

THE ART OF BREATHING

Joanne Renee Keedy

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May 26, Vasyl Pasternak rated it really liked it. Disclosures can be found alongside this article at erj.

Asbabieswenaturallypracticedeepabdominalbreathing. Vol 48

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Itactivatesyourparasympatheticnervoussystemandtellsyourbodytorela

the breath can also support a virtuous cycle – a gentle rising

and falling breath stimulates the parasympathetic nervous

system our relaxation response causing soothing hormones to

flow through the body.