHOP** 

# How to Breathe Right to Live Longer

#### Disclaimer

Copyright © 2020

All Rights Reserved.

No part of this eBook can be transmitted or reproduced in any form including print, electronic, photocopying, scanning, mechanical or recording devices without prior written permission from the author.

While the author has taken utmost efforts to ensure the accuracy of the written content, all readers are advised to follow information mentioned herein at their own risk.

The author cannot be held responsible for any personal or commercial damage caused by misinterpretation of information. All readers are encouraged to seek professional advice when needed.

#### **Contents**

Disclaimer	1
Contents	2
Introduction	4
Chapter 1: How Is Poor Breathing Affecting Your Life?	9
What Is Poor Breathing?	10
Reasons to Pay More Attention to Breathing	11
Your Nervous System Is Affected	12
Your Airway Gets Congested	12
Your Blood Pressure Rises	13
Body Energy Is Decreased	13
You May Develop Lung Diseases and Health Problems	14
Chapter 2: Understanding the Breathing Mechanism	15
The Mechanics of Breathing	16
Who Controls the Breathina Rate?	17

How Is Breathing Regulated?18
Breathing While Exercising19
Why Does Every Breath Count?2
Chapter 3: Benefits of Deep Breathing2
What Is Deep Breathing?24
Detoxification20
Stress Management2
Mind Relaxation2
Energy Boost28
Improved Body Functions28
Weight and Mood Management29
Breathing and Life Expectancy3

### Introduction

A simple secret to living a longer and healthier life is practicing proper breathing. You take thousands of breaths every day without thinking about it. You'll be surprised to know what impact the process of breathing has on your body.

The way you breathe determines the health of your mind and body's health.

You may wonder why a person would work on their breathing when it's an involuntary process. It's true. Breathing is not an intellectual process. Everybody breathes the same way from the time of their birth until the last moment of their life. It's lesser known that the automatic breathing may allow you to survive, but it gets restricted with time.

As a result, you're unable to get the exact potential benefits that breathing process has for you.

Breathing is not about respiration only. It affects your cardiovascular, neurological, and muscular system, too. Oxygen is critical for all your body functions. From

every physical movement you make to all the systems functioning inside you, depend on oxygen.

The way you breathe plays an important role in how the other functions take place in your body. Quality breathing positively impacts on your wellbeing. The scientific research concludes that improper breathing encourages heart diseases and blood pressure issues. When you breathe fully, it boosts the vitality of your entire body.

Analyze your breathing pattern today, how often do you take deep and full breaths? Probably it's only when you have something to sigh about.

It is easy to get over-worked and suffer from stress and anxiety due to consistent pressure. Breathing techniques can help you reduce stress and improve your bodily processes without demanding much effort. All you've to do is train yourself to breathe a certain way, and discover the many health benefits in this natural process for yourself!

You may spend a huge amount of money on the quest to improve your health and the way you look. You may get inclined towards sedatives and tonics to develop a better sleeping pattern and an increased mental capacity.

What you keep overlooking is the tremendous power you already have over these things and more within you. Rather than spending a fortune on formulas and techniques to look and perform better, why not realize the importance of breathing and use this tool to your advantage?

Well, it is obvious that breathing is integral to survival. But understanding how exactly it influences every single aspect of our life is rather uncommon. When you don't breathe properly, it can cause a considerable amount of stress to your body, making you run out of energy.

Improper breathing includes taking shallow breaths, inhaling too much, or holding out your breath for long. These practices may become involuntary as your lungs and body become used to this behavior.

You'll be surprised to know that this can alter the way you look by changing the shape and position of your facial bone structure, including your teeth and chin. Ill breathing practice can also reduce the fat burning tendency in your body.

Poor breathing shortens your life as it intensifies nervousness, anxiety, and the probability of panic attacks. However, the good part is that it's never too late to work on the shortcomings you have.

This book is an attempt to demonstrate how breathing is carried out and offer you complete guidance on the right way of breathing. It emphasizes on the benefits you are missing out by overlooking the way you breathe.

How to Breathe Right to Live Longer aims to make you more aware about just how breathing can improve your mental and physical performance and ensure your wellbeing in the process.

Using it as a guide, you can discover how every system in your body can improve its performance if it's given the right flow of oxygen. You can live a life without

worrying about chronic heart diseases, suffering from insomnia and sleep-related problems, and going through issues like hyperventilation.

