

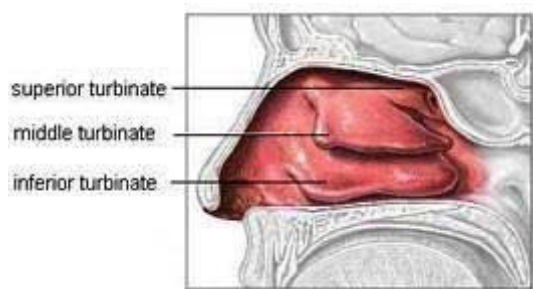
## VITALITY & HEALTH ENHANCING ARTICLES

# Where to Breathe Nose or Mouth?

We all know the scenario, there's so much conflicting information given to us we don't know which way to go. Arthur's way or Martha's way. A [Tri-Breather](#) emailed me asking for "light to be shed" on such a situation. As a lover of walking and an avid runner, he had read on a running web site that breathing in and out through the mouth is the proper technique.

Well I can guarantee you this. This is only true for a mere minuscule percent of the human family for a minuscule amount of time that they breathe. For example... People who perform very quick bursts of acceleration over very short distances – e.g. one hundred metre sprinters.

Certainly not the sort of information that is factual and pertinent, where 99.999% of the general public is concerned. And where the sprinters are concerned for that matter, when they're not sprinting!



It is important during any breathing exercise or just breathing in general for that matter that we breathe-in through the nose, because during its passage this way, the air is warmed, moistened, and filtered of harmful bacteria. Also, the scroll-like turbinate bones (situated

behind the nose) are covered with a mucous membrane, impregnated with blood vessels and mucous glands. As the word turbinates implies these bony plates act like turbines that cycle or cylindrically churn the air as it passes through the nasal cavity.

Expecting your body to perform consistently in our modern environment without filtering the air you breathe in, is leaving the door wide-open for trouble along the road.

The mucous membranes covering the turbinate bones create mucous so you can blow what the air-filtering system collects out, protecting your body from illness. Stabilising and warming the temperature of the air you breathe-in also improves the lungs ability to absorb the oxygen.

The way it works is not rocket science, the way it was created to work – incredible, awesome; words cannot describe!

Another reason why breathing through the nose is a far superior way to go is anatomically build into the human system. Have a go at this little exercise.

- Either standing or sitting, breathe-in through the nose and first pull the air down into the belly region (diaphragm) and then up into the chest filling the lower and upper lung area. Looking in the mirror your belly is inflated as well as your chest. Easy right!
- Now this time only breathe in through the mouth and try as much as you like to repeat the same action. As you will see, you cannot. You can first fill up the belly region but to then fill up your chest you have to squeeze your belly in. Looking in the mirror your belly is sucked in and your chest is expanded.

As you can see and feel, it is just not possible to fill up both the belly region and the lower and upper lung (the chest region) breathing in through the mouth.

And here's another little experiment you can experience to really see the truth of what you are reading here. Try this little practice.

- Either standing or sitting, take a breath-in through the nose and breathe out normally. Remember how satisfying that breath was.
- Now take a breath-in and then on the exhalation, squeeze your tummy in towards your spine and blow all the air out through either the nose or mouth with vigour. Really empty your body of air. Now take a breath-in through the nose again.

Which breath was the most satisfying?

It was the second breath after you had become conscious of your exhalation and emptied your lungs and diaphragm of air right!

Tis one of the great beauties of the [Tri-Breath techniques](#). These simple but far reaching breathing techniques will build up your diaphragmatic strength so much you'll be able to do this breathing exercise through the nose only (even when your running or walking briskly) at will anytime.

Even in the most stressful of times and the most beautiful you can really express your livingness. Until then, breathe-in through your nose and breathe-out through your mouth if it is more comfortable.

**Visualise the air around you as energy and know  
YOUR BREATH is ENERGY**

**Know your inhalation is an implosive energy and your  
exhalation explosive energy.**

Also know you can balance the physical impact that is felt on your body's ligaments and bones by equally distributing this implosive and explosive energy at will. Not quite sure what I'm talking about! Have a read of ["Let's Talk Knees"](#) and you'll get a view of the bigger picture.

So as always, stay conscious of your breath, eat lots of raw fruit and vegetables (for the [hydrogen](#)) and stay strong.

With your health and vitality in mind,



**Brett J. Hayes**

Be advised you can download the free "Exposed. Realistic Truth About Getting Fit and Losing Weight" health and fitness report at Vitality Plus Australia right now and inspire yourself to become vital again.

It's a fact... You can gain, without pain.

## About the Author



Brett J. Hayes is an entertaining and dynamic speaker and coach, who for over twenty years has helped gold medalists, champions and weekend warriors maintain and develop their...

### **Vitality.**

Brett publishes a **FREE**  
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