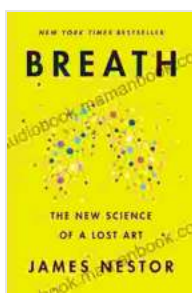


Breath: The New Science of a Lost Art

Breath is the most important thing we do, but we often do it wrong. We breathe too shallowly, too quickly, and too often through our mouths. This can lead to a host of health problems, including anxiety, depression, and even heart disease.



Breath: The New Science of a Lost Art by James Nestor

★★★★☆ 4.7 out of 5

Language	: English
File size	: 1522 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 301 pages



But there is good news: we can learn to breathe better. And when we do, we can unlock a host of benefits, including improved sleep, increased energy, and reduced stress.

The Benefits of Good Breathing

- **Improved sleep.** When we breathe properly, we increase the amount of oxygen that reaches our brains. This can help us to fall asleep more easily, stay asleep longer, and wake up feeling refreshed.
- **Increased energy.** Oxygen is essential for energy production. When we breathe properly, we increase the amount of oxygen that reaches

our muscles and organs. This can help us to feel more energized and less fatigued.

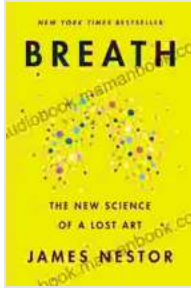
- **Reduced stress.** When we breathe shallowly and quickly, we activate our sympathetic nervous system, which is responsible for our fight-or-flight response. This can lead to increased stress levels. However, when we breathe deeply and slowly, we activate our parasympathetic nervous system, which is responsible for our rest-and-digest response. This can help to reduce stress levels.
- **Improved heart health.** When we breathe properly, we increase the blood flow to our hearts. This can help to reduce the risk of heart disease.

How to Breathe Properly

There are a few simple things you can do to improve your breathing habits:

- **Breathe through your nose.** Nasal breathing is more efficient than mouth breathing, and it helps to filter the air you breathe.
- **Take deep breaths.** When you breathe deeply, you expand your diaphragm and bring more oxygen into your lungs.
- **Breathe slowly.** The ideal breathing rate is between 6 and 8 breaths per minute. When you breathe too quickly, you can hyperventilate and make yourself feel dizzy or lightheaded.

Breath is the foundation of our health and well-being. By learning to breathe properly, we can improve our sleep, increase our energy, reduce our stress, and improve our heart health. So take a deep breath and start enjoying the benefits today.



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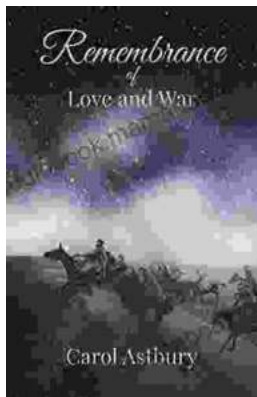
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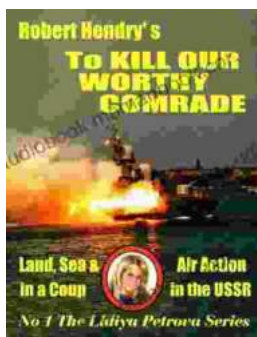
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