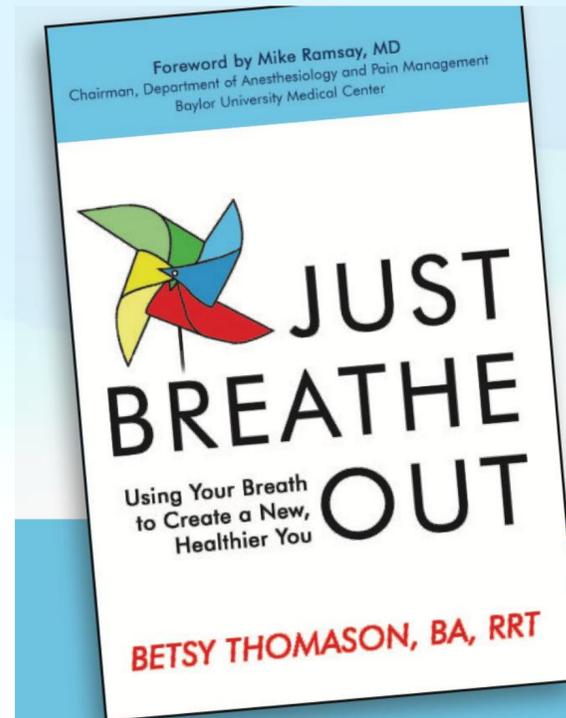


Dynamic Breathing

Healing Life and Lungs
with your outbreath

by Betsy Thomason, BA, RRT
Revolutionary Respiratory Therapist
outbreathinstitute.com



DRUG-FREE
MANAGEMENT
of Anxiety, Fear,
Pain, and Stress

Disclaimer ***Just Breathe Out***

Using Your Breath to Create a New Healthier You is a healthcare book based on ancient wisdom the outbreath. It is designed as an adjunct to your health maintenance routine, not as a replacement for medical care.

Remember, some breathing problems are more related to the heart than to the lungs. Consult your medical professional to identify the cause of a problem so that you can take appropriate action.



The Earth is sick, and so too are
all earthly beings—
including this speaker.



Fundamental to Healing:

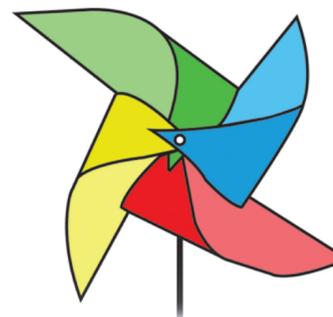
Loving your body unconditionally!



**The how-to-breathe
guidebook—**

**drug-free management
of anxiety, fear, pain,
and stress**

Foreword by Mike Ramsay, MD
Chairman, Department of Anesthesiology and Pain Management
Baylor University Medical Center



**JUST
BREATHE
OUT**

Using Your Breath
to Create a New,
Healthier You

BETSY THOMASON, BA, RRT



How is humor related to health and breathing?

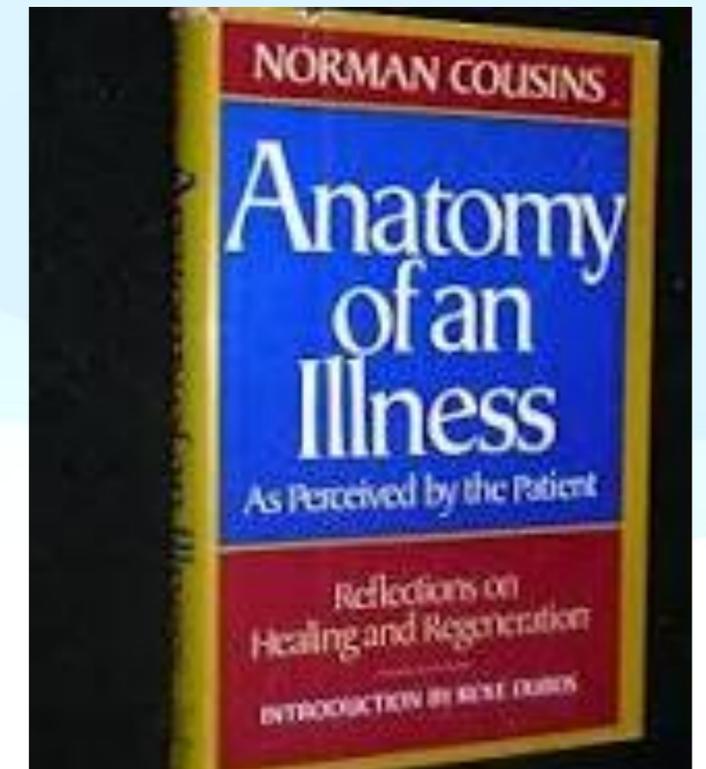
Why should we take humor seriously?

