

The importance of taking full deep nasal breaths

When we take deep nasal breaths it impacts the entire body. It helps regulate the heart rate and blood pressure. Deep breathing will also assist in the fluidity of movement, which helps protect and strengthen your joints and muscles. Let alone help relax the body and reduce stress.

Deep Nasal Breathing:

IMPROVES:

- Encourages calmness and relaxation
- improves body movement and function
- Regulates the heart rate
- Stabilises blood pressure.
- Helps protect and strengthen your joints and muscles.
- Stimulates the lymphatic system
- Improves immunity
- Increases energy
- much better exchange of oxygen to carbon dioxide as you settle into a pattern of deep inhale and deep exhale
- improves digestion

DECREASES:

- Stress
- help to manage pain and discomfort
- reduces blood pressure
- reduces anxiety and depression
- reduces toxicity within the body

There is so many benefits to deep nasal breathing. If you suffer from Asthma, have increased stress and anxiety in your life or require further understanding and would like to know how to deep breath, there are exercises that can support your health simply by learning to breathe deeply. If you'd like to know more about how to breathe deeply, book in for a breathing session. You'll gain so much more understanding of how to breath correctly let alone improve your health and sleep.

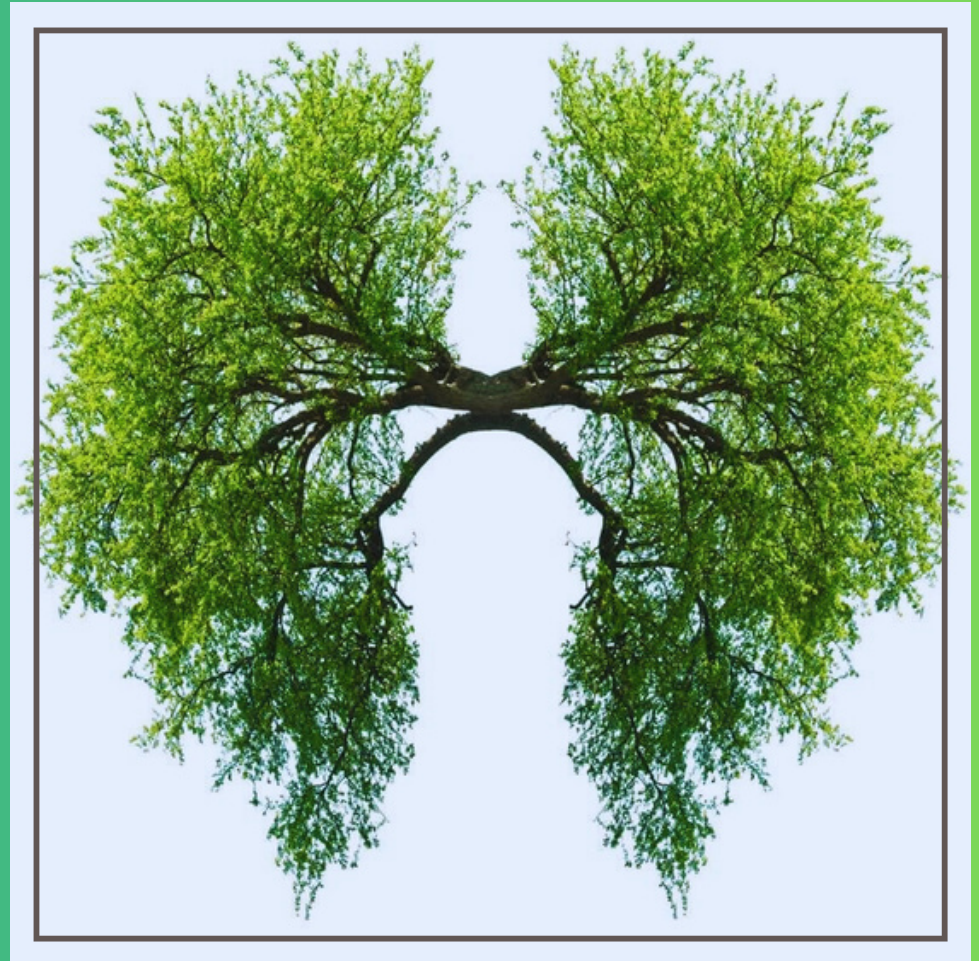
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A Deep Nasal Breathing Session @ Three Point Health

WILL INCLUDE:

- An Assessment of your current breathing styles
- Learning the difference between breathing styles
- Learning the benefit of different breathing styles
- Exercises to help you know how to breathe deeply
- Finally supporting the client to learn deep nasal breathing



*“Above all,
learn how to
breathe correctly”*

Joseph Pilates.

If you would like to have better
deep sleep, why not try a deep
breathing session

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