

## APRIL 2020

### THE POWER OF BREATHING

We take an average of 12 a minute, 720 per hour and over 17,000 per day. Yes, we take that many breaths and we take them for granted. Rarely do we consider just how important that involuntary process is, or that there are proper and improper breathing techniques that can make a big difference in our health. Breathing is made up of two processes: inhalation and expiration. When we inhale the diaphragm moves to expand the body cavity. Our lungs fill with air and the blood pumping through the lungs is oxygenated and then carries that oxygen to our brain and other vital organs. As we exhale, our body expels carbon dioxide.

We seldom think about how we're breathing or that we may be doing it incorrectly. The average person is generally chest breathing, whether they know it or not. The diaphragm separates the chest cavity from the abdomen. In chest breathing, you increase the size of your chest cavity by pulling up. Most of the air then stays in the top of your lungs. This is not efficient. Signs of Improper Breathing:

- Neck and shoulders moving while breathing
- Breathing that shows excessive involvement of the upper chest and/or neck
- Jerky breathing ending in sobbing or sighing
- Rapid breathing (more than 20 breaths per minute)
- Uneven breathing such as rapid breathing interrupted by long pauses
- Mouth breathing even when the nostrils are not blocked
- Too long of a pause from one breath to the next
- Loud and noisy breathing without an underlying medical reason



The opposite of chest or shallow breathing is belly or deep breathing. Learning to breathe from the abdomen is very important because the blood in the lowest part of the lungs is the richest for oxygen.

There are several exercises that can help us learn how to breathe properly and improve our overall health and wellness. First, learn to visualize your breath coming from the deeper part of the lungs and begin to focus on taking deeper breaths. Second, relax your breathing process. Focus on remaining loose but extending your core. Keeping your head straight but allowing your head to remain loose so that it can gently nod. Finally, place your hands on your stomach. Breathe in until you can feel your stomach expand. breathe out, and gently push your stomach back in as you breathe out. This exercise should help you be more aware of the correct way to breathe.

## ***SEASONAL ALLERGIES & HEALTHIER OPTIONS***

Sniffling, sneezing and coughing are typically the signs of a cold coming on; but for those who have a family member that struggles with seasonal allergies, you know that's not always the case. Oftentimes, those itchy eyes are a sure sign that allergy season is coming and with it the head congestion associated with an allergic response. Of course, it doesn't have to be that way; while the allopathic community says that allergies are incurable and only manageable, there's more to the story. Looking for some healthier options? Rather than over the counter items? Here are some tips and tricks to treating your symptoms.

- Replace the dust collectors! (old pillows, rugs, and blankets)
- Wash and dry bed sheets at least twice a month!! Including blankets and quilts.
- Avoid white sugar- refined sugar has no nutritional value and actually overtaxes the body during digestion. Instead substitute with honey.
- Limit dairy products- dairy increases the production of mucus and can mimic and allergic reaction.
- Eat whole foods that are prepared at home. Establish a regular eating schedule, this helps build you immune system, which will actually help to alleviate allergic reactions. Chiropractic adjustments will also help boost your immune system.



## ***Healing Properties of Honey...***

When we think of honey, the first thought is typically, "A healthy sweetener," and that's true enough. But there's so much more to it. Honey can be beneficial in a multitude of ways, based on its antibacterial, anti-fungal and antioxidant properties. Consider the following amazing health benefits:

- Allergies – Just a teaspoon a day of raw, local honey can decrease symptoms or prevent them altogether. In 2011, a study of 44 patients diagnosed with a birch pollen allergy who consumed either birch pollen honey or regular honey daily, experienced a 60% reduction in symptoms and twice as many days where they were without symptoms. Additionally, they had 70% fewer days with severe symptoms and a 50% decrease in the usage of antihistamines.
- Diaper rash: No matter how bad the rash, just a thin coating and then allowing the child to go diaper-less for a bit can clear it up in no time!
- Nasal Congestion: Add honey to a steam or simply spread it over the sinus area of the face.
- Cough and Sore throat: Mix equal parts apple cider vinegar and honey, and add a twist of lemon. Drink a bit of this every two to three hours.
- Cuts, burns, other wounds: Significant research has shown the benefits of using honey in wound management. It has antiseptic and antibacterial properties that help with healing!

Honey has been around for about 150 million years, and we still continue to learn more about the benefits of this sweet gift from the bees.