Proverbs:

“A merry heart doeth good like a medicine.”

Louisa May Alcott—Civil War Nurse, author

Norman Cousins—20th century political journalist, author: *Anatomy of an Illness*

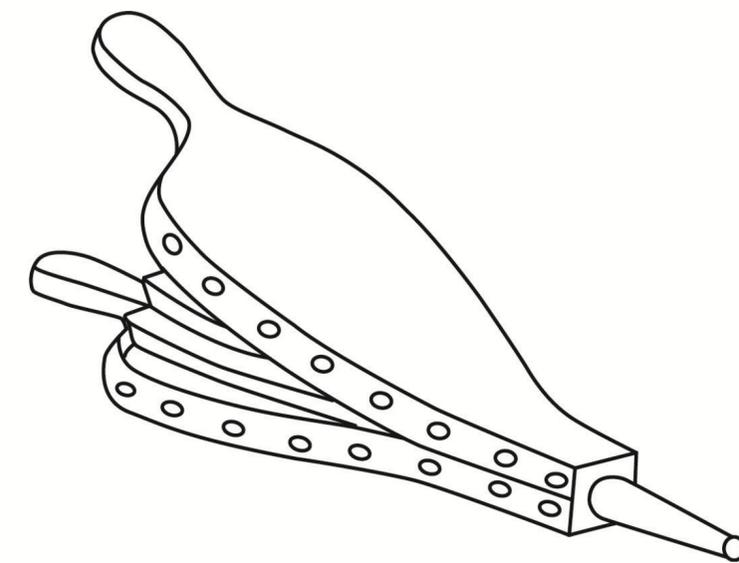
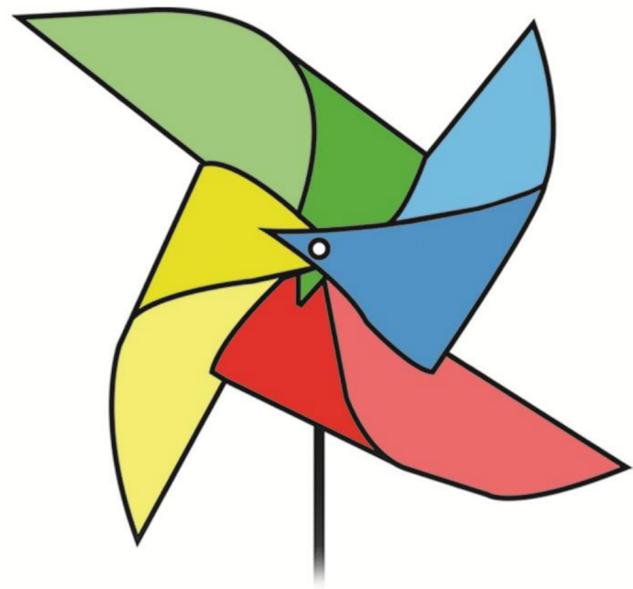


**Anatomy - structure
and
Physiology - function**

What's the difference between
diaphragmatic breathing
and
the BreatheOutDynamic system—BODs?



We learn through metaphors.
Muscles appreciate pictures
of what you want them to do.



What's yours
BODs metaphor?



Why does breathing influence so many organ systems and processes?

