

THE PHYSICAL AND MENTAL BENEFITS OF DIAPHRAGMATIC BREATHING

1. Reduces risk factors for heart disease by lowering bad cholesterol (LDL) and raising good cholesterol (HDL). Lowers blood pressure and stabilizes blood sugars.
2. Reduces stress and lowers stress hormone cortisol.
3. Helps reduce cravings for processed carbohydrates.
4. Cuts chances of diabetes by strengthening the insulin beta receptor sites.
5. Improves quality of sleep by improving Stage 1 and Stage 4 sleep cycles.
6. Lengthen's the cell's life span by cleansing the cells more thoroughly through increased lymphatic flow.
7. Slows aging process by increasing the secretion of human growth hormone.
8. Optimizes the immune system by strengthening T-cell formation and improving lymphocyte production
9. Improves mood by elevating the "feel good" hormone serotonin and other positive endorphins.
10. Improves mental focus and concentration by increasing blood flow to the Pre-Frontal Cortex of the brain.
11. Improves the quality and effectiveness of meditation by changing brain wave activity from the more stressful beta wavelengths to more relaxing and healthier alpha and theta brain wavelengths.

Source: www.samvarner.com. Amritari Martinez M.A.,E-RYT
Certified Yoga Teacher and Mental Health Advocate
Founder of MIND HEALTH YOGASM. For questions go to www.mindhealthyoga.com