

E - B O O K

Breathe Better to Live Better

Have you ever considered the impact of your breathing on your mental and emotional well-being?

Ready to unlock the power of your breath for improved mental focus, emotional well-being, and enhanced physical performance?

Written by

Sahand Mokhberi

Certified Buteyko Breathing Practitioner
Myo-Fascial Bodywork Therapist

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Welcome to "The Power of Breath: Unlocking Potential Through Proper Breathing." I'm Sahand, your companion on this transformative journey. With over 7 years of experience in Buteyko Breathing and Myofascial Release Therapy, I bring a passion for health and a deep understanding of how breath can reshape our lives.

Going through my own journey of chronic pain, stress, and fatigue, I intimately understand their toll on daily life and our emotions. My personal healing journey, particularly through Buteyko Breathing, propels me to empower others to live Calm, Pain-free, and Liberated lives.

In this ebook, we'll explore the profound impact of proper breathing on health, sleep, and overall well-being. Sharing insights gained from years of practice, I guide you towards your own journey to better health. Whether you are struggling with brain fog, trauma, anxiety, or sleep disorders, including snoring, sleep apnea, and insomnia, I'm here to assist.

It's an honor to join you on the path to optimal living. Let's unlock the incredible potential of your breath together.

Best regards,

Sahand Molkhberi

Part 1: Becoming Aware of Our Breathing:

Let's embark on a journey to improve your breathing by first developing awareness. Understanding how you currently breathe is crucial for initiating positive changes. By tuning into your breath and becoming conscious of your breathing patterns, you can take control of your breath and make improvements.



Breathing Awareness:

To start, let's engage in a simple breath awareness exercise. Close your eyes, take a moment, and tune into your body. Ask yourself, "How am I breathing right now?" This exercise helps you become aware of your breathing habits, whether nasal or mouth breathing, shallow or deep and sets the foundation for progress.

Developing awareness of your breath is the first step toward unlocking your potential. Observing your breath throughout the day can identify unhealthy breathing patterns or habits hindering your well-being.

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"Breathing correctly is the key to better fitness, strength, stamina, and athletic performance."

Belisa Vranich, PsyD, Breathing Expert



Part 2: Breathing Better:

An often-overlooked aspect of our daily lives. While we may assume that breathing happens automatically, the reality is that most of us have never been taught to breathe correctly.

Various factors such as stress, injuries, poor posture & breathing during exercise, inadequate sleep, and an unhealthy diet can all impact our breathing patterns.

To breathe optimally, we need to understand the three critical aspects of breathing biomechanics:

- Nasal Breathing
- Using the Diaphragm
- Movement of ribs





To breathe optimally, we need to understand the three critical aspects of breathing biomechanics: nose utilization, diaphragmatic engagement, and the movement of ribs.

Utilizing the nose for inhalation and exhalation promotes diaphragmatic breathing, which is more profound, slower, and calming to the autonomic nervous system. Additionally, understanding how the diaphragm draws downwards on inhalation, creating a depth to the breath, and how the ribs move to facilitate the diaphragm's movement enhances our breathing experience.

"Nasal breathing is an essential component of healthy respiration. It promotes relaxation, balances the autonomic nervous system, and supports overall wellness."

Dr. Andrew Weil,
Integrative Medicine Physician

More on Nasal Breathing:

When we breathe through the nose, we activate the diaphragm, the primary muscle responsible for respiration. This engagement allows for a more efficient exchange of oxygen and carbon dioxide in the lungs. The movement of the ribs, which expand and contract with each breath, further supports diaphragmatic breathing. By practicing proper rib movement and diaphragmatic engagement, we can optimize our breathing and experience numerous benefits.

Nitric oxide produced in the nasal cavity supports open airways, efficient gas exchange, and improved heart rate variability. Embracing nasal breathing enhances well-being by ensuring adequate oxygen supply, filtering air pollutants, and strengthening the immune system. Make nasal breathing a part of your daily life for natural and effective respiratory support.



Part 3: Science of Breathing:



Biochemistry plays a crucial role in understanding our breathing. Contrary to popular belief, the body's urge to breathe is driven by elevated carbon dioxide levels rather than the need for more oxygen. The respiratory center in the brainstem monitors carbon dioxide levels and regulates our breathing accordingly.

Carbon dioxide plays a vital role in releasing oxygen from red blood cells, allowing it to be delivered to every cell in the body. It reduces the affinity of hemoglobin to oxygen, facilitating its transfer to the cells where it is needed for energy production. Developing carbon dioxide tolerance and learning to breathe lightly are essential for restoring our biochemistry, promoting relaxation, and optimizing energy utilization.

Part 4: Enhancing Your Life:



Throughout this ebook, we provide interactive exercises, videos, and practical tips to engage with your breath fully. By incorporating the principles of awareness, biomechanics, and biochemistry, you unlock the potential of your breath and transform the way you feel, move, and perform.

Breathing Habits and Their Effects:

Poor breathing habits can have a profound impact on our overall well-being. It's essential to recognize the signs of unhealthy breathing patterns so that we can take steps to correct them. Some common effects of poor breathing habits include frequent sighing or yawning, fast and audible breathing, feeling sluggish and foggy throughout the day, waking up tired in the morning, poor sleep quality, and increased levels of anxiety and overthinking.

