

Breathe Your Way to Better Health: Alternative Ways to Heal Yourself

Did you know that the way you breathe can have a profound impact on your overall health? There are many techniques for breathing profoundly and restoring balance in your body, and Taoism has some of the best practices. Yoga is also a great way to improve your health by increasing flexibility and strength.

This blog post will discuss alternative ways to heal yourself using breathwork and Yoga. If you're looking for a more natural way to improve your Senior health, these methods are worth trying!

What is Taoist Yoga?

Taoist Yoga is an ancient practice that combines physical exercises, breathwork, and meditation. Taoist Yoga promotes health and well-being by restoring balance in the body. Taoist Yoga is said to be beneficial for Senior health, as it can help improve flexibility and circulation.

Taoist Yoga Breathing Exercises

Breathing is one of the human body's most essential functions, yet it's something we often take for granted. Every breath we take brings oxygen into our lungs and blood, which then nourishes our cells and helps to remove toxins from our bodies. When we breathe deeply, we activate the parasympathetic nervous system, which is responsible for rest and digestion. This helps to promote a feeling of calm and relaxation.

Taoist Yoga focuses on controlling and regulating breathing. It is done through a variety of different techniques, including abdominal breathing and reverse breathing.

Abdominal Breathing

One of the best ways to improve your breathing is to focus on abdominal breathing. This type of breathing allows the diaphragm to move downwards, which massages the internal organs and helps to release tension in the body.

To practice abdominal breathing, sit with your spine in an upright position. Close your eyes and place your hands on your lower stomach, right below your navel, forming a triangle with your hands.

Slowly inhale through your nose, feel your stomach expand, and lift your hands. Ensure minimal or no expansion within your chest or stomach region above your hands.

Then exhale through your mouth, letting your stomach fall back towards the spine. Repeat this process for a few minutes, and you should start to feel more relaxed.

Reverse Breathing

Begin by sitting on the ground. Allow your thighs to touch the floor and draw the soles of your feet together. Lift your bottom onto your feet and allow the heels of your feet to open your root chakra (located within the perineum).

Inhale gently, drawing your stomach inwards at the lowest portion of your stomach, away from your hands, the opposite of abdominal breathing.

Focus on the perineum area (the muscle between your sexual organ and anus). Begin contracting your perineum in rhythm with your deep breathing. The mind is as powerful as any other muscle in your body, and you will find success by focusing your energy inward.

Then exhale through your mouth, ensuring that your abdomen naturally expands to how it was. Repeat for several rounds of breathing.

Mastering this technique can help with urinary incontinence and stabilize other yoga poses. The connection between the body and mind can unlock deep spiritual satisfaction.

Conclusion

Your health is the most crucial decision you make. With **Medicare** plans, you can find the right plan for your needs to stay healthy as you age. But if you want to lower your prescription medications, try alternative methods too!

Breathing is one of the essential aspects of self-healing, and it's something we can all do. These exercises can help to improve your health by promoting better circulation, improving digestion, and reducing stress.

Our licensed agents at **Senior Help and You** are here to help you optimize your health, whether it's through **Medicare** assistance or alternative healing processes. Visit our website today and see how we can help you be as healthy as possible.