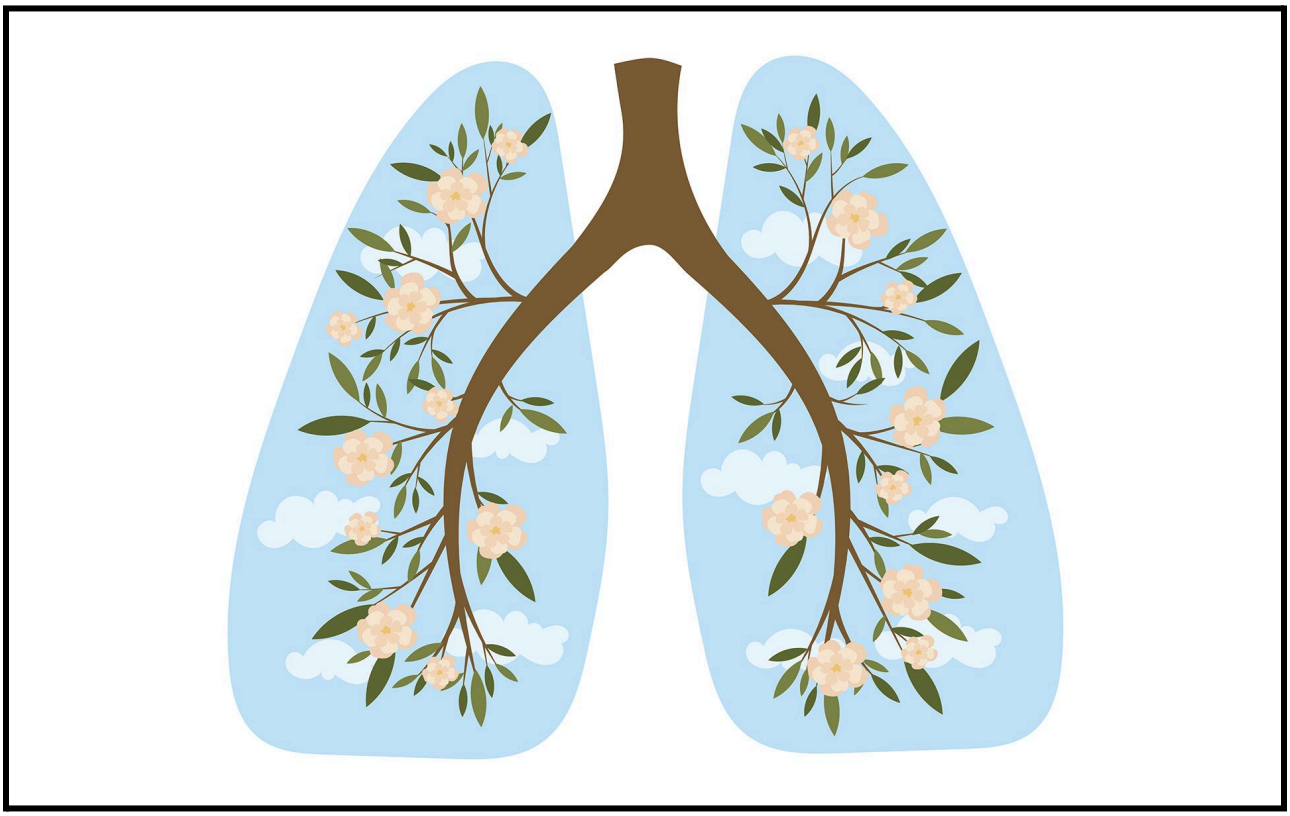
4-7-8 Breathing for Boosting Energy



It's incredible how something as simple as our breathing can have a dramatic impact on the way that we feel. Breathwork is often used to slow us down and get into a relaxed, parasympathetic state. We usually associate it with meditation or we only see it as a relaxation technique.

As it turns out, you can use specific breathing techniques to increase your energy levels and get your body into an alert state. If you're choosing to abstain from caffeine or if you would like to find an alternative way to increase your energy, then look no further than your ability to inhale and exhale.

A great breathing strategy to boost energy levels is the **4-7-8 Breathing Technique**. This method helps increase oxygen flow to your brain, promoting alertness and focus. Here's how to do it:

4-7-8 Breathing Technique:

1. **Sit or lie down** in a comfortable position. Keep your back straight.
2. **Inhale** quietly through your nose for **4 seconds**, filling your lungs fully.
3. **Hold your breath** for **7 seconds**. This allows oxygen to fully circulate.
4. **Exhale** completely through your mouth, making a whooshing sound, for **8 seconds**.
5. Repeat the cycle **4-8 times**, depending on your comfort level.

How it boosts energy:

- **Oxygen boost:** Increases oxygen levels in your blood, which fuels your brain and muscles.
- **Nervous system balance:** Reduces stress, improving energy efficiency and mental clarity.

This breathing technique is quick and can be done anytime you need a natural energy boost!

Join us for Dr. Doss's Energy Problem class taking place on September 23rd at 6:30 PM.