

MIKE'S FAVORITE: The Squeeze and Breathe™ Technique

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There are many breathing exercises. For most people, there may be only *one* really good exercise that works *well* as a starting point to guide someone with poor to very poor breathing. The best exercise(es) either energize or slow down/calm the breathing, or both. What's *optimal* also increases breathing volume and therefore one's longevity.



The following breathing exercise will help do ALL three: slowing, energizing and expanding. Good endorphin production seems to stem from a strong parasympathetic/relaxing breathing pattern. When done properly, this exercise increases significant energy, as well as relaxation.

Anxiety can be caused (or stress increased) by poor breathing speed and erratic/unbalanced sequencing. This exercise is very good for reducing anxiety and/or depression. Extreme forms of emotion are often immobilizing, limiting and dangerous to one's health and well-being. Emotions can be deadly. Anxiety can harm and even kill. The way you breathe can reduce or increase your emotional/fear response.

Look at the lungs above (cut back to show how the heart fits into that space). Notice how the lungs are smaller at the top. This means it's pointless to breathe into the high chest because there's very little lung volume there.

The mid chest and lower rear lung lobes are where the major breathing volume is obtained (the back of the trunk from mid back to waist). This area allows the most expansion. Tension in the low back tends to restrict expansion, so we must both access and challenge that area in the following way.

For breathing that is quieting, calming, centering and energizing all at once: Stand with knees slightly bent is preferable with tail bone tilted gently forward.

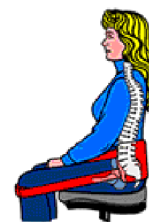
Or

Supported by a small round pillow (at left) or use a NADA Chair (on right), <http://www.breathing.com/nada.htm> sit near the front edge of a fairly hard surfaced chair, stool or arm of a couch, with your feet flat on the floor. Both of these positions need an erect but not stiff posture. Stand or sit "tallest" with your chin even with (or above) the horizon and gently tucked in.



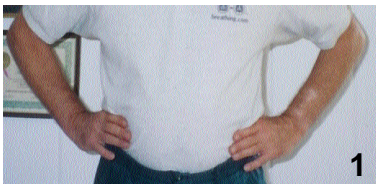
If you stand, bend your knees slightly... to unlock them.

Lightly touch your tongue to the roof of your mouth and let your jaw relax. Relax your belly. Let it hang down. Let go of any thought of having a "pot belly" or not having "wash-board abs".



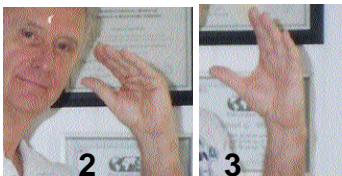
NADA Chair

Place your thumbs over your kidneys (below your back ribs and above your pelvis - (photo #1 at left). Wrap your fingers around your sides towards your belly button (as if you are getting a front-to-back firm grip on "love handles" - or that general area). Get a good grip by squeezing your fingers and thumbs together firmly, then breathe through your nose (a long, slow, deep 3-count in-breath). Force your squeezed fingers (Photo #2) apart with your in-breath, against the tension in your squeezed fingers. (Use the force of breathing-in to make your fingers and thumbs expand.) Then relax your grip (Photo #3) and slow down the exhale so it lasts for a count of seven (7). Never tighten the belly to extend the exhale. Simply slow the speed of the out-breath. Always keep the belly relaxed.



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Do this exercise again, use a 3-count inhale and 7-count exhale. If you did not feel better from this exercise, we encourage you to take our Free Breathing Tests and see why and how to develop your breathing: <http://www.breathing.com/tests.htm>



2

3

HOW DID IT FEEL?

Dizziness, spacey ness, or confusion or anxiety means you:

- Probably did not squeeze in the right place – like on the bone of the pelvis or ribs or squeeze or did not squeeze hard enough.
- Or you breathed too fast. SLOW down the exhale by adding 3-7 counts to the exhale and try it again in one minute.
- Wait a minute or two, after the energy has subsided or integrated within you and do it again.
- Still anxious or dizzy or both? - You may have severe UDB - in which case you should stop and call us for a recommendation.
- You REALLY need to learn this!

Didit FEEL relaxing, energizing? Are you calmer? Energized?

Calm and energized at the same time? Anxious? If anxious, try to lengthen the exhale count, while keeping the inhale count the same or smaller. Example: a 3 count inhale and 10 count exhale or 3 count inhale and 12 count exhale.

A 20 count exhale should eventually be attainable, but for some people it might take weeks or months to develop. (Remember: NEVER tighten your belly to make the exhale last longer.) Just let the air out slower. You should eventually feel a calming and energizing effect throughout your entire body.

If that is not the right feel or timing, then experiment with the same inhales, but longer or shorter exhales, until you discover a comfortable pattern that you can repeat .

The Squeeze & Breathe Technique™ is very effective but still temporary approach to breathing development. It is the prelude to using the 176Video/ DVD and Diaphragm Strengthener and sometimes the Blue Velcro Strap. <http://www.breathing.com/video-ds.htm>
<http://www.breathing.com/video-bvs-ds.htm>

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P.O.Box 1551 • Waynesville, NC 28768 • 866-694-6425
<http://www.breathing.com/tests.htm> mw@breathing.com