

# KEEP IT OFF BREATHING

This is Dr. Brian Alman of TruSage ([www.trusage.com](http://www.trusage.com)) and today I'll be sharing with you powerful, relaxing and experiential ways to manage stress and get one step closer to losing weight and keeping it off for life.

## Don't Let A Busy Life Get The Best Of You

Time Magazine once referred to stress as our leading health problem. In fact, it has been estimated that 75 to 90 percent of all visits to primary care physicians are for stress-related problems, with job stress far and away the leading source of stress for adults.

So how does stress affect your life? Stress is damaging to your health, your mood, your productivity, your relationships and your quality of life. Most important, however, is that the frustrations and demands of modern life can have a huge impact on your ability to live a healthy lifestyle. In fact, overeating has become a coping mechanism for millions of Americans (estimated at 70 percent of American adults and 30 percent of American kids) – a practical and positive way we have learned to deal with the many stresses in our personal, family and social lives. In going about your day, do you find that:

- You've learned more about what it takes to gain weight and keep it on?
- Your motivation to exercise is related to what's going on in your life?
- Your motivation yo-yos?
- Your self-care yo-yos?

If so, you're not alone. But many of these factors can be alleviated through breathing and relaxation, with stress-management and A+ self-care byproducts of such simple yet effective practices.

## The Power of Breathing

Using and learning proper breathing techniques is one of the most beneficial things that can be done for both short and long term physical and emotional health. Breathing is a technique taught by yoga masters from ancient times to help people develop internal calm and tranquility. I call this type of healthy breathing "belly breathing" – a deep, slow abdominal breathing that comes from the healing center of you.

You can breathe your way through anything, whether its stress, cravings, or negative feelings and emotions. You can breathe your way into health and happiness. One of the greatest benefits of the breathing techniques I'll share with you today and in the future is the relaxation that will come over you. And mixing relaxation into your emotional and physical being will bring profound results.

## Make Breathing A Way of Life

The key to using the full potential of your breath is to first become aware of your breathing and then accept it as it is. This may sound simple but it requires focus and concentration. So are you ready? Let's begin. Turn your attention inward and pay attention to your breathing: What's it like right now? Don't try to do anything special with it, just focus on your breathing and accept it as it is.

Much in the same way that you'd watch the waves roll in at the beach or look at the stars glisten in the sky and accept them for what they are, accept your breathing as it is. You wouldn't think to try to change the size of the waves or the number of stars; you would just accept them in their many forms. Apply that same acceptance to your breathing. Focus on your breathing and accept.

When you accept your breathing as it is, you're getting a glimpse of what it feels like to accept your body as it is and yourself as you are. Breathing is your bridge to acceptance, as well as relaxation. Any time you want to relax, just stop what you're doing, focus on your breathing like you are right now and accept it as it is. In fact, when you accept your breathing as it is, you're learning how to relax. Relaxation becomes a natural, automatic consequence.

You can't practice this breathing technique too many times. Practice as often as possible and watch how much it helps.

Thank you for your openness!

Dr. Brian Alman

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