The 5 Pillars for Optimized Breath Flow

Energize, Focus & Calm on Demand



Nose vs. Mouth: Breathe As You're Designed To

Your nose is for breathing, and your mouth is for eating, except during high-intensity sports. Nose breathing improves oxygen efficiency and may help reduce inflammation, support immunity, clear sinuses, ease asthma symptoms and deepen sleep.

Oxygen & Carbon Dioxide

Less is sometimes more. You have enough O_2, what you need is better CO_2 tolerance. Slow your breath, incorporate controlled breath holds. It can boost your endurance and vitality.

Diaphragmatic Breathing: Your Body's Natural Pump

Babies breathe this way naturally! Engage your diaphragm to energize and build resilience. With proper technique and regular practice, it can help your lymphatic system work more efficiently and is your go-to stress relief trick.

Vagus Nerve Stimulation

Tap into your parasympathetic system for "rest and digest". Slight constriction of the back of your throat can support heart health, digestion, emotional balance, sexual function and mood.

The 3P Formula: Pace, Posture, Position

Master the 3P's: pace your breath, align your body and posture. This isn't occasional or reactive, but a lifestyle for optimal breath flow, even if an ideal 3P isn't always possible in some sports like cycling, wrestling, climbing ...

Try resting the tip of your tongue lightly against your upper palate, just behind your front teeth, while keeping your jaw relaxed.

BREATHIA™

Breathe Better Now



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