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**FRONT COVER:**

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## Foreword

Have you ever attempted slowing down your breath? What is the fewest number of breaths that you are able to take in one minute?

When you breathe deeply and slowly, can you feel your brain relaxing? You might be surprised to discover many advantages for your body and mind from breathing slowly. It might in fact be among the most important things you are able to do.

***Delving Into Breath Modulation.***

# Chapter 1:

## *About Breath Modulation*

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Among the main keys to successful stress management is your breathing. Breathing is such a primary function for our survival that we always take its power for granted and overlook this astonishing tool with which we may regulate and stimulate our own healthiness.

Your automatic nervous system is responsible for your breathing process, which is why you don't need to think of it – you'll breathe anyhow! By understanding the really direct relationship between your breath and your brain and nervous system, you have a valuable tool that may help you accomplish and maintain a more balanced, positive, stress-free inner and outer life.

After all, if you're feeling calm and centered, then your power to solve troubles, think more creatively and cope with outer world is heightened.

Breathing and relaxation are potent tools in the daily challenge of coping and overcoming stress. Notice how your breath is quick, short and shallow when you're angry, fearful or simply under daily stress, and how you naturally take deeper, slower and longer breaths when you're in a peaceful and unstrained state.

The chest expands as we breathe deeply, helping the release of inner tensions as we breathe out. By changing breathing patterns and consciously breathing deeply into the abdomen, you are able to create a calm relaxed state from a fraught one. Deep breathing calms both

the body and brain by slowing down pulse and easing the nervous system.

The fact is the act of breathing isn't necessarily the same as the art of breathing. Many individuals rush around, shallow breathing their way through life and wondering why they forever feel stressed, poorly and short-winded.

By learning to let go of stressful symptoms, feelings and thoughts, by doing some deep breathing and utilizing your exhalations as channels of release, you are able to do your body/mind some true short and long term good. Take a deep breath, inhaling through nose and, when you breathe out, imagine you're blowing out a candle, exhaling firmly through the mouth. Using breath modulation when you breathe along with an audio cue can help as well.

# Chapter 2:

## *Benefits Of Breath Modulation*

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### Lower Blood Pressure

While increasing physical activity, maintaining balanced weight, and consuming a diet high in fruit and veggies and light on the salt are crucial ways to lower blood pressure naturally, taking time to breathe slowly and consciously is likewise being shown to have a significantly positive effect.

Research at the National Institutes of Health advises that breathing slowly for a few minutes a day is enough to help individuals lower blood pressure naturally without pills or supplements. In fact, scientists believe that how we breathe might hold a key to how the body regulates blood pressure.

### Break Down Salt

Researchers claim that in addition to deep relaxation, breathing slowly breaks down the salt that we consume.

If you sit there under-breathing all day (as most individuals do) and you have a high salt intake, your kidneys might be less effective at getting rid of that salt than if you're out hiking in the woods.

Individuals that have high blood pressure have an increased risk of heart attacks, strokes, kidney damage, blindness and dementia. It's

often called the silent killer, because patients might notice no symptoms till it already has done serious damage.

### Better Circulation with Slow Breathing

Many individuals have cold hands and cold feet, even in the summer. This condition is uncomfortable, is a sign of bad circulation.

Circulation is what nourishes our organs and our bodies with oxygen and nutrients. It's absolutely necessary for optimum health. It may be completely restored by slow breathing!

Poor circulation is related to hypertension and will lower the body's immunity. When the body can't pump blood through the arteries, the pressure builds. When blood doesn't flow well, white blood cells can't go where they're needed to defend the body against invaders. The white blood cells are core to the immune system, and they defend against viruses, cancer cells, infections, and additional illnesses.

# Wrapping Up

It might seem too easy to be true, but the truth is your breathing holds the key that may unlock the stranglehold of stress and teach you invaluable lessons on how to cope with the inevitable tensions most of us face in modern life.

Through breath awareness and conscious relaxation, you can take charge of all aspects of your health and enhance your ability to cope with life's increasing pace. The importance of understanding how useful your breath is in stress control, of how to breathe well and breathe deep cannot be overemphasized. Deep breathing likewise enhances concentration, releases tension and eases pain.

By using breath modulation and by becoming more mindful of the art as well as the act of breathing, you can do a power of good for your mind and body.