



BP - Diaphragmatic Breathing

We are designed to breathe in our belly. Watch a baby or an animal. When they inhale their stomach expands. Breathing diaphragmatically pulls oxygen into your lower lungs and more oxygen into your lungs overall and into your blood stream.

Shallow chest breathing triggers the fight or flight/stress response and kicks chemicals like adrenalin into the blood stream. That kind of sustained physiological stress wears down the immune system – among other things. Unfortunately, because of stress and cosmetic concerns to suck in your gut, we are epidemically shallow breathers.

I guarantee you that medicine will be shifting more to a focus on strengthening the immune system...likely through pharmaceuticals when a cost-free option is diaphragmatic breathing, and an understanding/application of psychoneuroimmunology (a field launched by Candace Pert, former chief of brain biochemistry at NIH) – which demonstrated that emotions significantly impact immune function. Breathing is a mediator of brain chemistry as well as a modulator of emotion.

When you inhale your belly should expand, filling up like there is a balloon in your belly. Slowly to fill and then slowly to empty, holding only for a momentary pause from one back to the other. Sit up straight (in a relaxed position not hunched over) so diaphragm is free to expand. Put hand or hands with pressure on stomach, thumbs on your navel, so you have some resistance/focal point to expand against.

If you have difficulty, lie down with a heavy book over the area where your hands were directed above on your stomach. If the efforts are frustrating, try to relax, let go and gently try again.

One helpful strategy is to imagine a bellows when breathing in. A bellows when base is fanned open, it sucks air into its large cavity. If you practice sticking out your belly at the moment you suck in air, you can create that bellows effect.

D breathing exercises the diaphragm muscles and other organs, helps digestive processes, gets best blood oxygen mix.

https://my.clevelandclinic.org/health/diseases_conditions/hic_Understanding_COPD/hic_Pulmonary_Rehabilitation_Is_it_for_You/hic_Diaphragmatic_Breathing: This link also shows breathing exercises

The diaphragm is the most efficient muscle of breathing. It is a large, dome-shaped muscle located at the base of the lungs. Your abdominal muscles help move the diaphragm and give you more power to empty your lungs.



Cleveland clinic recommends you "at first, practice this exercise 5-10 minutes about 3-4 times per day. Gradually increase the amount of time you spend doing this exercise, and perhaps even increase the effort of the exercise by placing a book on your abdomen."

We add a focusing component. Try to keep your attention on your breathing; if your mind wanders gently bring it back. You will develop your capacity to focus and concentrate. Adrenalin secreted in the fight-or-flight response, triggered by shallow breathing, makes it very difficult to concentrate. Breathing diaphragmatically helps to develop focus...with no prescription medication cost or side effects.

People don't breathe right AND they don't deal with underlying emotions which if negative have been shown to affect body acidity. Healthy cell metabolism depends on the right balance of cell's acid and alkaline. We largely ignore emotions and go right to medications if they become a problem. But those powerful expressions of consciousness are largely unconscious because we are not raised to deal with our emotions. We are raised to believe they are just brain chemicals (magically (and unexplainedly) directing lives) so people compound, or project and take pills but don't effectively deal with/resolve their unconscious dominant emotions.

<http://archneurpsyc.jamanetwork.com/article.aspx?articleid=644068>

BODY ACIDITY AS RELATED TO EMOTIONAL EXCITABILITY

GILBERT J. RICH, Ph.D.

Arch NeurPsych. 1928;20(3):589-594. doi:10.1001/archneurpsyc.1928.02210150149010.

The material on which this report is based is derived from an experimental investigation which has been in progress for two years. The purpose and plan of the study, together with certain of the earlier detailed results, have been described elsewhere.¹ The present article presents several trends which have become increasingly evident as the work has progressed and which seem, in the light of the accumulated evidence, to be beyond a possibility of being due to chance.

