

Breath & Breathing Techniques For a Better Brain

By changing your pattern of breathing, you can change the capacity of your brain. Breathing controls the state of mind and body. For example, when you inhale, you are better able to learn and remember. Long exhales are connected with improved relaxation. The following techniques are offered to provide a guided means of improving your breathing, relaxation and focus. This is not considered a diagnostic technique nor medical advice. Want to learn more? Text your questions to: (303) 780-7382 (text or voicemail)

1. 4-7-8 Breathing session with Andrew Weil
 - a. <https://www.youtube.com/watch?v=OVJ3MwU1SFQ> (explanatory video)
 - b. https://www.youtube.com/watch?v=YRPh_GaiL8s (How to Perform 4-7-8 Breathing)

2. Boteyko Method: Gentle breath in, gentle breath out, slow & deep, reclined
 - a. https://www.google.com/search?q=you+tube+boteyko+breathing+technique&rlz=1C1CHBF_enUS951US951&oq=you+tube+boteyko+breathing&gs_lcrp=EgZjaHJvbWUqCQgBECEYChigATIGCAAQRrg5MgkIARAhGAoYoAEyCQgCECEYChigATIJCAMQIRgKGKABMgkIBBAhGAoYoAEyBwgFECEYjwlyBwgGECEYjwLSAQg2NDE3ajBqN6gCALACAA&sourceid=chrome&ie=UTF-8#fpstate=ive&vld=cid:39f6a9bd,vid:UK3evBQkeEU,st:64

3. Rick Rubins' 5-minute Coherence Breathing Technique (6 breaths/minute breathing; suggests 10-20 minutes/day)
 - a. https://www.youtube.com/watch?v=Vi0_7idqcFI

4. Wim Hof Method Guided Breathing for Beginners (3 rounds, slow pace, relaxed environment—note: the first link requires breath holds 30, 60 then 90 seconds)
 - a. <https://www.youtube.com/watch?v=0BNejY1e9ik> (provides verbal instruction + breath count)
 - b. Dr Sten Ekberg explains how the Wim Hof benefits come about...what happens when you breath Wim Hof style. <https://www.youtube.com/watch?v=S-r35dBbAB8>
 - c. Use the WHM app, select INTERACTIVE BREATHING, then Guided breathing

5. 5 Ways to Improve your Breathing, James Nestor (Author of BREATH, Riverhead Books, 2020)
 - a. <https://www.youtube.com/watch?v=f6yAY1oZUOA>

6. Andrew Huberman: Breathe Correctly for Optimal Health, Mood, Learning & Performance
 - a. Complete lecture: https://www.youtube.com/watch?v=x4m_PdFbu-s
 - b. Double-breath sigh (to release tension): take a deep breath in thru nose, now breathe in once more to completely fill the lungs, then slowly breathe out thru the mouth
<https://www.youtube.com/watch?v=pE8TH8hZ-48>