

# BREATHE FOR LIFE

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Breathwork for Health, Happiness, and Immunology

# James Nestor Arguments/Take-Home Ideas (Mouth breathing, Nose, Exhale, Slow)

## CENTRAL ARGUMENTS & IDEAS

- ✓ Little research on breathing or how improved breathing can alter the entire mental and physical systems w/in the human body.
- ✓ The way we breathe is really important to all aspects of well-being
- ✓ Mouth breathing is destructive in multiple ways (eating, sleep, carbon dioxide, humidity, air temp, ...)
- ✓ Blood pressure rises quickly
- ✓ Fatigue-emotional and physical
- ✓ Longer life-immune system with better breathing
- ✓ Nose-filters air and adds carbon dioxide into the system (which is good)
- ✓ Individual nostrils reshape emotions, digestion, circulation
- ✓ Digestive system is directly linked to how we process O<sub>2</sub>
- ✓ Exhale—Slow to control O<sub>2</sub> release. Mental impact.



# Wim Hof Take Home Args: Cold, Breathing, Exercise

## CENTRAL ARGUMENTS/IDEAS

- Adrenaline control— key to immune control and emotions
- Self control of your own immune system
- Cold water immersion—circulation of blood- inflammation
- Emotion/Mental control
- Water hydration?
- Universal-everyone can do it—
- Make time and practice it
- SELF-EMPOWERMENT over “victim mentality” or passive approach to health



# AEROBIC FITNESS: VO2 CAPACITY

**VO<sub>2</sub>max** is the measure of aerobic and endurance fitness. It is the maximum rate of Oxygen (O<sub>2</sub>) consumption by the human body during exercise. **VO<sub>2</sub> max** is a measure of how quickly your lungs, heart, and muscles can process oxygen, and it's synonymous

## Top VO<sub>2</sub>max scores ever recorded (in ml.kg-1.min-1) --Men

**97.5** Oskar Svendsen Cycling 18 year old from Lillehammer, Norway.

**96.0** Espen Harald Bjerke Norwegian cross country skier.

**96.0** Bjørn Dæhlie Norwegian cross country skier.

**93.0** Kurt Asle Arvesen Road Cycling a Norwegian professional road bicycle racer for Team Sky.

**92.5** Greg LeMond cycling US professional cyclist

**92.0** Kilian Jornet Ultr-endurance runner

**92.0** Matt Carpenter runner Pikes Peak marathon course record holder

**92.0** Tore Ruud Hofstad Norwegian cross country skier achieved in 2005

**91.0** Gunde Svan Swedish XC-skier won a total of 4x gold, 1x silver and 1x bronze medals at the Winter Olympics.

**91.0** Harri Kirvesniemi Finnish cross country skier

**88.0** Miguel Indurain cycling professional cyclist

**87.0** Jon Anders Gaustad cross country skier achieved 2005, listed in an article on [www.fasterskier.com](http://www.fasterskier.com).

**84.4** Steve Prefontaine runner from the US

**84.0** Lance Armstrong cycling professional cyclist

## Top VO<sub>2</sub>max scores ever recorded--Women

**78.6** Joan Benoit distance running 1984 Olympic Marathon Champion

**76.6** Bente Skari XC-skier

**76.0** Flavia Oliveira Cycling Oliveira is a Brazilian National Team road cyclist and climbing specialist.

**74.0** Charlotte Kalla XC-skier achieved at only 20 years of age

**72.0** Marit Bjørgen XC-skier

**72.0** Toini Rönnlund XC-skier achieved in the sixties sometime.

**71.2** Ingrid Kristiansen distance running ex-Marathon World Record Holder

**67.2** Rosa Mota distance running Marathon runner. 1984 Olympic Marathon Bronze - 1988



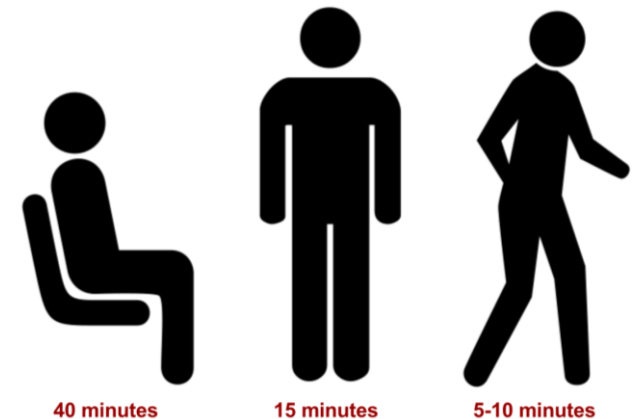
# IS SITTING THE NEW SMOKING?

Most of us have heard the phrase “sitting is the new smoking” referring to the growing epidemic of sedentary lifestyles in the United States. But is this true? Is sitting in a chair that bad for you?

**NO**, smoking increases risk of premature death by **180%**, still far more than sitting. **HOWEVER...**

## THE FACTS (CDC, Mayo Clinic)

- Over 25% of American adults sit for more than 8 hours every day. 44% of those people **get little to no exercise**.
- Nearly 60% of **American children** do not have healthy cardiorespiratory fitness (CRF), a key measure of physical fitness and overall health
- The average American watches screens approximately 6-8 hours of every day.
- The average American is active less than 20 minutes every day.
- **112%** increased risk of diabetes.
- **147%** increased risk of cardiovascular events like heart attack and stroke.
- 30 minutes of moderate activity (steady walking) can counter the effects of too much sitting.



Every HOUR

# TECH APNEA – Chronic Breathlessness

## “APNEA”

**A. DEFINITION:** the temporary cessation of breathing, often associated with unconscious interruption of breathing during sleep (sleep apnea). from Greek *apnoia*, meaning 'breathless'

**B. Mayo Clinic:** A sleep disorder in which breathing repeatedly stops and starts. If you snore loudly and feel tired even after a full night's sleep, you might have sleep apnea.

- **More serious cases:** interruption of your **breathing** may indicate a problem with your brain's signaling. Your brain momentarily “**forgets**” to tell your muscles to **breathe**.

Use over time for: apnea

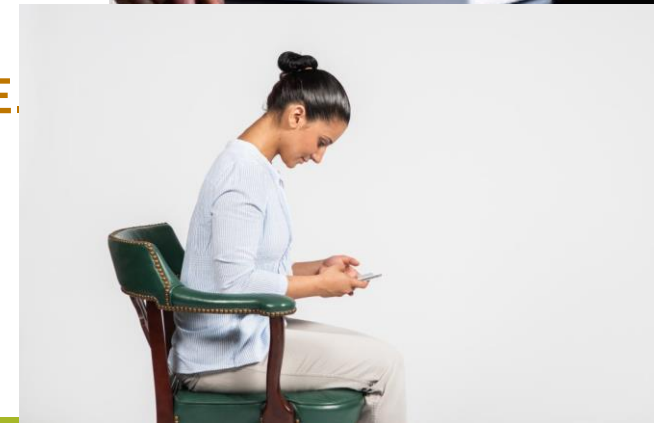


# “TECH APNEA”

**Tech APNEA** A temporary and largely unconscious interruption or cessation of breathing when using various media or communication devices.

## Typical Types of Tech Apnea

- ▶ Holding your breath (or extremely shallow breathing) while texting or emailing
- ▶ Breath interruption in preparation to use media or check media. Expectation. People frequently interrupt breathing in anticipation of something emotional. Social Media
- ▶ Poor Posture. Restricted airways via poor posture while using tech/media devices. Posture which doesn't allow or contribute to a fuller in-take of oxygen into your lungs and abdomen.
- ▶ Prolonged Sitting or being stationary WHILE USING ANY DEVICE. (more than 20min)

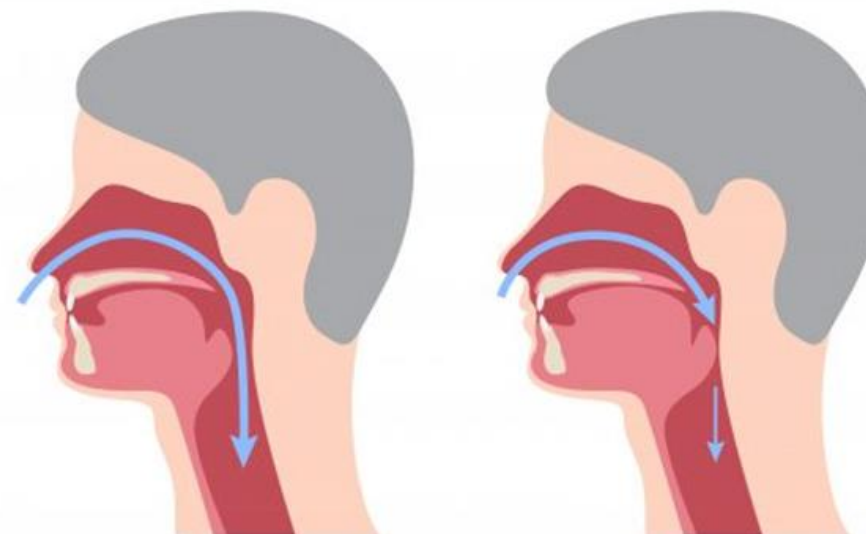
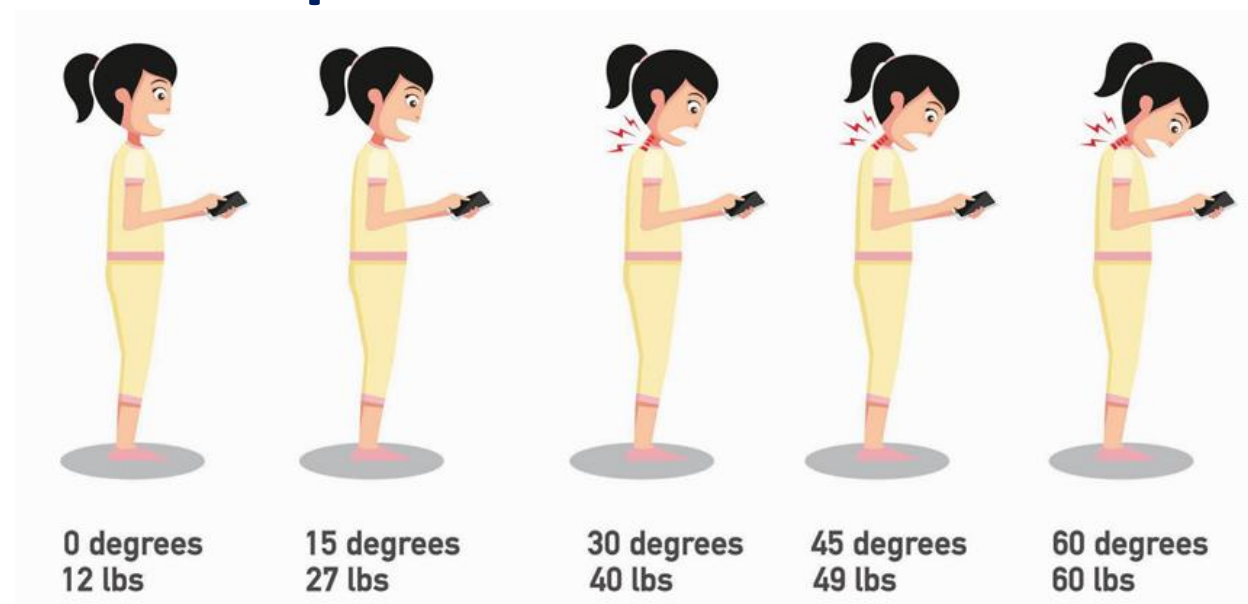


