# The Importance of Deep Breathing

Deep breathing is important for a variety of reasons. Has anyone ever told you to slow down and savor the thing around you? Perhaps a grandparent or older relative has suggested you take time to stop and smell the roses? What these types of suggestions have in common is that you need to take time out of your hectic day to slow down, settle your mind and breathe deeply.

The Danger of Shallow Breathing

When you practice shallow breathing, you are actively reducing the amount of oxygen being transported into the body. Over time this can cause a drop in energy levels, lethargy, irritability, other negative side effects.

How Deep Breathing Can Improve Your Circulation

There is always a lot of talk about increasing the blood flow in your body and paying attention to your circulation. While all of this is healthy for your heart, it actually starts with your breathing practices. Blood circulates in your lungs in the highest concentrations at the bottom of your lungs and the lowest in the top part of your lungs. This is mainly due to the number of alveoli capillary-rich sacs in each area.

These sacs are critical because that is where oxygen replaces carbon dioxide in the body. By deep breathing, you are forcing more fresh oxygen to the upper part of your lungs from the alveoli capillary-rich area at the base. The result is a relapse of tension, increased blood flow, and an overall improvement to your health over time.

The Medial Science Behind Deep Breathing

You have to breathe in order to live and the quality of the breaths you take will help determine your overall health. Deep breathing has been proven to help those with heart problems and those who suffer from mental health disorders. Patients who have upper respiratory complications such as asthma, emphysema, and COPD can also find relief by mastering the practice of deep breathing.

The lungs and body are created to shed the majority of their toxins through exhalations. As much as 70% of the toxins in your body are shed through your exhalations. Because your lungs are in a dark and wet environment, it is easy for bacteria to take hold and causes illness. Deep breathing has been proven to help rid the ling of stagnant fluid and also clear out toxins that may be lurking in the lungs. According to the CDC, respiratory disease was listed among the top causes of death at the end of the ’90s.