Once you understand the power of your breathing, you'll be more in control of your health and be able to enjoy life more. This book communicates information that can help you understand breathing better and how you can improve it to bring a positive change.

So, let's start with this journey, exploring what you've practiced since the first moment of your life, and how to alter it to bring a positive change in your life.

# Chapter 1: How Is Poor Breathing

# Affecting Your Life?

When you hear the phrase "healthy living" the thoughts that cross your mind must be of having a good diet and an active lifestyle with regular physical exercises and adequate socializing.

Well, healthy living is a lot more than this and you'd be surprised to know that breathing is a part of it!

The way you breathe has a deep impact on your life — positively and negatively. You must be wondering what's wrong with your breathing now. Well, if you want to see the perfect way to breathe, observe a newborn. They take long, deep breaths using their diaphragm to inhale and then gradually exhaling.

This makes you wonder how your breathing pattern has changed with time. Well, it has transformed according to the factors prevailing in the environment such as anxiety, pollution, temperature, and noise. In this chapter, we'll see what poor breathing is and how it is affecting the quality of life.

#### What Is Poor Breathing?

As mentioned, the perfect way to breathe is like that of a newborn, because that's the instinctive way of doing it. It should've remained the same but the environmental factors have compelled you to breathe differently.

When you breathe from your mouth, take shorter breaths or hold it for too long, these are poor breathing practices. They can lead to a shortage of oxygen and energy in your body, resulting in increased stress. Poor breathing is associated with a number of problems.

when you are unable to inhale oxygen or feel like you are not getting enough air to meet your body's needs, it means you have a breathing problem. Running short of breath, feeling uncomfortable while inhaling or exhaling, or feeling congestion are all indicators of poor breathing.

Some people find it difficult to breathe when they are suffering from cold or viral infections. This is a short-term breathing problem that goes away in a few days' time. If you're suffering from conditions like acute sinusitis, you may have breathing troubles more frequently. Asthma, allergies, and sinusitis are long-term breathing problems.

#### Reasons to Pay More Attention to Breathing

Breathing is a natural process that requires you to breathe in and out in a consistent manner. One would think that what possibly get wrong in getting the oxygen into your body. Well, there are significant consequences of improper breathing.

#### Your Nervous System Is Affected

When you don't breathe right, the first thing to get affected is your nervous system. Breathing has an immediate impact on your nerves and plays a significant role in maintaining a balanced body.

With a poor breathing pattern, your body will be far more tensed and stressful – especially if you are accustomed to taking shorter and forced breaths.

#### Your Airway Gets Congested

Poor inhaling and exhaling practices result in tighter air passages. This makes it difficult for the air to pass through. Subsequently, your body has to put in more effort and increase the breathing pace. This may cause hyperventilation, which means you start to breathe faster.

#### Your Blood Pressure Rises

When you don't breathe properly, it affects your blood circulatory system, too. The blood vessels tend to constrict, narrowing down the pathway for the blood. This ultimately compels the blood to work harder and the blood pressure increase to pass through the narrowed vessels. Consequently, you may suffer from high blood pressure rate and heart problems.

#### Body Energy Is Decreased

If you notice when you take shallow breaths, you get tired early and feel like the energy is draining from your body. Well, that's poor breathing doing it for you. When you breathe improperly, it decreases your appropriate intake of oxygen. This subsequently affects the flow of oxygen to your body cells and they get stressed. In such a situation, rather than giving you the required energy, these cells work on their own survival. As a result, you run short of energy and feel tired.

#### You May Develop Lung Diseases and Health Problems

In severe circumstances, poor breathing can cause consequences like lung diseases. It can trigger asthma and weaken your lung and other muscles. It can cause frequent panic attacks. As mentioned, you can also develop heart-related medical problems like high blood pressure and cardiac arrests. Poor breathing makes you anxious and increases your stress level.

Shallow breathing is harmful to your overall health. From anxiety levels to your body's immune system, it can affect every system of your body as the oxygen you intake reaches every corner. If the process of inhaling is improper, you'll face consequences one way or another.