THE VAGUS NERVE—

**10th cranial nerve—“the wanderer”—
connects the brainstem with all major organs
including tongue, pharynx, circulatory, respiratory and
gastrointestinal systems, with both sensory and motor affects.**

Just Breathe Out
the how-to-breathe guidebook

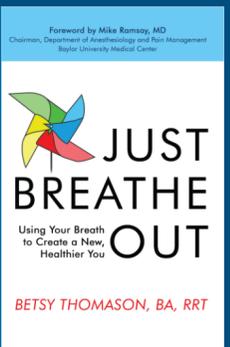
CHAPTER 3 —pages 41 to 56 (paperback)

“Learn the BreatheOutDynamic system (BODs)”

ACTIVE outreach
PASSIVE, relaxed inbreath

Just the opposite of unfocused breathing

www.outbreathinstitute.com



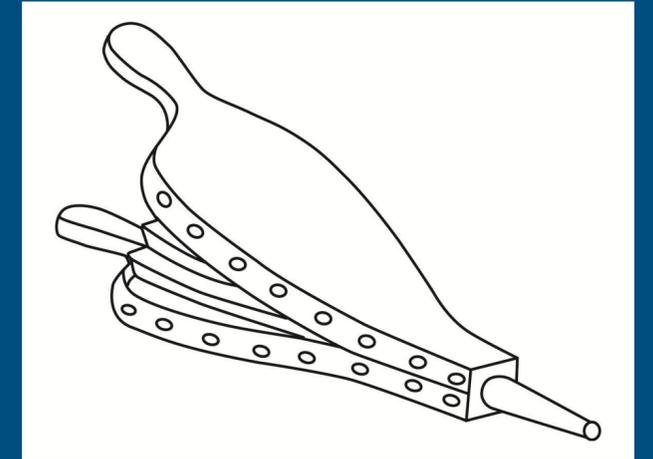
Begin Learning BODs Basic Two-Step

RIGHT NOW!

sitting, standing, or lying down

practice in a quiet place 5-15 minutes or more daily

p 46 (paper)

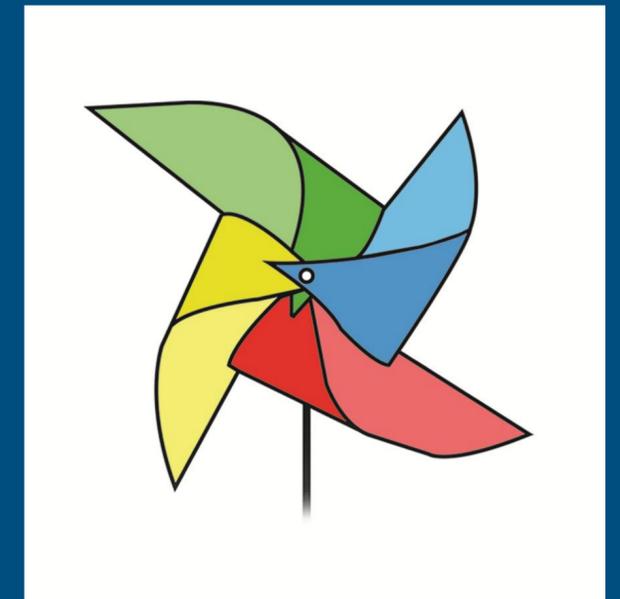


- **BODs STEP 1—OUTBREATH**

As you squeeze your belly muscles, blow out gently through pursed lips. Play around with how long to blow out.

- **BODs STEP 2—INBREATH**

As you release your belly muscles, stop blowing out. Simply RELAX briefly. Repeat BODs STEP 1.

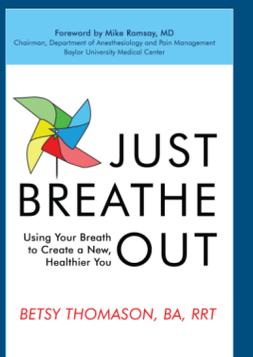


Why is the active outreach focus essential?

You expend effort efficiently.

Just Breathe Out pp xxi -xxv (paper)

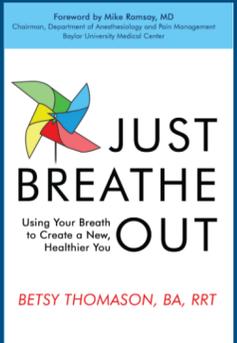
www.outbreathinstitute.com

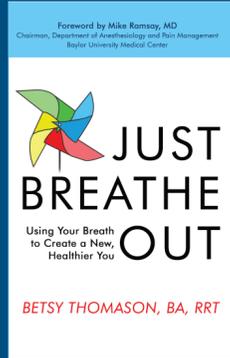


WHEN BODs BECOMES PART OF YOUR DAILY ROUTINE

BODs ACTIVE OUTBREATH Promotes Relaxation

- Outbreath turns OFF stress response pp 6-6,12-13 (paper)
- Outbreath promotes calm p 14
- BODs is drug-free management of anxiety, fear, pain, and stress p 159





