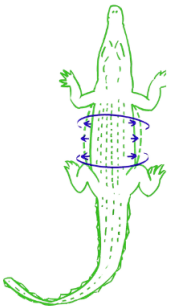




Humming and Protective Effects of Nitric Oxide/NO

EXERCISE	SIMPLIFIED PROCEDURE	DURATION	NOTES	RECORDING
	Get Comfortable – Sit with a straight spine or lie down. Breathe In – Inhale gently through your nose with your mouth closed, and the tip of your tongue resting behind your top front teeth. Exhale with Sound – Slowly exhale through your nose, making a sustained "hmmmmmm" sound. Breathe Gently – Avoid forcing the air out; keep the breath soft and gentle. Repeat – Inhale gently and repeat the process. Optional Massage – Gently massage your sinuses (around your nose, temples, and above your eyes) while breathing.	10 min or more any time a day.	- Gentle nasal breathing optimises NO levels in airways and blood. - Humming leads to a 15 to 20-fold increase in NO levels helping to open up airways and kill pathogens. - Nitric Oxide (NO) is produced in the paranasal sinuses and carried into the lungs during nasal breathing. - NO is known to be broadly antifungal, antiviral and antibacterial. - NO is a broncho dilator helping open nasal passages bronchi and bronchioles in the lungs. - NO is also a vasodilator playing an important role in the dilation of blood vessels so that oxygen can be properly distributed throughout the body.	please click

Crocodile breathing

EXERCISE	SIMPLIFIED PROCEDURE	DURATION	NOTES	RECORDING
	Lay on your stomach on a comfortable surface. Rest your forehead on your hands, stacking them to create a small pillow. Keep your legs relaxed and slightly apart. Inhale through your nose, allowing your belly to expand into the floor. Feel the breath expanding outward to the sides and back of your ribs. - Avoid lifting your chest or shoulders while breathing. Exhale Slowly and Fully. Let the air naturally flow out through your nose. - Focus on relaxing the body as you exhale completely. Maintain a Rhythmic Flow, keeping the breath slow, deep, and controlled. - Aim for 4–6 breaths per minute for optimal relaxation.	4–10 minutes, any time through the day. Great in the morning for 2–3 min., before getting out of bed.	The Crocodile Breathing Technique is a diaphragmatic breathing method that helps improve breath control, relaxation, and core stability. It is often used in yoga, athletic training, and breathwork practices to retrain proper breathing mechanics also help release stress, tension and pain in lumbar area.	please click