# Chapter 2: Understanding the

## Breathing Mechanism

To improve your breathing, the first thing you need to do is to understand the breathing mechanism. On an average, a person takes 20,000 breaths a day. The respiratory system is one of your body functions that never stop working. This ultimately means they need more care to remain efficiently working throughout. Let's have a look at your respiratory system using the example of a tree.

Your windpipe, known as trachea in medical terminology, is like the trunk of the tree. It goes straight down to your lungs and then starts to divide.

Soon, it forms several branches of airways or bronchioles which have tiny sacs called alveoli or air sacs. This is where the gas exchange takes place and

you get oxygen and give away carbon dioxide. The air sacs provide oxygen to the blood which is then transported to the rest of your body.

There is a thin muscle that keeps your chest separated from the abdominal cavities. When breathing in, it tightens and gets pulled down, enabling the lungs to expand. As you exhale, the muscle relaxes and your lungs resume their original shape. This muscle is the diaphragm. It plays an important role in pulling in and pushing out air from your lungs.

While this is a very basic explanation of breathing, let's delve into the exact process as to how breathing is regulated when you're at rest and during exercise.

#### The Mechanics of Breathing

There are intercostal muscles between your ribs that contract and expand with the diaphragm to expand the chest cavity. As the diaphragm flattens and moves downward, the intercostal muscles move the ribcage in the upward direction. This increases the size of the lungs and decreases the

internal air pressure. Hence, the air from outside, at a lower pressure, makes its way inside the thorax.

Once the air enters the lungs, the pressure equalizes.

However, when the exhaling process takes place, the diaphragm and intercostal muscles both relax and resume their resting positions. This reduces the size of the thorax, and causes the air to get forced out.

#### Who Controls the Breathing Rate?

Well, the control of every bodily system rests with the brain. So, to control your breathing, there is a respiratory center in the Medulla of the brain. As the signals from inspiratory nerves increase, the recruitment of motor units within the intercostal muscles and diaphragm also increases. This results in inspiration or inhaling.

Subsequently, as the signaling from the inspiration nerves stops, expiration or exhalation takes place. You may wonder how excess inspiration is controlled.

Well, there are stretch reporters present in the bronchi and bronchioles that send signals to the respiratory center in the Medulla Oblongata on stimulation.

Also, there are several chemoreceptors in the main arteries of your body that vigilantly monitor the levels of oxygen and carbon dioxide in the blood. In case of any excessiveness or shortage in the saturation of either of the gas, it signals to the respiratory center.

#### How Is Breathing Regulated?

Your breathing is regulated by your autonomic nervous system which carries out breathing involuntarily. If you see in detail, we inspire nearly 500 ml of air per breath and take 12-15 breaths per minute on average.

This respiration is coordinated by the respiratory center and the receptors in your blood vessels, intercostal muscle, and diaphragm work in coordination to ensure that your breathing is regulated at a normal pace.

However, if these receptors notice that the rate of oxygen, for instance, has dropped, they will signal the respiratory center to accelerate ventilation of oxygen to make up for the shortage.

Similarly, if there's an increased ratio of hydrogen ions in the blood, it means carbonic acid is being released due to excessive carbon dioxide prevalence. This also increases the ventilation rate to equalize the concentration of the gas in the blood.

#### Breathing While Exercising

When your body is engaged in a physical exercise, the ventilation rate rises.

The reason behind is that the muscles begin to demand more oxygen to build the required energy. The breathing rate and the tidal volume increase simultaneously to make up for the demand.

During exercise, the depth of breathing increases due to three additional muscles. Besides diaphragm and intercostal muscles, the sternocleidomastoid,

scalene and pectoralis minor are also involved in the process of lifting the ribs and sternum to facilitate faster breathing. These muscles increase the thoracic cavity volume and increase the depth of breathing.

As your muscles begin to demand more oxygen during exercise, the expiratory center gets activated, too. This stimulated your expiratory muscles as well as the abdominal and internal intercostal muscles. This makes expiration an active process too during exercise, which is otherwise a passive procedure.

This accelerated breathing may cause your lungs to suffer strain and face problems due to overexpansion.

Stretch receptors help in controlling the situation. They immediately send signals to the expiratory center to carry out expiration to exempt the excess air and let the lungs resume their normal shape.

Considering that breathing is regulated by the autonomous nervous system, you must wonder your own role in making it healthy or poor. Well, your

breathing changes depending on how active you are and what is the condition of the air you breathe in.

