

Ancient Arts Acupuncture

Breathe Easier, Feel Better

by Tom Ingegno M.S., L.Ac.

Dr. Andrew Weil said that part of the reason we have so many problems is that we don't know how to breathe correctly. Many of the stress related problems we have could be easily helped by taking the time to **breathe**. While breathing techniques are widely taught in Qigong, Meditation and Yoga classes; simple techniques can be done at home or work in just a few short minutes. The following technique can help relieve stress, relax the body and clear the mind. Use this technique wherever you are at anytime to achieve some peace in your life.

- 1) Find a comfortable position- It can be sitting, standing or laying down, soften or close your eyes
- 2) Place your hands directly below your bellybutton.
- 3) Slowly, inhale through the nose, filling the area under your hands. Do not force air in, try to only allow the abdomen to expand as far as comfortable.
- 4) Exhale slowly through the mouth, allowing the abdomen to contract naturally.
- 5) Repeat for at least 10 breathes, or until you feel more relaxed

This technique is often referred to as “Infant Breathing” because it mirrors the way a baby's belly rises and falls with each breath. Pay attention to your ribs and shoulders as they should only move slightly and the sensation should be that you are drawing air deep into your abdomen. Give this a try next time you feel some stress coming on and you will be able to deal with it in a calm peaceful manner.

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