Emotional traits present far greater obstacles to adequate study and measurement than do the intellectual characteristics of a person. Tests of intelligence are now in wide use. In addition to their strictly clinical value as aids to diagnosis and prognosis, experimental work with psychometric tests has led to considerable insight into the nature of intelligence and the hereditary, developmental and environmental factors involved in it. Intelligence, however, is dealt with relatively easily



The effects of the **emotions** on gastric secretion and motility in the human being

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2338457/>

TI Bennett, JF Venables - British medical journal, 1920 - ncbi.nlm.nih.gov
... 30,1920] EFFECTS OF THE **EMOTIONS** ON GASTRIC SECRETION. ... 1 shows the result of this experiment; it will be seen that the usual sharp rise in **acidity** is completely inhibited, only at the conclusion of hypnosis does it rise appreciably, but it then rises ...
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<http://onlinelibrary.wiley.com/doi/10.1002/bjs.1800166214/abstract>

The depressive influence of the sympathetic nerves on gastric acidity

H. Moll and E. R. Flint **British Journal of Surgery**

[Volume 16, Issue 62](#), pages 283–307, October 1928

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<http://www.ncbi.nlm.nih.gov/pubmed/8409313> J Clin Gastroenterol. 1993 Sep;17(2):117-22.

The effect of acute emotional stress on gastric acid secretion in normal subjects and duodenal ulcer patients.

[Bresnick WH¹](#), [Rask-Madsen C](#), [Hogan DL](#), [Koss MA](#), [Isenberg JI](#).

ES [Emotional Stress] increased GAS [Gastric Acid Secretion] when compared to the basal state ($p < 0.02$) and when compared to the control test ($p = 0.07$). (ABSTRACT TRUNCATED AT 250 WORDS)

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Emotions and gastroduodenal function: experimental studies on patients with gastritis, duodenitis and peptic ulcer.



“Thus, with the knowledge of the dominant emotions in these patients and some of the circumstances responsible for their being, situations were created in the laboratory which resulted in emotional and gastroduodenal changes like those occurring in the individual's day-to-day experiences. Records were made of the behaviour and utterances of the subject. Also simultaneously, records were made of the motility and secretions of the stomach and of the finger temperature and respiration. 165 observations were conducted on 26 subjects, 10 of whom had ulcers of the stomach or the duodenum, and 3 of whom had gastritis and duodenitis. 13 subjects were healthy and without complaints. The experiments revealed the following association of affective reactions and physiological function in the patients. Tension, anxiety, resentment, anger, guilt, obsequiousness and desperation, already present, accentuated or induced, were almost always accompanied by an increase in hydrochloric acid, mucous and pepsin secretions. Peristaltic activity became continuous, and contractions increased in magnitude. Respiration became more rapid and shallow, with frequent sighs. There was usually a drop in finger temperature. Often in patients with ulcer, pain of a burning and gnawing quality was precipitated and unusual amounts of bile and moderate amounts of fresh, unclotted blood appeared in the extractions. Similar changes occurred in a few instances during sleep following a period of affective stress. During and after interviews which engendered emotional security, functional over-activity decreased and approached the normal. A comparison of the individual physiological and emotional changes in normal subjects with those of patients with ulcer, gastritis and duodenitis, revealed similar patterns, but the changes in the pathological group were greater in magnitude and duration.”

http://journals.lww.com/psychosomaticmedicine/Abstract/1942/01000/EMOTIONS_AND_GASTRODUODENAL_FUNCTION_Experimental.2.aspx

B Mittelman, HG Wolff, MP SCHARF - Psychosomatic Medicine, 1942 - journals.lww.com

EMOTIONS AND GASTRODUODENAL FUNCTION EXPERIMENTAL STUDIES ON PATIENTS WITH GASTRITIS, DUODENITIS AND PEPTIC ULCER ... As indicated above, the situations that prompted these **emotions** in themselves were not necessarily dramatic or critical. ...

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The depressive influence of the sympathetic nerves on gastric **acidity**

<http://onlinelibrary.wiley.com/doi/10.1002/bjs.1800166214/abstract> **British Journal of Surgery** Volume 16, Issue 62, pages 283–307, October 1928

British Journal of Surgery, 1928 - Wiley Online Library

... The other five all show an increase in HC1 secretion. 4. THE DEPRESSIVE ACTION OF **EMOTIONS** ON GASTRIC **ACIDITY**. Cannon22 found that in a cat any sign of rage or distress, or mere anxiety, was accompanied by ...

