



# CORNERSTONE HEALTH

EMPOWERING THE MIND TO TRANSFORM THE BODY

SECTION 1: FOUNDATIONS OF HEALTH



# PRINCIPLE # 8

RESPIRATION/ ALTERNATIVE THERAPIES



- How does my breathing habits affect my body?
- Self administered/ secondary alternative therapies.

# WHAT THE DIFFERENCES BETWEEN THESE TWO?

TURTLE: 150/ 3-4MIN



RAT: 2-3/ 85MIN



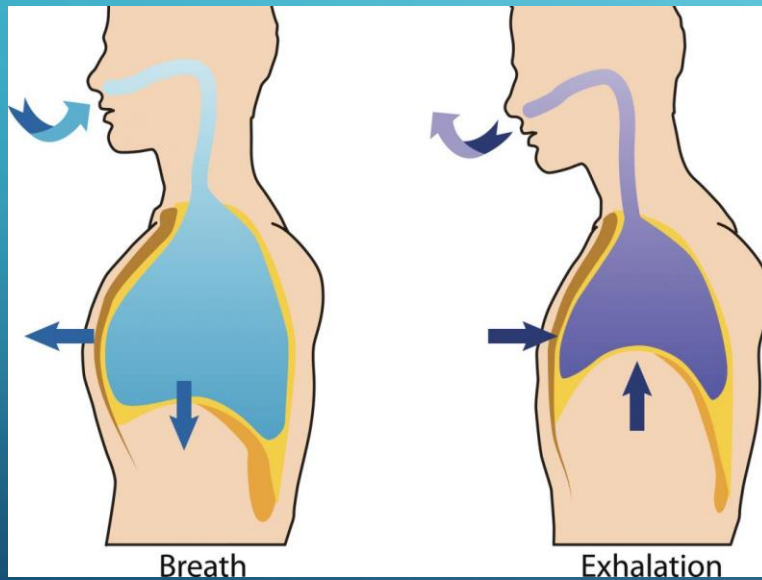


## BREATHING HABITS

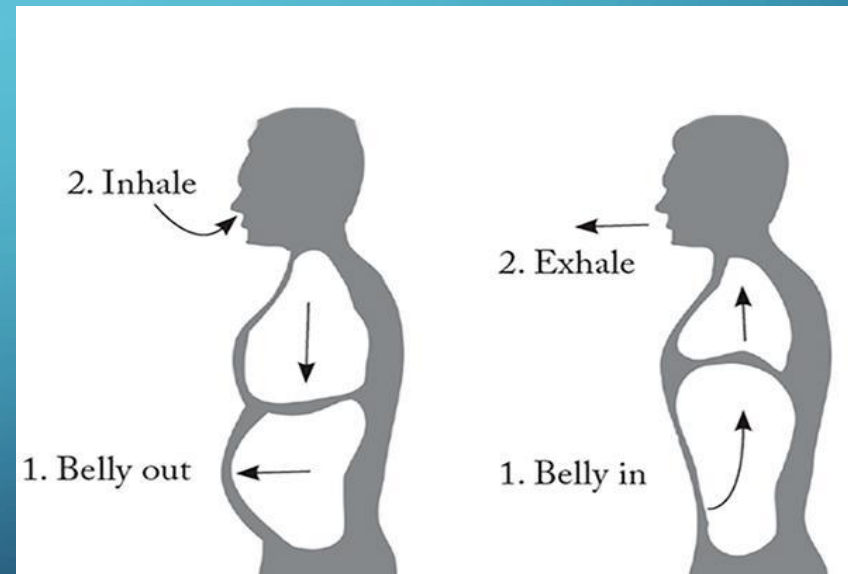
- Typically adults 12- 20 breathes per minute.
- Breathing increase oxygen availability for the cells of our body.
- Most adults also “chest” breathe. What the problem with this???

# WHATS YOUR BREATHING TYPE????

## “CHEST” BREATHING



## DIAPHRAGMATIC BREATHING

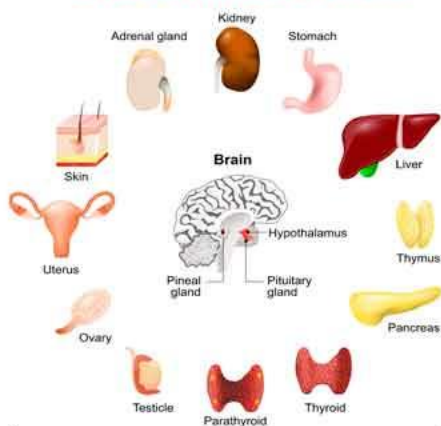




**BRAIN**

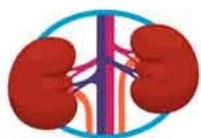
- Improves Brain Perfusion (blood circulation)
- Activates the Parasympathetic Nervous System
- Improves Memory, Concentration, Mental Activity
- Improves Quality of Sleep
- Reduces Stress
- Develops Stress Resistance
- Elevates Mood
- Relieves Emotional Problems

