

30

functions
by the nose

EVERYDAY PERFORMANCE

Slow down breathing rate - improves cognitive function - smell and partner choice - increased visuospatial awareness - mediates olfactory - reduced vocal effort - nasal resonance

PHYSICAL EXERCISE



decongest the nose during exercise - helps prevent exercise induced bronchoconstriction - better utilization during exercise of O₂ - reduces ventilation

NOSE BREATHING FOR FACIAL DEVELOPMENT

development of the face

BREATHING



Improves recruitment of diaphragm muscle - increase O₂ uptake in the blood - production of NO - dilation of blood vessels in the lungs - redistribution of blood throughout the blood - defense against inhaled pathogens - helping maintain elasticity of the lungs - warming - humidification of incoming air - water balance

IMPROVED SLEEP



improves oxygenation during sleep - deeper sleep quality -



ASTHMA RHINITIS HAYFEVER

important in the control of asthma - in the control of allergic rhinitis - nasal dilation

SMELL & TASTE



smelling - sense of smell as test for neurological injury - taste perception