Part 5: Breathing Habits:



Understanding the negative consequences of poor breathing habits can motivate us to make positive changes. Recognizing these effects empowers us to take control of our breath and explore the benefits of proper breathing.

"Improper breathing habits can have a significant impact on our physical and mental well-being. Developing awareness of our breath and adopting healthy breathing patterns can help optimize our overall health."

Dr. Patricia Gerbarg,
Assistant Clinical Professor in Psychiatry at New York
Medical College

Part 6: Improve Your Breathing:



Correcting our breathing habits and practicing proper breathing techniques can transform our health and well-being. By making a conscious effort to breathe optimally, we can experience a range of benefits. Some benefits of correct breathing include a calmer mind and body, improved posture, enhanced blood circulation, better sleep quality, improved cardiovascular fitness, reduced nasal congestion, and decreased stress and anxiety levels.

These benefits extend beyond the physical realm. Proper breathing can also positively impact our mental and emotional well-being, helping us achieve a sense of calm, clarity, and overall resilience. By embracing the power of proper breathing, we unlock our full potential for vitality and optimal living.

LET'S GIVE IT A TRY:

The following two exercises will help you start the journey of Healing, Self-improvement, and Optimal Performance.

***Disclaimer:** The exercises provided in this e-book are intended for educational purposes only and do not constitute medical advice. Prior to commencing any new exercise program, it is strongly recommended that you consult with your healthcare professional. Each individual's health condition is unique, and obtaining personalized guidance is essential to ensure safety.



Exercise #1

Reconnect to Your Body & Breath:

This 5-minute exercise promotes body and mind calmness. It also allows you to let go of the day's stress.

- Sit Comfortably on a comfortable chair with back support.
- Ensure your knees are at a 90-degree angle.
- Close your eyes.
- Focus on Breathing: Inhale and exhale through your nose.
- Bring awareness to your breathing.
- Body Scan: Spend a few seconds on each area of the body.
 - Start with your forehead, feeling any tension melt away.
 - Move to your eyes, allowing them to relax.
 - Release tension in your jaw, let it go.
 - Move to your throat, breathe in relaxation.
 - Relax your shoulders, feeling them drop.
 - Move down to your arms, let them become heavy.
 - Feel relaxation in your hands.
 - Move to your chest, breathe deeply.
 - Let tension release from your stomach.
 - Move down to your thighs, let them relax.
 - Feel your knees becoming light.
 - Move to your calves, release any tightness.
 - Finally, relax your feet.

***Note of Caution: Do not practice while driving or operating machinery.**

Exercise #2

Concentration, Focus, Balance

This breathing exercise helps calm the mind and reduce stress, delivering oxygen-rich blood flow to the brain. Allowing you to be more present with razor-sharp focus and mental clarity.

Practice for 5 mins, take a 1-minute break, and then another 5 minutes. Ideal before a job interview, public speaking, an important meeting, or a school exam

- Find a comfortable chair with back support.
- Ensure your knees are at a 90-degree angle.
- Relax your hands on your legs and close your eyes.

- Rhythmic Breathing:
 - Inhale slowly through the nose counting 1, 2, 3.
 - Exhale gently through the nose counting 3, 2, 1.
 - Continue this rhythmic pattern for 5 minutes.

- Half Time Pause:
 - After 5 minutes, breathe normally through the nose for 1 minute.

- Repeat the same rhythmic inhalation and exhalation pattern for another 5 minutes.
- Breathe normally and feel the relaxation!

***Note of Caution: Do not practice while driving or operating machinery.**

Exercise #3

Relaxation, Recovery, Restoration:

This exercise aids in calming the breath and the nervous system through extended exhalations that activate the vagus nerve. Think of the vagus nerve as a built-in relaxation switch in your body. When you activate it with slow and deliberate exhales, it sends a signal to your brain to dial down stress, promoting a sense of calm and balance. Promoting better restful sleep and increasing recovery.

- Sit Comfortably on a comfortable chair with back support.
- Ensure your knees are at a 90-degree angle.
- Relax your hands on your legs and close your eyes.

- Prolonged Exhalation:
 - Inhale slowly through the nose counting 1, 2, 3.
 - Exhale gently through the nose counting 5, 4, 3, 2, 1.
 - Continue this pattern for 5 minutes.

- Half Time Pause:
 - After 5 minutes, breathe normally through the nose for 1 minute.

- Repeat the same inhalation and exhalation pattern for another 5 minutes.

***Note of Caution: Do not practice while driving or operating machinery.**

Some Scientific Papers on Breathing:

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NEED MORE SUPPORT?

Schedule Your Complimentary Discovery Call

Are you ready to take control of your breathing and experience the life-changing benefits of proper breathing techniques?

If you're struggling with breathing difficulties, postural imbalances, or sleep disorders, I can help you!

With my expertise in Integrative Bodywork, Functional Patterns, and Buteyko Breathing Therapy, I can offer tailored guidance and techniques.

Whether you want to enhance your lung capacity, correct postural misalignments, or find a holistic approach to managing your symptoms, I'll provide the support you need.

BOOK NOW: