



Breathe

Dr. Belisa Vranich

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Using straightforward jargon-free language, BREATHE presents Dr. Belisa's unique approach to breathing exercises. It is a book for people who are looking to address their fatigue, sleeping problems, anxiety, and stress all of which are worsened by shallow, erratic inefficient breaths and, consequently, suboptimal oxygenation of the body and brain at a cellular level. In addition, the exercises and theory taught in BREATHE will result in better endurance in sports. You'll be taking care of yourself from the inside out. Dr. Belisa's method teaches you to relearn or remember how you used to breathe rather than teach you a skill requiring the attention and motivation that it takes to acquire a new habit. Dr. Belisa asks you put aside ten minutes a day for fourteen days, working from your baseline, and pushing yourself just as you would in a gym or in physical therapy. The result: more energy, less pain, lower cortisol (and control of belly fat), less GI problems, and a better immune system. The explosion of technology, longer hours spent seated at a desk or car, and high levels of daily stress everyone accepts as normal have had a tremendous effect on the way people breathe. This in turn has created or exacerbated medical problems such as high blood pressure, irritable bowel, and insomnia. BREATHE is a primer that covers all the critical core issues related to oxygen, your lungs, and your breathing patterns. It teaches you how to breathe in an anatomically congruous way that maximizes inhales and exhales, lung expansion, and ribcage flexibility. Finally, BREATHE is perfect for someone wanting to explore concepts of mindfulness and meditation. If you are looking to improve such brain functions as focusing and problem solving, or if you just want to relax and rejuvenate by quickly ridding yourself of oxidative stress of the day, this book is for you.

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From reader reviews:

Theodore Rios:

Spent a free time for you to be fun activity to do! A lot of people spent their sparetime with their family, or all their friends. Usually they carrying out activity like watching television, going to beach, or picnic from the park. They actually doing same task every week. Do you feel it? Do you want to something different to fill your personal free time/ holiday? May be reading a book might be option to fill your cost-free time/ holiday. The first thing you ask may be what kinds of e-book that you should read. If you want to try look for book, may be the guide untitled Breathe can be very good book to read. May be it may be best activity to you.

William Fuller:

Breathe can be one of your basic books that are good idea. Many of us recommend that straight away because this guide has good vocabulary which could increase your knowledge in language, easy to understand, bit entertaining but nevertheless delivering the information. The writer giving his/her effort to place every word into enjoyment arrangement in writing Breathe although doesn't forget the main stage, giving the reader the hottest as well as based confirm resource information that maybe you can be one among it. This great information can easily drawn you into brand-new stage of crucial contemplating.

Mary McClellan:

Is it you actually who having spare time in that case spend it whole day through watching television programs or just lying on the bed? Do you need something totally new? This Breathe can be the response, oh how comes? The new book you know. You are therefore out of date, spending your free time by reading in this completely new era is common not a nerd activity. So what these books have than the others?

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