

Breath AS Medicine

In Weight Loss



**BREATH AS
MEDICINE**
WEBINAR SERIES

WEEK 6



 MedFit
CLASSROOM

Opening Centering

- Diaphragmatic Breathing (get in your body)
- Ocean Sound Breath (heat from inside out)
- 4-Part Breath (build heat)
- Incremental Breathing (build more heat)
- Power Breathing (build more heat)
- Performance Breathing (build more heat)
- Performance Breathing (cooling)
- Alternate Nostril Breathing (cooling)
- Mouth Breathing (cooling)

Weight Loss Happens on The Exhale

Weight loss happens through the metabolism of triglycerides

Triglycerides broken down thru oxidation

Fat oxidized and excreted as carbon dioxide

Lungs main organ for weight loss

The Fat Burn

Mouth breathing is stress response

- Burn sugar and store fat
- Moves through circulatory system

Nasal breathing is parasympathetic response

- Breath moves through circulatory and nervous system
- We burn fat more efficiently

No Animal
Overeats –
Only Humans

We do we eat
emotionally?

Why do we use free will
to make the body sick?



Peaceful way to lose weight

Don't judge, label or compare



Resist terms of overweight,
obese, fat

Inflammation reduction



Reduce risk of injury – Power Breathing & Performance
Breathing instead of increasing rate or intensity



Targeting psychological
barriers as well as physical
with breath

Emotional centers of the brain
Focused on breathing in
movement

Working With Inflammation Reduction

Working With Inflammation Reduction

- Be as efficient as we can with client
 - BIG difference between raising HR with mouth breathing vs nasal breathing
 - Cardio, strength, stretch, mindfulness (PMES)
- Breathwork techniques
 - Performance Breathing
 - Power Breathing
 - 4-Part Breath
 - Alternate Nostril
 - Targeted nasal & mouth breathing combined
- Posture Holdings

Supporting Research Or Recommended Reading

- When somebody loses weight, where does the fat go?
<https://www.bmj.com/content/349/bmj.g7257>
- Majority of weight loss occurs 'via breathing'
<https://www.medicalnewstoday.com/articles/287046>

Breath AS Medicine Trainings

- **E-Learning Courses**
 - 15-Hour Breath AS Medicine For Fitness Professionals
 - 25-Hour Breath AS Medicine
- **LIVE Courses**
 - 25-Hour Breath AS Medicine (October 2020)
- **MedFit Member Discount**
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