

Sighs of relief

January 2012

dede dancing, LMT

People are talking to me about relief from the busyness of holiday time.

Sighs seem to release emotional tension, and I began to write this about the benefits of breathing deeply to release tension and toxins from the body. Then, as I was looking for responsible research to back up my notion, I discovered that while there *is* goodness to be gained with a deep breath now and then...breathing gently, diaphragmatically (belly breaths), quietly—***through the nose***—is probably the best way to enhance your health with breath.

Apparently when we breathe deeply too often we actually deplete the oxygen in our tissues. When we breathe through our mouths the air entering our lungs is colder, drier, and dirtier than when the air flows through our nasal passages. Breathing through the nose helps oxygenate and hydrate our tissues. Simply teaching yourself to breathe through your nose diaphragmatically 24/7 can dramatically improve your health.

Here is a simple way to check your own predominant automatic breathing technique—do you usually use your diaphragm and belly or your chest muscles:

Self-test or simple breathing exercise. Put one hand on your stomach (or abdomen) and the other one on your upper chest). Relax completely so that your breathing dynamic has little changes. Pay attention to your breathing for about 20-30 seconds. Take 2-3 very slow but deep breaths to feel your breathing in more detail.

Find more information and resources about breathing for your health here:

<http://www.normalbreathing.com/learn-8-diaphragmatic-breathing.php>

And more about those sighs:

http://articles.timesofindia.indiatimes.com/2010-05-21/health/28277122_1_breath-volume-air-sacs-system

30 Minute Massage Special:

To help you recover and rejuvenate this January—\$10 off your 30 minute massage!

Best wishes for an excellent New Year--dd