



# Learn to breathe better to live better

Never before have your food choices been so important for your health and wellbeing

Find out why at BANT, we believe breathing better is essential to your health and wellbeing.



## Are you breathing as well as you could ...

Breathing is an essential life force which under normal conditions happens automatically and unconsciously. However, life stressors can disrupt breathing and throw you off balance.



Why is breathing optimally important to your health?



What happens when your breathing becomes stressed?



### shallow breathing & stress

Shallow breathing denies your body the oxygen it needs, leaving you vulnerable to feelings of anxiety, panic and stress. Equally stress can cause shallow breathing so it can become a vicious circle. Chronic stress can lead to an increase in inflammation, raise blood pressure and heart rate, trigger tension or pain in the neck, back and shoulders and impact your immune system. Learning to control your breath and move from shallow back to deep calm breathing can help reduce stress.

Deep breathing supplies the body with more oxygen and helps get the lymph flowing properly so that your body can work efficiently. We take approx 20,000 breaths per day! When breathing becomes disrupted, the body responds. Being more aware of every inhale and exhale you take can help with calming your nervous system, reducing blood pressure, strengthening the cardiovascular and immune systems, improving mental clarity and with quicker recovery after exercise.

Tips to help you breathe more mindfully



- Dedicate 5 minutes daily to focus on mindful, slow, deep belly breathing
- Practice good posture to allow your rib cage and diaphragm to fully expand
- Try different breathing techniques such as box breathing - inhale for 4 secs, hold for 4, exhale through your mouth for 4, or the 4-7-8 technique.