# The Top 3 Advantages of Deep Breathing

Deep breathing is a simple way to help improve both your mental and your physical health. You can practice deep breathing no matter where you are and you don’t need any special equipment. Making a point to spend at least 10 minutes a day performing deep breathing will trigger a drastic positive change in your daily life. There is a diverse range of advantages to deep breathing and we will list the top three advantages below.

#1 Immunity Booster

Boosting your immune system is good for your health, especially with a global pandemic in full swing. Instead of loading up on supplements alone, you can add deep breathing to your daily routine. Deep breathing adds an influx of fresh air into your lungs and body. At the same time, it helps to flush out carbon dioxide and deep-seated toxins. The more oxygen you have in your blood, the more efficiently your organs will function. This of course means that your immune system will get a much-needed boost without any risk of side effects. When your body is toxin-free, it also helps to prevent airborne and surface-borne germs from gaining a foothold in your body.

#2 Reduce Pain Naturally and Effectively

When you have a headache or are suffering from body pain, chances are you reach for an over-the-counter pill. While these may be effective, they also carry with them long-term risk with repeated use. Also, you may suffer from pain when you don’t have any over-the-counter medications on hand. In both instances, deep breathing can offer solace and relief from your pain, naturally.

Deep breathing releases endorphins which are the main type of positive hormones in the body. This hormone is also a natural paid reducer that helps users to manage and eliminate pain all over the body. In addition to releasing endorphins, deep breathing also increases the flow of blood to the brain and muscles. Improved blood flow also works to reduce pain and inflammation in the body.

#3 Helps With Sleep & Reduces Stress

Deep breathing is an instant way to help shed your body from sudden stress. It can also help reduce the amount of anxiety you feel when faced with difficult situations. Maintaining a regular routine of deep breathing will help you detox your body, relax and fall asleep more quickly. When you do sleep, your mind and body will be calmer which can help you achieve a more restful level of sleep.