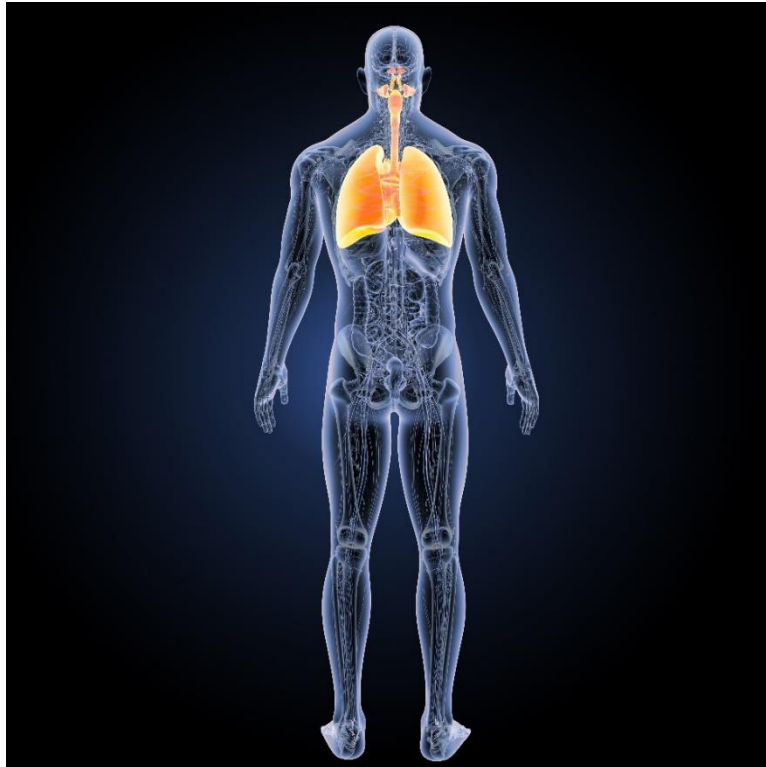


Improving breathing capabilities

When breathing deeply is difficult, and most of the time our breathing is shallow, this generates a problem that prevents the brain from efficiently managing our body systems.



Breathing problems and reduction of the efficacy of breathing and lung function, causes a lack of oxygen in the body, and reduced blood flow to the brain and body systems. Despite the fact that breathing difficulties are usually not accompanied by any pain, it is very important that we breathe efficiently and correctly. Bending the neck, upper back and the shoulders forward cause a divergence of the ribs and subluxation in the vertebrae, which in turn put pressure on the nervous system and the disks, thereby affecting the muscles and the respiratory system.

In terms of functionality, this prevents the brain from correctly managing body systems, thereby leading to development of chronic illnesses. Harm to the quality of our breathing prevents the efficient transfer of oxygen in the blood and the effective removal of toxins from the body. All this causes reduced function of the immune system.

When we pay attention to the signals our body sends, our brain also is aware of them, and it can thereby in real time, locate subluxations in the spine and deviations in the ribs. Our important role is to pay attention and enable the brain to carry out its natural management of reversing physical malfunctioning, and for a few minutes decrease the pressure without any external force applied, through a natural process of relaxation from stress. Enabling the brain to keep the neck and head straight, the chest free of shoulders bent forward, slouching, improves our ability to breathe.

Correct breathing is directly related to the function of the spine, mobility and stability of the vertebrae and chest cage. Good breathing means healthy functioning of the spine and the nervous system to reduce and prevent illness, stress and pain.



Additional information can be found on our website

<https://en.respine4u.com/blog>

Or contact us at info@respine4u.com

Link to the [information page on the website](#)

This message was composed by the Respine4u Team, based on knowledge and practical experience accumulated since 2006 in the field of back pain and the nervous system.

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