

COMBINING THE FUNDAMENTALS OF OPTIMAL BREATHING VIDEO - 176 and THE OPTIMAL DIAPHRAGM STRENGTHENER - DS

The 176 video is a simple fast systematic development of breathing ease, depth and balance in the belly, low mid and upper back, sides, low, mid and high chest. It also develops unused and dormant sections of the lungs and chest. Most people report a significant to HUGE improvement in breathing the first day.

The DS uses precise wind resistance related to the force required to play a large wind instrument such as Tuba. By alternating its usage with the 176 Breathing Fundamentals Program Strapping Techniques and exercises we enhance chest expansion while vigorously exercising the primary breathing muscle. This lessened tension in the rib cage allows more expansion and contraction for natural breast massage (when not wearing a bra). We suggest it be used approximately 3 times per week in conjunction with the 176 Video strapping techniques.

THE DS = A LARGER STRONGER DIAPHRAM = GREATER HEART POWER
A larger stronger diaphragm supplies more oxygen to the lungs giving them greater power to gather oxygen and throw off toxins. A stronger diaphragm, by constantly forcing apart and enlarging the chest cavity and therefore aiding the chest cavity to remain larger, will give the heart more room to function giving greater endurance and ease of working making oxygen more available to itself. This may reduce the possibility of irregular heart beats and heart attacks due to insufficient supply of oxygen.

POSTURE

The DS also helps develop posture from the inside out. A slouch is largely due to a weakened and shortened diaphragm, sunken and undeveloped chest muscles and weakness or over shortening/lengthening of certain groups of accessory breathing muscles. With regular use of the DS you get the FEEL of what larger stronger breathing is like so you can better allow for it on a moment to moment basis. Shoulder broadening and reduction of rounded shoulders may occur as well.

INTERNAL EXERCISE

Many abdominal disorders, especially constipation, sluggish liver and indigestion are significantly caused by lack of abdominal activity; the DS causes more vigorous forms of movement therefore massaging many of the internal organs. Using it in conjunction with other forms of exercise can greatly enhance the benefits of those exercises. Make sure you use the 176 strapping technique before and after its usage.

MUCH LARGER LUNG VOLUME

Used over time one can greatly enhance and maintain one's breathing strength and lung volume/capacity. The combined techniques of 176 and DS have resulted in increases of up to one liter of breathing volume within a few days. Shallow or stuck breathers will greatly increase their lung capacity as well as slow the breathing rate and reduce the oxygen cost of breathing.

SINGERS

Will gain or regain power, sustain and pitch control throughout the vocal range.

SPEAKERS

Will add vocal strength and dynamics never before thought of or regain abilities thought lost to age or condition.

SUPERMAN SYNDROME

The big chest and small waist is a western roll model that is negative to healthy breathing. Almost everyone admires a superman or superhero. But the chest and rib cage must flex for the breathing to be able to expand and contract into deep easy in-breaths and relaxing out-breaths. In real life a huge chest does not mean a flexible/expanding and contracting chest. The expression “he’s a real stiff” speaks to that. Rigid body = less flexible personality = more restricted or labored breathing. The breathing must also be balanced properly and centered in the lower part of the thorax/belly-chest for the nervous system to be able to stay calm, relaxed. Combining the 176 and DS helps balance out and reduce “Superman Syndrome”. More about this syndrome at www.breathing.com/articles/superman-syndrome.htm

PREVENTION OF COLDS AND OTHER LUNG PROBLEMS

In much the same way we put a dirty kitchen sponge under water and squeeze it to let the water in and the waste out, we “squeeze the sponge/lungs” with the ribs cage and diaphragm’s expansion and contraction causing release of accumulated waste collected in the lungs due to shallow breathing, poor diet, poor air and improper elimination.

SEDENTARY LIFESTYLES

Many people are so under energized they do not have “the juice to get the juice.” Our two part system helps them get more active by increasing the source of their primary energy, their breathing. It also inspires those that have not been active to develop the breathing and further enhance their primary energy source: it “gives you more juice to get more juice”.

BRASSIERES

Many brassieres constrict the breathing. The better developed the breathing is the more aware one is of that constriction. The larger the breast cup size the more bra band strap tension needed to keep the breasts in place. The tension causes restriction of the lungs and may invite circulation issues leading to maladies of the breast tissue such as cysts and cancer. Read *Dressed to Kill* by Rick Renner for more about that.

CAN’T DO IT

Though it is quite simple for most people, even those with advanced forms of COPD, if you are unable to raise the ball to the top of the tube we strongly suggest you see your health professional related to a possible respiratory issue or some other health challenge.

The DS is sold only as a companion to the 176 Video program.

www.breathing.com/breathingkit.htm