While your brain has stimulators for detecting your breathing needs and the toxins present in the air, it can get modified if you continue to breathe in a certain pattern. For instance, not taking deep breaths can gradually customize your lungs to function with shallow breathing.

#### Why Does Every Breath Count?

You should never undermine the way you breathe. Every breath that you take pulls in the oxygen that is vital for the survival of the cells in your body. Any change in the default pattern of breathing can have an effect on the functioning of your body systems. While you'll still survive, your body will be more prone and vulnerable to medical conditions.

As mentioned, high blood pressure, cardiac problems and negative effects experienced by your nervous system are common problems that poor breathing can cause.

It is never too late to improvise and change the way you breathe to curtail any harm your body might experience.

# Chapter 3: Benefits of Deep Breathing

It's easy to get stressed when things don't go the way you want them to. It's natural to panic and whine at the unnecessary change but such responses cannot give you any productive results. Neither do they help you maintain your calm to increase efficiency.

If you stop for a minute to take a few deep breaths and relax, you'd be surprised to see the positive impact it has on you. Not only will you be able to think clearly, but your body will relax as well to help you build positive energy.

Deep breathing is an excellent way of letting go of stress and relieve your tensed muscles. Stress can make it rather challenging for you to make healthy choices and remain mindful.

It's important that you practice deep breathing regularly until it starts coming naturally to you. It is full of benefits. But before we delve into looking at what exactly these benefits are, let's understand what deep breathing is.

#### What Is Deep Breathing?

Also known as diaphragmatic or calm breathing, deep breathing is a technique that helps you bring down your breathing rate and alleviate stress and anxiety when you're aggravated.

Your breathing tends to change when you are under stress. This can compel you to take shorter and quicker breaths. You may breathe too fast and get hyperventilated. This can result in over breathing which will make you even more anxious. Over breathing increases, your heartbeat rate can cause dizziness, or you may experience headaches.

Calm breathing, on the other hand, can be used as an effective anxiety management tool which can help you get rid of the initial panic and assist you in thinking through.

Deep breathing is a process of taking slow and smooth breaths as a newborn does. Let your lungs fill with air and then exhale gradually. It is ideal that you sit in an upright position if you're trying to overcome stress. This will give more room to your lungs to increase their inhaling capacity. Breathe through your nose and right into your belly. Hold the breath for a second or two before exhaling slowly. Wait for a few seconds before taking a second breath. This may take some practice to get used to. But once you do, you'll see how effective it is to keep your cool even in the most crucial times. You can have 6 to 8 deep breathing per minute and find a comfortable rhythm to carry on with it. Deep breathing helps regulate the flow of oxygen in your body properly so that an adequate amount of energy is

delivered to each part of your body and you don't face any problems like dizziness or headaches.

If you look at the common ways people practice to relax, it includes watching television, scrolling social media, or listening to music.

While these activities may be a good way to spend your leisure time, they won't alleviate the stress from your mind. Relaxation must bring your heartbeat back to normal, decrease your blood pressure and release the muscle tension. This is only doable with deep breathing.

Some of the main benefits of deep breathing are discussed below.

#### Detoxification

The air that surrounds you isn't filtered. It's filled with toxins and contaminated pollutants that are bound to cause your body harm if they are not kept at bay. Moreover, the water you drink and food you eat also contain pollutants and toxins which enter in your system and can cause harmful effects.

Breathing is an effective way of eliminating these toxins from your body.

Taking quicker breaths don't remove the toxins and the burden is ultimately sustained by other bodily systems to detoxify your blood.

When you breathe properly, the toxins in the blood are ultimately exhaled out, leaving a detoxified and clean blood behind.

#### Stress Management

Stress and anxiety management is perhaps the most significant benefit of deep breathing. As mentioned earlier, calm breaths can have a much positive effect on your body and relieve stress from your muscles.

It normalizes your heartbeat and brings down the blood pressure to help you overcome panic and anxiety. You can use it as a stress management tool and experience more control over your mind and situation.

#### Mind Relaxation

All benefits of deep breathing are interconnected. When you overcome stress, it eventually calms your mind and makes you relaxed. As you breathe

deeply, the oxygen supply to your brain increases and it results in calming your nerves. Breathing also has an impact on the parasympathetic nervous system. It can trigger a relaxation response and make you calm in any situation.

