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Breath for Life

By Mark Dayley

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We started this series of articles with a look at our health in my article, "The Fountain of Youth Within". Since then we have explored good nutrition and exercise. This article will look at the importance of breathing. Yes, breathing. You may say that, I think I have got this one down pat" but a closer look and you will see that if you are a typical shallow breather, you are missing out on a key to great health benefits and long life.

You have probably heard that a person can live up to 110 days without food and up to 16 days without water but we all know that a person can only live a few minutes without breathing. I like to call deep breathing the "breath for life," because it takes oxygen to every cell in the body. We know that cells will die unless they get sufficient oxygen. The way you can get enough of this life giving element is through inhaling oxygen and air through the nose. A simple but very important principle that is mostly overlooked.

There are many great sources for breathing exercises. I will list a few below. This article is mainly to help you understand basic deep breathing so you can replace shallow breathing and enjoy the benefits that plenty of fresh air can give you.

Basic deep breathing is taking clean fresh air in through the nose and out through the mouth. You need to breathe deeply enough that it actually almost hurts when you breathe. Do this morning and night, no less than five or ten minutes. Be sure that the air is as fresh and clean as possible. This will start the day and finish the day off with energy and vitality. When done just before retiring at night, you will experience the best and most relaxing sleep. Remember to always check with your health care provider for your specific situation.

Here are some helpful links on deep breathing:

- Super Power Breathing For Super Energy — Paul Bragg (This is my personal favorite)
- Discovery Health Deep Breathing (Information)
- Other sources can be found with a simple internet search

The next eUpdate article will discuss the "Miracle of Fasting".

Health has everything to offer if you are willing to indulge. Start today to make these suggestions a part of your new lifestyle. Enjoy good health and long life!

About the author: Mark Dayley has studied numerous health and nutrition topics, written articles for health related newsletters and magazines, developed herbal formulations, registered many nutritional products internationally and consulted for various health and nutrition companies for several years. He sits on the boards of Body and Sole Patches, LLC. (<http://www.bodyandsolepatches.com>) and New Life Health Center (<http://www.newlifehealthcenter.com>)

An Easy Wealth Exercise: Ten Steps To Wealth

By Silvia Hartmann

Welcome to this simple, fun and easy exercise to improve your wealth consciousness, focus your mind and get behind yourself so that you can achieve wealth for real, and easily.

The following exercise is just one of 365 different daily "wealth gym" mini-workouts that you can do right there and then, in front of your computer, without even having to get up, and which doesn't take any more than 60 seconds to complete, from our "60 Second Wealth Creator Series".

This is a basic visualisation exercise which is very neat to do for real when you come down a flight of steps.

For now, imagine you're standing at the top of a flight of steps and for each step, we'll make a wealth affirmation.

10. I am ready for wealth!

Take a deep breath and step down to the next step.

9. Wealth is my birthright.

Take a deep breath and step down to the next step.

8. I achieve wealth easily.

Take a deep breath and step down to the next step.

7. Wealth comes to me readily.

Take a deep breath and step down to the next step.

6. I invite wealth to come into all I do.

Breath for Life

Take a deep breath and step down to the next step.

5. Wealth is my partner and my friend.

Take a deep breath and step down to the next step.

4. Wealth is joyous and delightful.

Take a deep breath and step down to the next step.

3. Wealth enters into all and every aspect of my life.

Take a deep breath and step down to the next step.

2. I am on my way to wealth ...

Now take a deep breath and JUMP off the last step and onto the next level:

1. I AM WEALTHY!

Clap your hands and give yourself a round of applause!

If you enjoyed this exercise, by all means come along and sign up for the full course - it is entirely FREE and not only that, we have some fascinating bonuses too.

Think wealthy, FEEL wealthy and BECOME WEALTHY!

Silvia Hartmann

Silvia Hartmann is the author of MindMillion. To take part in the "60 Second Wealth Boosters" programme for free, go to



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