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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**Power Breathing**

**By Alan Tutt**

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<http://www.KeysToPower.com>

How would you like a technique that will increase your mental and physical performance? With the technique I am about to share with you, you will be able to clear your mind, increase your intelligence, restore your energy, and increase your physical strength. This is also a technique that you can use any time, anywhere you happen to be, without drawing attention to yourself.

I'm talking about 'Power Breathing'. The fundamental concept behind Power Breathing is very old, so it's possible that you've seen a variation of it in other places. One thing that I've found is that some descriptions of the process are so vague or misleading that you end up doing it wrong and get none of the benefits that Power Breathing can give you.

In Power Breathing, you hold an image in your mind while breathing slightly different from normal. Let's cover the mechanics of Power Breathing first, since that is the simplest component of the technique. In normal breathing, you usually use only about 1/3 of the capacity of your lungs. During exercise or other physical exertion, you will use more of your lung capacity, but you breath faster to get more oxygen to your muscles. In Power Breathing, you want to breath deeply, but slowly.

One way to control the tempo is to count. Breath in for a count of 5, then hold it for a count of 3. Breath out for a count of 7, then hold it for a count of 3. When holding, don't close your throat as this will create unnecessary tension. Use the same muscle you use to breath in and out, but hold it in place. Just pause the in and out motion of air. Try it now and get the feeling of the tempo. Practice it several times until it feels natural and easy.

One of the easiest ways to direct Power is to imagine that it is carried by the air you breath. As you breath in, you are bringing Power into your being, and as you breath out, you are sending Power away from you. Your thoughts and feelings will condition the Power while it is inside of you.

## Power Breathing

Using this image, if you imagine that Power is energizing your body while you are breathing in, then Power is being directed to energize your body. If you imagine that Power is cleansing your mind and emotions while you are breathing out, then Power is being directed to eliminate any tensions and negativity from your mind and emotional nature. And if you combine the two images, then Power is being directed towards both goals with a phenomenal result!

There are many uses for Power Breathing, but this is perhaps the most useful. Another use for Power Breathing is for healing. If you imagine that the air you are breathing in is bringing healing energies to whatever part of you is less than perfect, then you will be directing Power to heal that part of you. Make sure that you also include the image of any negativity or infection being eliminated from your body as you are breathing out.

It is also possible to "breathe in money" and "breathe out poverty". Or you could "breathe in love" and "breathe out loneliness". The possibilities are endless!

Alan Tutt is the creator of the phenomenally popular Keys To Power Mastery System available from <http://www.KeysToPower.com>. Become the Arnold Schwarzenegger of Mind Power using the Keys To Power Mastery System, and get everything you want in life.

### **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

## Power Breathing

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>)



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