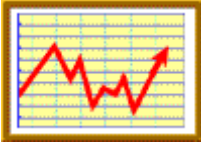


Healthy Choices Herald

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Lower Your Blood Pressure, Heart Rate, and Stress Level With Powerful Breathing

by Dr. Bruce West

Proper breathing is in itself a powerful therapy. We have used Deep Breathing for years to help people combat stress, reduce heart pains, and lower their blood pressure and heart rate. Deep, powerful breathing expands your lungs, exercises your diaphragm, oxygenates all your cells, and sets your mind on its slow, relax mode. Done regularly, it is anti-aging and beneficial in more ways than we know.

In most cases, proper breathing, over the course of a few months, is as effective as prescription drugs for high blood pressure. Most people are able to slow down their heart and lower their blood pressure naturally. Many are able to have their physician wean them off drugs. You can do this too because we now have a simplified breathing technique that is proving to be very effective. We have tested and adapted breathing techniques from experts in this field who are breathing trainers, mental health counselors, and therapists. Our most effective technique gets you started easily and immediately.

Start in a comfortable, strong, sitting position. Concentrate on the place in the world where you are most at peace. Start to take in a deep breath through your nose while you say four slow counts of “one-one thousand; two-one thousand; three-one thousand; and four-one thousand.” Your lungs should be fully expanded now. Hold this air in while you say the same 4 counts again, then slowly let the air out through your mouth to the same counts. When it is completely out, hold it out for the same four counts. You need to visualize your place of peace, and actually mouth the words of the count to help balance the left and right brain. This is one breathing cycle.

Perform the breathing cycles for 5-10 minutes, once or twice daily. Just a few minutes of this deep breathing is very powerful. And to super-charge this stress-releasing, calming, centering, and relaxing breathing exercise, do it while you are breathing oxygen from an oxygen-generating machine. This will almost always eliminate headaches, lower heart rate and blood pressure, relieve heart cramps and angina, and when done just before bedtime, prepare you to fall asleep quickly and deeply. (For information on EWOT, see the following article, “EWOT: Exercise With Oxygen Therapy,” in this issue.)

Proper breathing is powerful therapy. And breathing oxygen properly from an oxygen-generating machine makes it even more powerful. Don't be fooled just because breathing is free, can't be patented, is ignored by medicine, and is just about never mentioned as a treatment for chronic stress with all its symptoms. It can be as effective as prescription drugs-and without the side effects.

Can deep breathing really help you? Medical scientists at the National Institutes of Health have proclaimed that more than **65 million** Americans suffer from hypertension (high blood pressure). They state that scientists don't really understand what causes hypertension but they are sure that deep breathing may be one of the answers for it. And they are correct.

There is even a device sold over the Internet called RESPeRATE® to help you breathe properly to control your blood pressure. In fact, the deep breathing "discovery" is causing all kinds of interest in the world of high blood pressure researchers. But deep breathing is not new (I first wrote about it in 1989), it is just **ignored by physicians**. You do not need a device, but you cannot ignore deep breathing. You simply need to follow the instructions in this article for better health and more normal blood pressure.

Insomnia

If insomnia is your problem, use the breathing technique during the day and again at bedtime. Just before bedtime, take 3-5 **Min-Tran** and 1-2 **Catalyn** from Standard Process. Then start your breathing technique near or even in your bed. The technique puts your mind into the proper place for sleep. And the nutrition and minerals in the supplements act as a nutritional tranquilizer.

Allow a few months for a good test. The brain's functioning through years of insomnia is tough to reprogram, but it can be done. Use breathing to break the vicious cycle and the dangerous prescription drug merry-go-round. Use O₂ to feel younger, fight disease and live longer. And use both to super-charge your lungs and oxygen level-making you stronger, more independent, and with the vigor you once had when you were much younger.

Coming Soon! Health Empowerment in Ten Minutes!

Take responsibility for your own health needs. **Has stress shown up in your life as one of the following?** Fatigue, restless sleep, performance anxiety, headaches, allergies, insomnia, food cravings, poor focus, “tight” golf swing, nagging physical limitations, unmotivated to exercise... **Health Empowerment in Ten Minutes for Your Whole Family with or without government run healthcare.**

Improve it all with BodyTalk Access!

A 100% holistic healing system that has helped more than 15,000 people in 37 countries feel better fast.

What is BodyTalk Access?

Body and mind balancing for health maintenance and management of daily health challenges; including improving performance, reducing stress, strengthening immune function and physiological function. You will learn five body balancing techniques plus an invaluable technique to use in health emergencies.

Class Details - Course registration begins August 15, 2009

- Saturday, December 5, 2009
- 10:00 AM – 6:00 PM
- \$115 adult (includes manual) **Course #103438**
- \$40 ages 12 – 18 (additional manual may be purchased for \$15 if parent already enrolled and receiving manual.) **Course #103439**
- Sign up at www.PlanoParks.org or call The Tom Muehlenbeck Center at 972-769-4404
- Don't live in Dallas-Ft. Worth? Find your BodyTalk Access class at www.bodytalksystem.com

Seating is limited so don't delay!

Courtesy of Healthline – www.Healthline.cc

Food For Thought...