



# Lowey Chiropractic Wellness Center

169 Route 6A, Orleans, MA 02653  
Phone (508) 255-5866 \* Fax (508) 255-0888  
www.LoweyChiropracticWellness.com

## FIVE MAIN BREATHING TECHNIQUES

Breath is the most profound tool known for purifying and revitalizing the body! If breathing is shallow, all of the body's vital systems will be functioning at a minimal level. Because breathing is a major contributor to physical well-being, it has a major role in determining how we feel emotionally from day to day.

Breathing is one of the most significant therapies one can employ in the treatment of pain, insomnia, low energy, and depression.

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**LONG DEEP BREATHING:** Is the most basic technique for balancing the meridian pathways, the endocrine system, the immune system and the emotions.

**HARA BREATHING:** Nourishes the internal organs giving the body power and endurance. The hara corresponds to CV6 "sea of energy", between the umbilicus and the pubic bone. Concentrate on this point, allowing the abdomen to extend on inhalation and drawing the abdomen in on exhalation. This motion is exactly opposite the way an adult normally breathes, however, it is normal respiration in infancy. This breathing strengthens the entire general condition of the body.

**BREATH OF FIRE:** Strengthens the nervous system, vitalizes the blood and expands the electromagnetic field of the body. Breath of fire consists of short rapid breathing through the nose (one breath per second) concentrating on exhaling rather than inhaling. This technique charges the body with immediate energy.

**BREATH VISUALIZATION:** While utilizing long, deep and rhythmical breathing hold mental images of what we wish to accomplish.....NOTHING IS IMPOSSIBLE!!

**HOLDING THE BREATH:** Hold for approximately 20 – 30 seconds between deep breaths. This mobilizes Chi energy (the life force of the body.)

IN ANY BREATHING TECHNIQUE, IT IS VITALLY IMPORTANT TO EXHALE WITH AS MUCH ENTHUSIASM AS INHALATION.

PRACTICING ONE FORM OR ANOTHER OF A BREATHING EXERCISE DAILY WILL IMPROVE OVERALL OXYGENATION OF THE BODY AND WILL BALANCE BODY, MIND, AND SPIRIT.