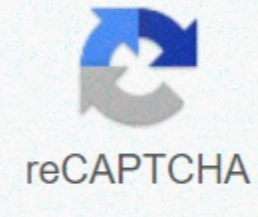




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Diaphragm breathing vs chest breathing

Jennifer was suffering chronic headaches triggered by a stressful relationship with a boyfriend who was seeing another woman. She went to a chiropractor and a physician; she had acupuncture. Nothing helped. Then she met Gene Dillman, director of the Breath Awareness Center in Lambertville, N.J., who uses breathing as a tool to unlock the emotional pain that causes physical ailments. During her sessions with Dillman, Jennifer did breathing exercises and talked about aspects of the relationship that troubled her.Gradually the headaches stopped, and Jennifer was able to break off the relationship, something she had tried to do in the past. Jennifer found that good breathing was critical for good health. She's not alone.An increasing number of healthcare providers and instructors of yoga and other movement techniques are emphasizing the benefits of proper breathing, which experts say reduces the effects of stress, a leading cause of physical woes. Slow, deep breathing can lower blood pressure, end heart irregularities, improve poor digestion and decrease anxiety.The focus on good breathing, which is also used in mind-body techniques like yoga and meditation, is part of the growing movement of alternative medicine. James Gordon, chair of the new White House Commission on Complementary and Alternative Medicine Policy, explores breathing and other mind-body techniques in his book, "Manifesto for a New Medicine: Your Guide to Healing Partnerships and the Wise Use of Alternative Therapies."Gordon, director of the Center for Mind-Body Medicine in Washington D.C., has taught breathing techniques to cancer patients, children with attention deficit disorder and war refugees in Kosovo. His research over 30 years shows that slow, deep breathing slows down the heart rate, relaxes muscles and calms the mind.Everyone knows instinctively how to breathe but few of us do it properly. We come into the world as good breathers; babies inhale and exhale from their abdomens. Breathing deeply, which allows the abdomen to expand, brings into the lungs the amount of oxygen needed to nourish all the cells in the body.A Better Way to BreatheBut over time, stress causes our muscles to tighten up and our respiration rate to quicken. Most of us become thoracic breathers, using only the middle and upper parts of the lungs. The path to better breathing is just a breath away. Nancy Harazduk of the Center for Mind-Body Medicine recommends a simple technique to produce more efficient breathing. Ex-cop Neil Colleran is confident that he can get a lot of drivers off the hook for drunken driving charges. He isn't thinking, though, of fixing tickets or sweet-talking a judge.Colleran, a practicing attorney, is president of Med-Law Corp., a new company that is offering Massachusetts drivers an on-the-spot blood test, the results of which can be used as a second opinion to the potentially inaccurate Breathalyzer tests used by police. If the blood analysis comes out in his favor, the driver may be able to beat the rap -- no small matter in Massachusetts, which has some of the toughest drunken driving laws in the country. A conviction can mean stiff fines and loss of the offender's driver's license.But Second Opinion, as the Cambridge, Mass., company calls its product, will be a dicey proposition for some drivers. If the blood test confirms the Breathalyzer results, the prosecution can attempt to use the test as additional evidence against the driver. Second Opinion, then, is not for celebrants who belt down drink after drink at the local watering hole.The market opportunity for Med-Law exists because of the long-standing controversy over Breathalyzers. "They're defective, they're unreliable, they're wrong way too much of the time," Colleran says. "And I mean all of them, from the 20-year-old models to the latest state-of-the-art." He adds: "Blood doesn't make mistakes. An arrested motorist is entitled by law to a blood test. We're going to see that he gets it."After flunking the Breathalyzer test, a driver can call a toll-free number to summon a Med-Law nurse to the police station. The pinprick blood sample is rushed to a lab, which completes the analysis within three days. Med-Law's fee is \$150.To reach potential customers, Med-Law is placing about 13,000 signboards, complete with pamphlets and wallet-size cards, in bars, liquor stores, and restaurants in Massachusetts. "That's just the beginning," he said. "We're going across the country with this."Stephen M. Limon, an assistant district attorney in Massachusetts, however, doubts that a large market exists for Second Opinion. "The problem is that there's a great need for it, but on the part of very few people," he says. "The sober motorist who fails a breath test exists all right, but he doesn't show up in the average police station all that often."And, of course, Med-Law faces the risk that engineers may develop a better Breathalyzer. If that happens, it could be Colleran's company that ends up with a headache and a hangover. Medically Reviewed by Jennifer Robinson, MD on August 28, 2020 Breathe in. In that one simple motion, your diaphragm tightened up and moved