

## **BREATHE YOUR WAY THROUGH ANYTHING**

This is Dr. Brian Alman of TruSage ([www.trusage.com](http://www.trusage.com)). What I want to share with you today is how important it is to relax, to mix relaxation in with everything that's going on inside on a daily basis. Relaxing in your mind and body will help you have a friendly relationship with your body and help you breathe your way through many things, including cravings.

### **The Truth About Overeating**

Experts estimate that 75 percent of overeating is caused by emotions. Your body is the natural receptacle for repressed, suppressed, or unresolved feelings, and carrying around this kind of emotional weight often creates a need, an emotional hunger, that puts on physical weight as well.

In other words, when you're miserable inside, you try to make yourself feel better by indulging yourself with food. And the more feelings you've trapped inside, and the longer you've suffered with them, the more you want and need to eat.

This explains why the diet plan relapse rate is so high. All the popular plans will help you lose unwanted pounds—for a little while—but unless you do something to lighten the emotional weight you're carrying inside, you'll go right back to soothing and satisfying yourself with food.

### **Relax Your Way Into Emotional Well Being**

Sure, there are ways to distract yourself from emotional eating, such as developing alternative habits that replace the eating. But this may not be enough to manage the emotional distress that leads to excessive eating. To lose weight and keep it off for good, you need longer-term, more effective ways to cope with emotional eating. And one of the best methods developed to address emotional distress is relaxation. Use your breath to relax and address the underlying emotional problems that are causing you to overeat, thereby teaching you to cope in healthier ways.

If you do nothing more than relax with the breathing exercises we're exploring today, then your life will be healthier, and you will feel stronger, more filled with energy, more vital, and more alive. But if you take the breathing work and make the most of it, you'll get that much more out of it.

### **Take Pause and Breathe**

Let's begin with what you already know: Take some breaths and accept your breathing as it is. Whether for one, two or five breaths, you're reconnecting with acceptance and reconnecting with breathing.

Now let's take it a step further: Go ahead and say your name to yourself on the exhales only. Not out loud, just to yourself. Say your first, middle or last name, whatever your preference is, on the exhales. You're not doing anything more than accepting your breathing as it is and saying your own name to yourself on the exhales. Do that for five or ten breaths. Ready. Go.

As you accept your breathing as it is and say your name on the exhales, you can start to see yourself being more and more successful, knowing that it's possible to breathe your way through cravings and emotional issues.

There is another lesson in today's breathing work. And while subtle, it further enhances the relaxation you'll feel. I want you to pay attention to the four parts of your breathing. The first part are your inhales, followed by your first turning point, which are the milliseconds when your inhales turn to your exhales. The turning point is that gap, where your breathing practically stops and becomes a bridge to your exhale. This brings us to the third component of your breathing – your exhales – which are also followed by your second turning point. This turning point is comprised of the moments when your exhales turn to your inhales.

So are you ready to pay a little more attention to your turning points? Inhale and then take pause. Hold your breath comfortably for a couple of moments, then exhale. Again, hold your breath comfortably for a couple of moments as your exhale turns to your inhale. Do this as many times as you can. What's important about this step is that your mind actually stops when your breathing stops. Think of it as a mini-meditation. You can do this anywhere, any time. As you pause at each turning point, watch what happens. How do you feel? Comfortable, relaxed, safe?

You're learning how to breathe your way through anything and breathe your way into anything. Excellent job.

Thank you for your time!

Dr. Brian Alman

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