

BREATH:

WHAT IS IN THE INHALE & EXHALE?

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BREATH-BODY CONNECTION:
WHAT ACTUALLY HAPPENS IN YOUR INHALE AND EXHALE

CONTROL STRESS:

DR. WEIL'S 4-7-8 BREATHING EXERCISE

Extra:

Vagus Nerve Stimulation to Lower Stress Exercise



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BREATH-BODY CONNECTION

The gift of breath is the single most vital function of human existence. With it we can live and move and have our being. The word Spirit comes from the Latin word spiritus, which means breath. In many traditions breathing is a way to connect with the divine. For example, many people believe that if you look at the word Yahweh, the name of God in Christian tradition, there is a natural inhale and exhale in the word. Therefore, we breath, knowingly or unknowingly, the name of the God in whom we are created. Conscious and controlled breathing is scientifically proven to significantly lower levels of stress and anxiety and help to relax tense muscle and organ systems as they are oxygenated through our inhalation.

WHAT'S THE 4-7-8?

I've participated in many breathing exercises and techniques for many years that have proven to be very effective. By far, and in my professional opinion and personal experience, the 4-7-8 breathing technique, coined by Dr. Andrew Weil, has been proven to regulate mood, lower stress, and stabilize mental clarity. Dr. Weil says that "the single most effective relaxation technique I know is conscious regulation of breath." To achieve this level of relaxation, take these steps: (if any sensations of dizziness or lightheadedness occur, please stop and consider drinking water or see your physician if sensations persist)

1. Let your lips part and make a whooshing sound while you exhale through your mouth.

2. Close your mouth while you inhale silently through your nose as you make a mental count of 4 seconds
3. Hold your breath for 7 seconds.
4. Exhale from your mouth while making a whooshing sound for 4 seconds.

"The single most effective relaxation technique I know is conscious regulation of breath."

~Dr. Andrew Weil

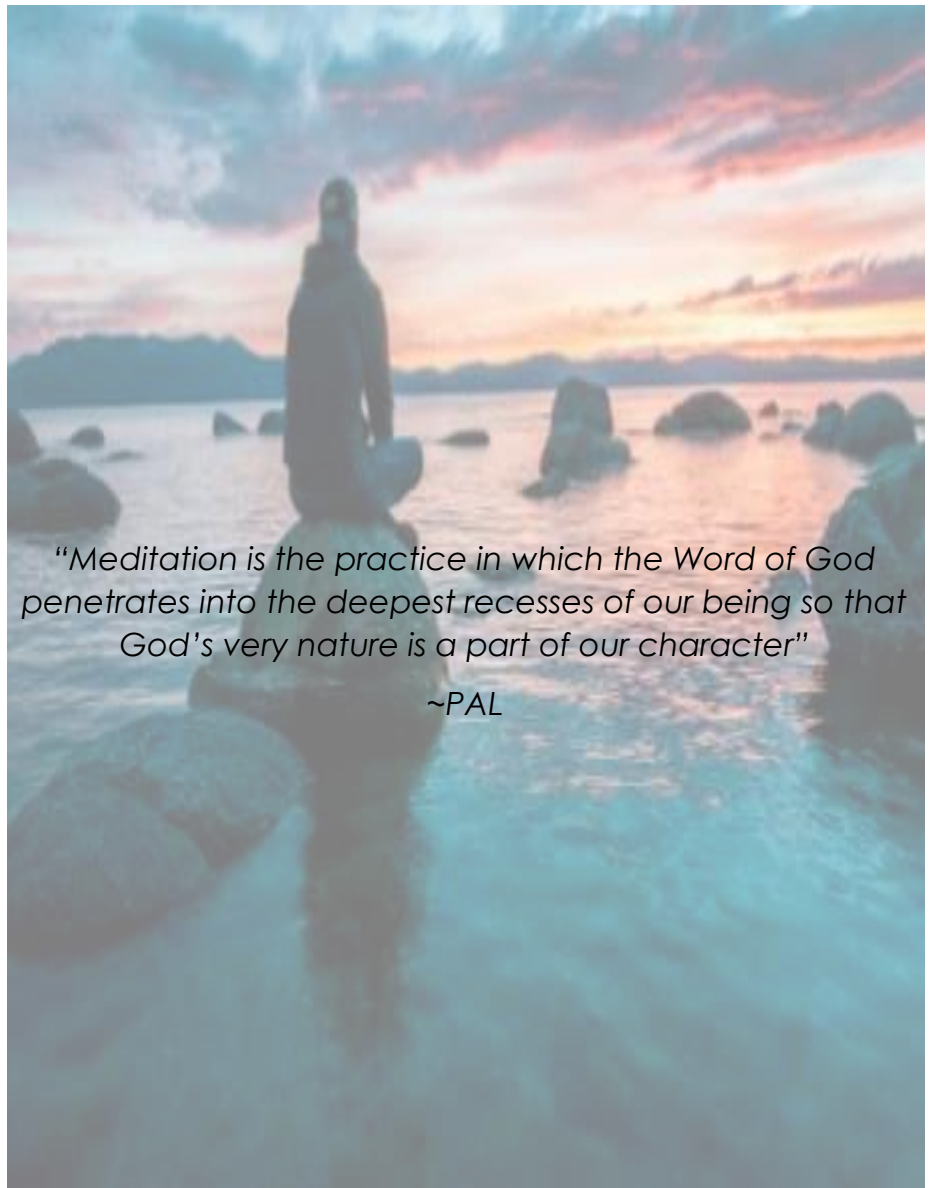
Apply this breathing pattern for about 4 full breaths at first and if it proves to be beneficial, continue at a pace that is right for you. Remember, your thoughts matter and healthy thoughts lead to healthy actions. The 4-7-8 technique is also an awesome conduit to usher in a meditation session!

THE 4-7-8 Method



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* If any sensations of dizziness or lightheadedness occur, please stop and consider drinking water or see your physician if sensations persist.



YOUR THERAPIST OFFERS:

01

Intentional Touch

02

Respect and
Care for your
Individual Needs

03

Responsiveness

04

Mindfulness

References:

[4-7-8 Breathing:
How It Works, How
to Do It, and More](#)

[4-7-8 Breathing:
How Does It Work?
– Forbes Health](#)

[The 4-7-8 Breath |
Health Benefits &
Demonstration |
Andrew Weil, M.D.](#)

[Is it true that every
time we breathe
we are saying the
name Yahweh? |
GotQuestions.org](#)