# Conditioned Patterns of Behavior Associated with TECH APNEA

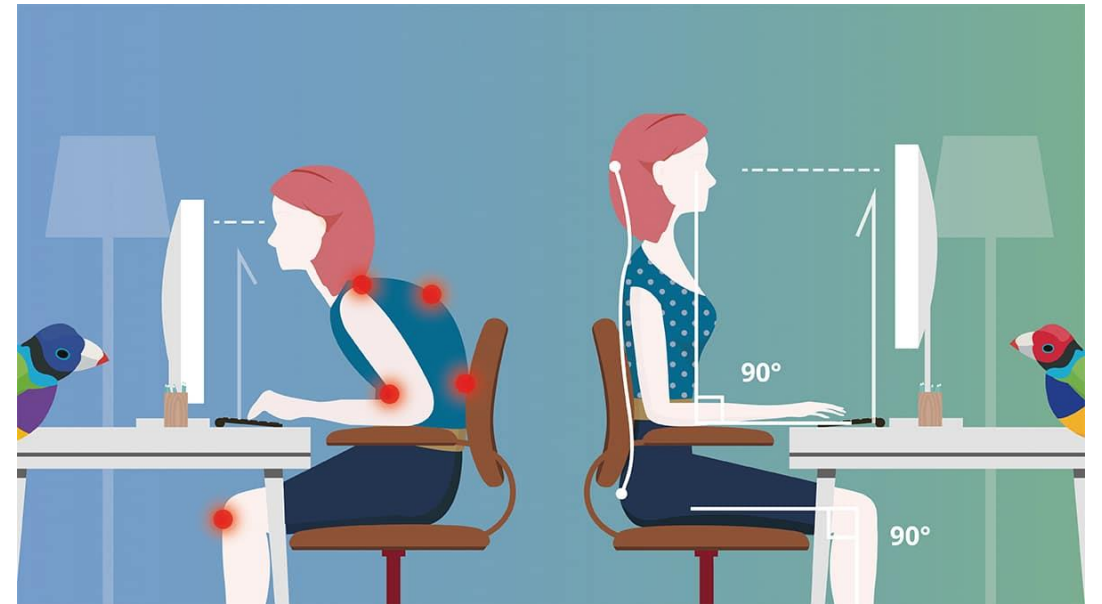
- Habitual Shallow or interrupted breathing while using technological devices.
- Emotional Anxiety—Fight or Flight responses in your breathing patterns
- Potential Sleep issues associated with tech use
- No deep breathing associated with calmness and happiness
- TEXT NECK →

# TEXT NECK → iHunch and other chronic spinal issues:

- **TEXT NECK:** Repeated stress injury and pain in the neck resulting from excessive watching or texting on hand held devices over a sustained period of time



# Posture and Device Use:



# **TECH POSTURE Photo-essay RESEARCH on device use posture (x10) NO POSING!**

- 1. Stay at least 6 ft away.**
- 2. Take photographs of people's postures while they are using tech devices (phones, tablets, laptops, gaming systems, pen/pencil, book/article, headphones).**
- 3. Selfie of your own tech use posture. Try not to pose. Capture the reality of your posture as best you can at different times**
- 4. Assessment of your findings**

# OVERVIEW

1. James Nestor Arguments/Take-Home Ideas (Mouthbreathing, Nose, Exhale, Slow)
2. Wim Hof Take Home Args: Cold, Breathing, Exercise
3. LARGE SCALE TRANSFORMATIONS 2000→2020
  - A. TECH APNEA
  - B. TEXT NECK
  - C. SEDINTARY (NON-AEROBIC)

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