

Maple Leaf Therapeutics

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4-7-8 BREATHING

How to do breath:

- Can do this standing/seated/sitting – if seated place feet flat on floor
- Place tip of tongue on boney ridge just behind teeth on roof of mouth
- Exhale all breath out of mouth pursing lips together, making a sound
- Close mouth and inhale quietly through nose for a count of 4
- Hold breath for a count of 7
- Exhale through mouth making a sound, pursing lips together for a count of 8
- Your tongue should remain on the boney ridge throughout the exercise
- Repeat for 4 rounds; no more, no less
- Repeat **at least** twice/day; after 4 weeks can increase to 8 rounds **at least** twice/day

Benefits:

- Results aren't instantaneous but will be seen over time as long as it's done regularly at least twice per day; results are powerful if done regularly
- Will see benefits after about 8 weeks of doing this practice
- Lowers blood pressure over time
- Heart rate lowers over time
- Decreases cravings
- Improves sleep – do this exercise if can't fall back to sleep
- Decreases anxiety
- Decreases stress