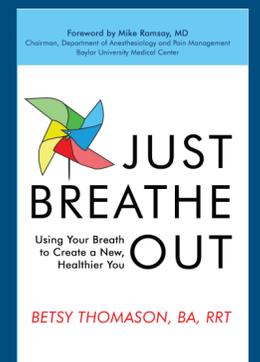
TANGIBLE Benefits of BODs active outbreath / passive inbreath

WHEN BODs BECOMES PART OF YOUR DAILY ROUTINE

- Strengthens abdominal muscles—body's core p xxiv (paper)
- Improves digestion and elimination on pp 16 -17
- Boosts spinal support thus reduces back pain p 114
- Reduces air hunger pp156 - 157
- Removes metabolic waste—CO₂, effeciently p 64
- Fosters quality sleep p 16

How is BODs different from other methods?

- BODs ACTIVE outbreath / PASSIVE inbreath—the opposite of everyday, unfocused breathing—decreases your work of breathing. pp 72 - 73 (paper)
- BODs active belly focus empowers weak breathing muscles. pp 68 - 69
- BODs relaxes the diaphragm, even when working hard. pp 62 - 63, p 147
- BODs assists you with activities of daily living. pp 87 - 93
- BODs passive inbreath saves you energy. p 50
- BODs active outbreath energizes your muscles. pp 97 - 99



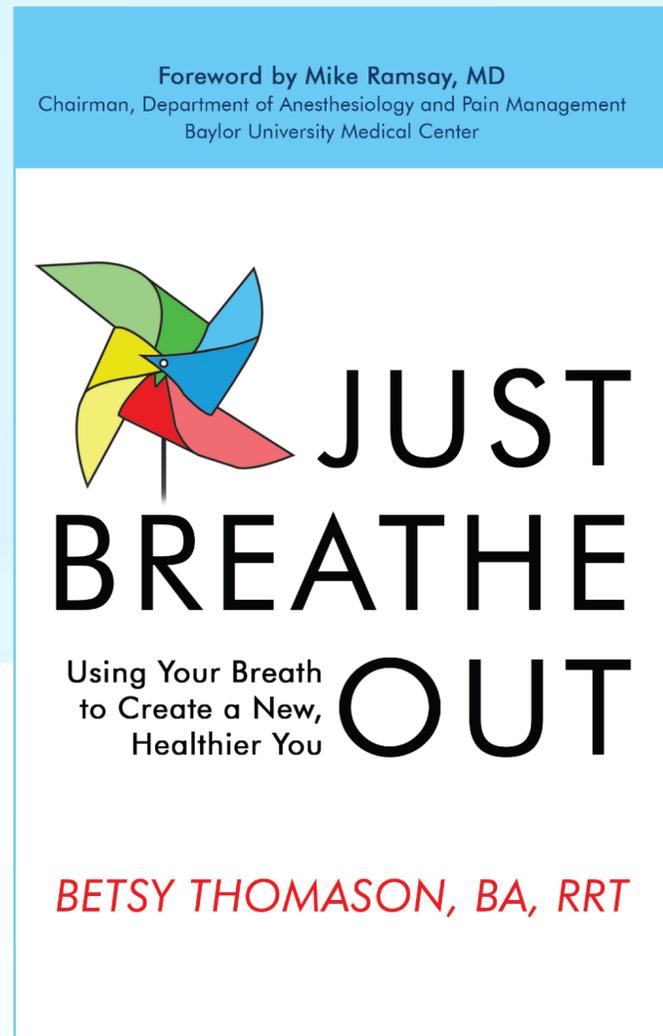
“Be empty, and you will remain full.”

Lao-Tsu, Chinese philosopher

Just Breathe Out

Using Your Breath To Create a New, Healthier You

The how-to-breathe guidebook



- paperback, nook/kindle, iTunes/Audible
- audio & braille—National Library Service at the Library of Congress
- your local library/book store—ask them to order JBO
- YouTube BetsyThomason channel—10-minute video
- www.outbreathinstitute.com bzthomason@gmail.com