

6 Steps to Structured Breathing

Clayton's structured water units have been found by many people to be a constant and unbelievable source of clean, refreshing water and liquids, and now Air too!

“Air is just another form of water...there must be water vapor in the air in order to breathe.”

~ Clayton Nolte

Note: With each level, the breath is taken in thru the spout (tip end) of the DE Portable unit 3, 9, or 81 times. One could breathe longer or use other breathing techniques. Two to six times a day using is recommended, especially if in pain or stressed...which is just about everyone.

1.) With the Natural Action Technologies Structuring Unit at one's lips, breathe in through the structuring unit of choice, inhaling directly into the mouth deeply and smoothly. Do not force the inhale, but do go as deeply as your breathing allows. Exhale out the nose, but do NOT exhale back into the unit. ***In through the Mouth, Out the Nose.**

2.) With the N.A.T. Structuring Unit at Left nostril create a good seal so that air can be inhaled through the unit directly into the nostril without loss of air. Pinch off the other nostril and close the mouth. Now, breathe in through the structuring unit of choice, inhaling directly into the nose to the brain. Then, exhale out the Right nostril, keeping the mouth closed and the "inhalation" nostril pinched off. Do NOT exhale back through the unit. ***In through the Left Nostril, Out the Right Nostril.**

3.) With the Natural Action Technologies Structuring Unit at the Right nostril, create a good seal so air can be inhaled directly through the unit into the nostril without loss of air. Close off the other nostril and close the mouth. Now, breathe in through the structuring unit of choice, inhaling directly into the nose to the brain. Then, exhale out the mouth, keeping both nostrils pinched off. Do NOT use the structuring unit for the exhalation. ***In through the Right Nostril, Out the Left Nostril.**

4.) With the Natural Action Technologies Structuring Unit at Left Nostril, breathe in through the structuring unit of choice, inhaling directly into the mouth. Again do not force the inhale, but do inhale as long and deeply as comfortably possible. Exhale out Mouth. Do NOT exhale back through the unit. ***In through the Left Nostril, Out the Mouth.**

5.) With the Natural Action Technologies Structuring Unit at one's lips, breathe in through the structuring unit of choice, inhaling directly into the Right Nostril. Again do not force the inhale, but do inhale as long and deeply as comfortably possible. Exhale out the Mouth. Do NOT exhale back through the unit ***In through the Right Nostril, Out the Mouth.**

6.) With the Natural Action Technologies Structuring Unit at both Nostrils breathe in through the structuring unit of choice, inhaling directly into the mouth deeply and smoothly. Do not force the inhale, but do go as deeply as your breathing allows. Exhale out the mouth, but do NOT exhale back into the unit. ***In through the Mouth, Out the Mouth.**