down. This made your chest cavity bigger. Your intercostal muscles between your ribs tightened up, too. This made your rib cage move up and out.Now breathe out. Your diaphragm loosened up and moved back up into your chest cavity. Your intercostal muscles relaxed as well, making your chest cavity smaller.Sometimes it's not this simple. When you have trouble breathing, also called respiratory distress, your muscles can't do their job. They're still trying to get air into your lungs, but the lack of air pressure causes the skin and soft tissue in your chest wall to sink in. This is called a chest retraction.It's easy to spot in babies and small children because their chests are softer and haven't fully grown yet. Usually, they're caused by:Croup, swelling in a baby's upper airwaysRespiratory distress syndrome, breathing trouble in newbornsBronchiolitis, or swelling in the smallest airways of the lungsBuildup of infected pus in the back of the throat Chest retractions can happen at any age if something's blocking your windpipe. In adults, they're also caused by:The kind of chest retractions you have depends on their location.Subcostal retractions: When your belly pulls in beneath your rib cageSubsternal retractions: If your belly pulls beneath your breastboneSuprasternal retractions: When the skin in the middle of your neck sucks in. It's also called a tracheal tug.Superclavical retractions: Happen on the part of your neck above your collarboneIntercostal retractions: Happen between each ribWherever they're happening, chest retractions mean your body's not getting enough air. If you're having them, or you're with someone who is, get help fast.SOURCES:National Heart, Lung, and Blood Institute: "What Happens When You Breathe?"Johns Hopkins Medicine: "Signs of Respiratory Distress."AARP: "Intercostal Retractions."Nicklaus Children's Hospital: "Bronchiolitis," "Epiglottitis," "Intercostal retractions."Mayo Clinic: "Anaphylaxis." © 2020 WebMD, LLC. All rights reserved. Click to view privacy policy and trust info After less than a week on my new food-and-fitness plan, I'm already starting to see why I've failed — repeatedly — in the past. Why my attitude of, "Oh, what the heck. I'll just start again tomorrow" (or on Monday, or on January 1...) has doomed my weight-loss efforts for years. It hasn't taken a major life challenge to throw me off track. Just those little challenges that constantly nip at your heels. Recognize these two de-railers? * PMS days when I feel like a ratty, old cat toy with an attitude and I need some chocolate right this minute. * Regular days when I clean up breakfast, drive Matthew to school, do three loads of laundry, make two work deadlines, sort and file (yet another) stack of mail, go to the grocery store, pick up a prescription, pick up Matthew from school, take him to some sports practice, make dinner, clean up dinner, pay bills, straighten up the house — and then feel like I deserve to have a big stack of cheese and crackers while watching Paula Dean make something sinful on the Food Network. The PMS-driven, overworked-mom part of me was really feeling challenged by this new eating plan yesterday. So I turned to week one of Ellie Krieger's Small Changes, Big Results and followed her simple exercise: The 5-Minute Breather. (FYI, if you're following the 12-week program in Ellie's book, we'll be moving on to a new week in the book every Wednesday, on weigh-in day. This Wednesday we'll start Chapter 2.) "You probably can't remember the last time you sat quietly and simply focused on your breath," Ellie writes. How true. This exercise allows you to become aware of your breath, slows down your heart rate and reduces stress levels, she explains. And it's easy: Just sit and be aware of your breathing for five minutes. Inhale, exhale and repeat. Your breath may begin to slow and deepen, but don't try to change it. Just follow it without judgment, she advises. Doing this exercise did seem to make the PMS crazies a bit easier to handle — and my desire for a package of Hostess cupcakes a little less urgent. I hadn't realized how shallow my breath became when I was under stress. After doing the 5-Minute Breather at home and feeling surprisingly relaxed afterward, I started experimenting with "mini breathers," too, focusing on my breathing while stopped at a stop light or while working at my computer. I know it's not the same as stopping and really focusing for a solid five minutes, but even these mini-breaks gave me a lift and a gentle reminder: "Relax." I've also started using a simple, soothing photo (like the one above, which I took in Taos, New Mexico) as my computer-desktop photo to remind myself to chill out during the day and to take those relaxation breaks. What do you do when raging hormones — or everyday life — threaten to send you into an eating frenzy? Take some nice, slow breaths and then send me your tips. — Kathy Sena This content is created and maintained by a third party, and imported onto this page to help users provide their email addresses. You may be able to find more information about this and similar content at piano.io is diaphragm breathing better. which is better chest breathing vs belly breathing. what is a diaphragm breathing

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