OPTIMAL BREATHING

1. O₂ = CELL FUEL
2. O₂ + CO₂ = OVERBREATHING
   INTO
   TISSUES & ORGANS

3. RULE #1
   BREATHE
   THROUGH YOUR
   NOSE

4. RULE #2
   BREATHE
   INTO YOUR
   BELLY

5. RULE #3
   EXHALE
   70% MOUTH
   BREATH

6. WHEN? ALL DAY.
    EVERY DAY.

7. YOUR BREATHING COUNT

8. VAGUS GETAWAY
   MIND
   HEART
   CUT
   YOUR TICKET
   MASTERY

9. THE 4S'S

10. PERFECT
    BREATHTAG
    KNOW HOW
    CHECK IF
    DO IT NOW!