#### Energy Boost

Your body cells need a sufficient amount of oxygen to survive and function appropriately. If your cells are well fed with oxygen, you'll feel more energized and perform better.

Practicing deep breathing can keep your body healthy and energetic. This will result in increasing your life expectancy.

#### Improved Body Functions

Breathing is vital for every system that functions in your body. If you consider the respiratory system, it's one of the systems in your body that functions every second of your life.

If you breathe right, it will relieve the tension from the diaphragm and intercostal muscles and increase the capacity of your lungs to breathe better and with ease.

Similarly, deep breathing tends to calm your nervous system by stimulating the parasympathetic nervous system. This eventually brings your entire body to a calmer state and helps you think through the situation you are in rather than walk away or give into panic disorders.

Besides these two systems, your cardiovascular system, digestive system, and mental health is also hugely impacted by deep breathing, compelling them to function better. You'll know more about it in *Crystal Breathing Method: The Ultimate Way to Breath Out Stress, Anxiety, and Diseases while Breathing In Peace, Joy, and Abundance.* 

#### Weight and Mood Management

You'll be surprised to know that deep breathing can actually keep you young for a longer time and uplift your mood. When you practice deep breathing,

it helps manage stress levels, which ultimately means you are happy most of the times.

It can increase the production of anti-aging hormones, and increase the level of serotonin and endorphins that can help improve your mood.

Deep breathing can also help manage your weight-related problems by ensuring that your body tissues get the right amount of oxygen and excessive fat is burned.

When you take shallow breaths, they actually burn the glycogen instead of fat which can result in piling of extra body fat and increased body weight. There are countless benefits of deep breathing that you can explore in the Crystal Breathing Method: The Ultimate Way to Breathe Out Stress,

Anxiety, and Diseases while Breathing In Peace, Joy, and Abundance. You'll discover how small exercises of deep breathing can help you maintain a calmer mind and a healthy body.

#### Breathing and Life Expectancy

If you see around you, the average life expectancy is 71.5 years globally.

Then how come tortoises get to live for about 200 years? Tortoise has a longer life because of their low respiratory rates. It is scientifically proven that as the speed of respiration increases in animals, their life span shortens. So, if you're looking for the ultimate key to living longer, it resides in how you breathe.

From meditation to yoga postures, there are several techniques that are recommended to keep your body healthy and your immune system strong to expand your lifespan. But if you master the skill of deep breathing, you won't have to go all out of the way to improve the quality and span of your life.

When you working on decreasing your respiratory rate, your heart don't have to work as hard to regulate the flow of blood in your body and this prevents overburdening the organ.

Similarly, your nervous system receives adequate oxygen supply and energy is consistently received by each cell of your body to remain efficiently functioning. Deep breathing eradicates toxins from your body and keeps your detoxified and well-protected from any radical intervention of foreign bodies. These factors collaboratively improve the quality of your life and subsequently help you in living a longer life.

According to research, you can survive seventy-two hours without water and three weeks without any food intake. But without air, making it even three minutes would be a miracle. This shows how vital air is for your life. Whenever you think about a healthier lifestyle and choices, the first thing is your diet that is modified right away. You try to eat more balanced and healthy food with less processed items and junk items.

The second thing is probably cutting down on fizzy drinks and artificial juices. They are reciprocated by water, and you try to take an adequate amount of it on a daily basis.

The third thing can be physical exercise to keep your body physically healthy.

These efforts, undoubtedly, do bring you towards better living but you are

missing out on something you can't live without for even three minutes.

The air!

You breathe 23,000 times a day! This is not something you could easily ignore. Dieting and hydrating can give you several benefits, but its breathing skills you need to master.

You might as well be breathing all wrong up until now and wouldn't know the reason behind your certain medical problems. Your body health, mental wellbeing, emotional health, sleeping pattern, analyzing abilities, response system, and even your physical appearance is influenced by breathing one way or another.

You're just one step away from living a healthier and longer life. All you need to know is how to make your breathing better. Crystal Breathing

Method: The Ultimate Way to Breath Out Stress, Anxiety, and Diseases

while Breathing In Peace, Joy, and Abundance is the ultimate guide that can help you reach there and find that one percent that's missing in your life.