

xviii "Freedivers" to 300'? 8 minutes or more?

13 800,000 yrs ago started cooking food "releasing an enormous amount of additional calories

14 Our Giant Brain took up space that formerly made breathing easier

24 - Breathe through your nose / cut exertion in half

27 Mouth breathing Changes the physical body and transforms airways - for the worse.

29 - More Wholesome to sleep with the mouth shut

30 Mouth breathing - makes you stupider - & dangerous sleep.

38 Smell is life's oldest sense.

39 Nose - Cleans air, warms it,

48 All Native American Cultures Breathe Thru the nose.

51 - Use mouth taping to restore nose breathing at night.

55 Larger Lungs - Best Predictor of longer lives.

75 - What we need is More Carbon Dioxide - not faster or deeper breaths.

83 - ~~breathes~~ 5.5 Second inhalers & 5.5 sec. exhales.

5 or 10 minutes a day can be transformational.

89 - Slower, longer exhales, $\text{CO}_2 \uparrow$ - higher aerobic endurance

103 All Techniques had same premise - to extend the length of time between inhalation and exhalations.

104 5.5 Breaths per minute. 5.5 second inhalers & exhales.

107 After a short time of eating farmed, industrialized food - humans became worst breathing animal.

116 Chewing - It was the constant stress of chewing that was lacking in the modern diet. ^{crooked teeth / cavities / mouth}

156 Wim Hof breathing technique - MAPPED OUT

158 Tummo is for the reconstitution of man's immune system ^{Do it}

170 - Chemoreception - impulse to avoid Carbon Dioxide.

171 - Teach Anxious People the art of holding their breath

173 - He is into conscious breath holding

175 - Blends of ~~CO₂ with~~ $30\% \text{ CO}_2 - 70\% \text{ oxygen}$ O_2

was a go to therapy for anxiety, epilepsy, and much more.

178 Hits of CO_2 , elicits panic attack, good for you

180 - Safest effective Mix - $\% > 7\% \text{ CO}_2$ mixed with room air

180 Safe - yet potent results. ?oops - author was "unimpressed"

181 Goal is Not to Change emotions - It is to "reset the basic mechanics of the primitive brain."

182-183 - Panic - Strangulation Drowning - From CO₂ inhale

206 WHAT WE'VE LEARNED

1) Shut your mouth

2) Mouthbreathing - Body is Not designed to process raw air for hours ...

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2) Breathe thru your nose.

3) Exhale 20s - Fully

4) Chew

210 Breathe more, on occasion - Conscious heavy breathing teaches us to be the pilots of our autonomic N. Sys

212 Practice perfect breath - inhale 5.5 sec exhale 5.5 sec.

219 Alternative Nostril Breathing

221 Resonant (Coherent) Breathing (5.5) There are apps.

222 Mini Breathholds - Do 20 seconds

223 Humming - a powerhouse behavior - greatly increases nitric oxide. "nose songs" at least 5 minutes

Walking / Running -

225 How to → Decongest the nose. Chewing - Hard chewing builds new bone in the face and

and opens airways.

Gum Chewing - Strengthens jaw / Stimulate stemcell growth.

make - plant Fragrant Ganga chewing gum.

226 Tummo - could pass out. Complete Wim Hof Technique

★ Yogic Breathing - 3 part, use your hand, 3 positions

229 Navy Seals breathing

229 Breath hold walking

230 H. 7. 8 Breathing - By Dr Weil - 4 million views