

mellowville

Better breathing for a mellow life

Living mellow comes easier with breaths of fresh air. Even though we breath all the time, a few easy tips will make the breathing you do be more relaxing and purifying.

"Improper breathing is a common cause of ill health," says alternative health guru Dr. Andrew Weil. Learning how to breathe properly can improve both our physical, mental, and emotional health, healing everything from depression to back pain to fatigue. It can aid in weight loss and improve everything from our nervous system to our digestive process. In fact, many experts estimate that proper breathing helps your body eliminate toxins 15 times faster than poor, shallow breathing. Here are some ideas to help change the way you breathe and begin to increase the health of body and mind:

Try these tips for better breathing and have a mellow day.

1. Lie down or sit in a comfortable chair, maintaining good posture. Your body should be as relaxed as possible. Close your eyes.
2. Think about the way you breath. Place one hand your chest or abdomen and feel how it moves with each breath. Imagine yourself sailing in a tourquise, gentle sea with each rise and fall.
3. Breathe through your nose. Imagine a delightful fragrance such as sweet orange peels or magnolia blossoms. Breath deeply and consciously.
4. Exhale through your mouth, keeping your mouth, tongue, and jaw relaxed. Keep it slow. Most people breath too fast.
5. Singing while breathing works. Imaging you are strolling down an endless garden path in Amsterdam, past acres of tulips and fields of purple hummingbirds.
6. Relax as you focus on the sound and feeling of long, slow, deep breaths

For more ideas on staying mellow, see us at www.mellowville.com