## ENDOCRINE SYSTEM



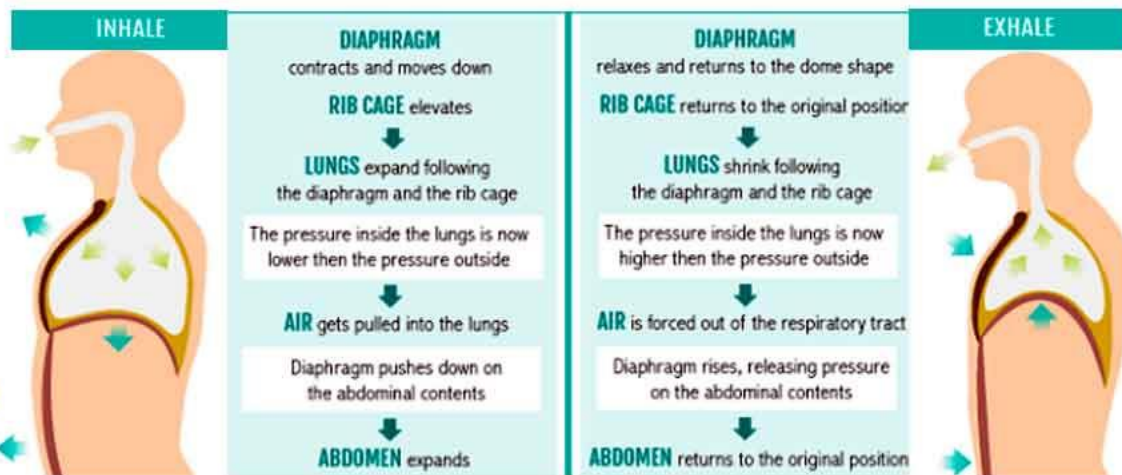
**Increases Serotonin & Calms the Mind**  
**Strengthens the Immune System**  
**Normalizes Hormonal Balance & Metabolism**  
**Maintains Normal Weight**  
**Boosts Energy Level**  
**Improves Stamina**

## KIDNEYS



**Normalize Kidneys Blood Perfusion**  
**Detoxifies and Releases Toxins**

## BENEFITS OF DIAPHRAGMATIC BREATHING

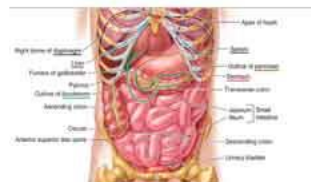


## MUSCULOSKELETAL SYSTEM



**Relaxes muscles**  
**Relieves Muscular Pain**  
**Improves Posture**  
**Releases Tension**  
**Decreases Fatigue**

## ABDOMINAL ORGANS



**Increases Digestion & Assimilation of Food**  
**Relieves Constipation, Abdominal Pain, Irritable Bowel Syndrome**

## HEART



**Lowers Blood Pressure**  
**Lowers Cholesterol**  
**Reduces Heart Rate**  
**Reduces Heart Load**  
**Improves Myocardial Perfusion**  
**Improves Haemodynamic**

## LUNGS



**Strengthens the lungs**  
**Lowers Respiratory Rate**  
**Improves Lung Capacity and Resistance**  
**Cleans Tracheobronchial Tree**  
**Resolves Asthma, Respiratory Allergies**

# SELF ADMINISTERED/SECONDARY

- Diaphragmatic Breathing- belly breathing
- Reverse breathing- opposite of belly breathing.
- Tai chi- Tai chi is characterized by posture alignment, weight shifting and circular movements that incorporate elements of muscle endurance and strengthening, balance, relaxation and **breathing control**.
- Qi gong- Qi Gong is defined as a mind-body exercise that involves whole body movements, **breathing techniques**, postural control, and internal awareness.
- Massage therapy-Swedish, Deep Tissue, Shiatsu, Thai, Lymphatic Drainage, Hot Stone
- Aroma therapy- scent molecules in essential oils travel from the olfactory nerves to the brain and impact the amygdala, the emotional center of the brain and other parts as well.





THANK YOU

# SOURCES

- <https://a-z-animals.com/blog/how-old-is-the-worlds-oldest-turtle-5-turtles-that-survived-for-centuries/>
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- <https://www.health.harvard.edu/healthbeat/learning-diaphragmatic-breathing>
- <https://biofeedback-neurofeedback-therapy.com/breathing-biofeedback/>
- <https://www.nccih.nih.gov/health/tai-chi-and-qi-gong-in-depth>
- <https://clinicaltrials.gov/ct2/show/NCT04357678>