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Acidity. The hidden face of conflictual and stressful situations

[F D'Errico, I Poggi - Cognitive Computation, 2014 - Springer](#)

... How does the expression of **acidity** affect the **emotions** of both the victim and the acid person, and their reciprocal relationships? Method, Questionnaire, and Participants ... Table 1 **Acidity** and **emotions** Proactive **acidity** Passive **acidity** Jealousy 4.08 Helplessness 3.36 ...

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Matt Monsein, MD was the first homeopathic physician in the Twin Cities.

<http://www.atlantaclassicalhomeopathy.com/pHbalance.htm>

THE IMPORTANCE OF YOUR BODY'S pH BALANCE

Our bodies live and die at the cellular level. The billions of cells in our bodies must maintain alkalinity, in order to function and stay alive. The first line of defense against disease is a proper pH balance. Disease can only grow in an acidic body, which makes a condition favorable for the growth of bacteria, yeast, fungus, mold, viruses, and any other unwanted organisms. Cancer always strikes those with an over-acidic body.

An acidic state causes a lack of oxygenation at the cellular level. When the pH level falls below 7.4, there is less than the maximum oxygen in the blood. Blood carries the maximum oxygen at pH 7.4 (alkaline). Without proper oxygenation, unfriendly bacteria, mold, and viruses will prosper.

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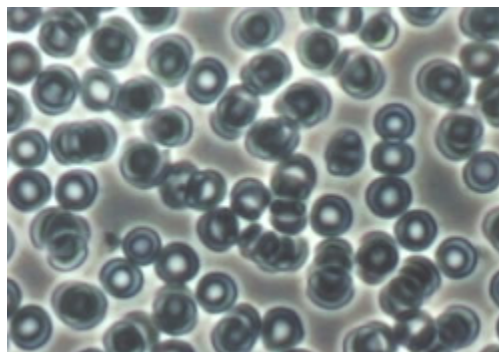
http://www.integrallifewellness.com/YouAre/eat/DigestWell_BodypH.htm

Negative Emotions and stress causes an acidic environment in the body, which is the underlying causation of most diseases. While some negative emotions produce more acid than others, certainly thoughts on the lower scale of consciousness (unrestrained animal-like impulses) produce the largest quantities of adrenalin and therefore acidity, which exhaust and age us. Naturally the more extreme the emotion the more acidic the blood becomes. Acid in the blood is called oxidation.



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Anything extreme that is divisive, one-sided, or myopic oxidizes the blood whether it is justified by a religion, culture, group or philosophy. This ranges from being self-critical to being judgmental of others; stress; fear, anger, and hate; depression, blame, cynicism, negative thinking, and so on. Even things we see as positive when perceived in the extreme are out of balance and therefore, create a physiological effect within the body's pH balance. A good example of an extreme would be someone who hates war, but loves Peace. As a peace advocate, certainly war is not the answer, but rather it is the emotional velocity to a particular situation that is totally rejecting of the other without seeking first to understand, which causes such a physiological response in the body. Nihilistic and dualistic thinking acts as a trigger to create an extreme or heightened emotional response.



Excess acidity in the blood shows up as white spots on the cells or as discoloration. Wherever acids settle in the body, they make coagulation difficult, and the location of these puddles of blood indicate problems in the organ system related to those feeding routes in the blood system.

Getting a solid grip on our emotions not just in external restraint, but on an internal level where we can bring more love and understanding to them to propagate higher quality thoughts promotes alkalinity. It is actually quite interesting that Love and understanding cleanses and heals the body creating an internal alkaline environment. Perhaps love is the body's natural state of being and its default system to remind us when we are not aligned in love.

Optimal health occurs in a slightly alkaline environment. Alkalinity is so important in blood that the body has powerful mechanisms to maintain pH between 7.25 and 7.65. Our glands and organs function properly in exact proportion to the alkaline and acid levels in our system. Prolonged time in the acid pH state, or acidosis, impacts our organs and can cause rheumatoid arthritis, diabetes, lupus, tuberculosis, osteoporosis, high blood pressure, and cancer. Cynicism and negativity are strongly associated with degenerative disease.



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There are other triggers along with emotional stress that result in acidic pH-- immune reactions, acid-forming diets, toxic overload or other processes that deprives cells of oxygen and nutrients. These are discussed in [**You Are What You Eat.**](#)

Coming Soon: [**Food and acid alkaline balance \(or imbalance\)**](#)