



TRUE NATURAL
HEALTHCARE™

Diaphragmatic Breathing

In normal breathing you take air in and out your nose. In this way the nasal passages warm and filter the air before it enters the lungs. When air enters the lungs the diaphragm descends, which allows the lungs to fully expand and fill.

With this in mind what do you notice about your breathing? Are you breathing through your nose? Is your chest moving as you breathe or your belly? Where is the tongue resting in your mouth?

The following is an exercise to help you use your diaphragm while breathing.

Sit comfortably in a chair. Place one hand on your belly and one hand on your chest. Let your tongue rest just behind the upper teeth, lightly resting on the roof of your mouth. Look at your hands as you breathe. As you breathe in the top hand should move only after the bottom hand has risen. As you exhale the bottom hand should move down first again and the top hand last.

At first this type of breathing is difficult but with practice it will become effortless. Create moments of awareness throughout the day to breathe through your nose and to use your diaphragm.

The last thing to look at is how many times or how often are you breathing. The norm is 12 breathes per minute. See if you can take the same time to inhale as exhaling and now try to make it smooth and quiet and effortless.

This resource was created by Liz Blasingame Suvai, LMT, Craniosacral therapist, Myofascial therapist for the use of the Center for True Harmony Wellness & Medicine™ and it's patients.