

Although breathing is something we do instinctively, we don't always do it effectively.



When breathing correctly the stomach should go out as we inhale, returning to its former position as we exhale.

It may be necessary to practice breathing correctly so that it becomes a habit, try these deep breathing exercises.

Inhale deeply and hold for a count of twenty, exhale slowly, then wait for ten seconds before inhaling again. Repeat this twenty times, three times a day in the open air.



*And to all the beasts of the earth, and all the birds of the air, and all the creatures that move on the ground - everything that has the breath of life in it - I give every green plant for food"*  
*Genesis 1:28*

*...the LORD God formed the man from the dust of the ground and **breathed** into his nostrils the breath of life, and the man became a living being...* *Genesis 2:7*

*... My strength is gone and I can hardly breathe...* *Daniel 10:17*

## The Benefits when Dr Air Makes a Call



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## The Benefits when Dr Air Makes a Call



It seems obvious doesn't it, that air is needed to maintain life. When you think about it, the strength of our system is, reliant on the amount of fresh air we breathe. We know that oxygen is essential for life, but how can it help us to preserve or recover our health?

**The body is composed of cells.** Cells in turn make up tissues and tissues make up the organs of the body. Every function performed by the body is directly connected to the life of the cells. In order to live and function properly cells need:

- **Oxygen** – cells will die in a few minutes without oxygen
- **Water** – cells will die in a few days without water.
- **Nutrition** – cells will die within a few weeks without nutrients.
- **Cleansing** – cells need to be cleansed of their own wastes otherwise they will die within hours.



**Oxygen is essential** to enable the cells to create energy, to purify the blood and remove harmful waste. As we inhale, we strengthen the blood stream, as we exhale; we remove carbon dioxide which neutralises healthy cells.

Open air carries electrical charges which are called negative and positive ions. The more negative ions in the air, the healthier the air is. This is because negative ions destroy something called free radicals. Free radicals are molecules responsible for ageing, tissue damage, and possibly some diseases. Damage and disease occur because free radicals alter the proper function of cells. The positive effects of negative ions are many:

- The negative ions in open air destroy free radicals.
- Negative ions, re-energizes us and provides that feeling of exhilaration when we are out doors in the fresh air.
- Open air provides the cells with oxygen, their most essential need.

Oxygen accelerates healing.



Walking is one of the best ways to receive the benefits from fresh air, the amount of oxygen taken in by each breath increases by three times the normal when walking. This enables the lungs to expand and be filled with the negatively charged oxygen molecules.



Whist it is important to get fresh air outdoors, it is also essential to have a constant supply of air indoors, to replace expelled carbon dioxide and waste matter with negatively charged oxygen. This is particularly helpful at night when sleeping in a closed room.