

## Breathing And Medicine

Oxygen-rich blood is the key element needed by the body to create healthy cells. Healthy cellular regeneration is essential for good health: it has proven to be the antidote for many sicknesses. On the other hand, if most people are using only one-third of their respiratory system when they breathe, they would be getting only around 25% of the air and oxygen they need for good health. Is it any wonder that one out of every two people is experiencing serious disease? Transformational Breath teaches how to breathe more effectively. After the evaluation and training, Transformational Breath techniques open up the entire respiratory system to allow for more frequent and freer in and out flow.

Transformational Breath increases oxygen levels and breathing capacity by restructuring individual breathing patterns so that a client's air volume increases, by two or three times or more. There are many documented accounts showing that physical symptoms disappear in clients with chronic illnesses after practicing Transformational Breath. For example, in a study in a hospital in Regio Emilia in Italy, twelve respiratory patients were each given ten Transformational Breath sessions by a facilitator: the subjects improved their oxygen capacity on the average of 65% to 85%. Physical, mental, and emotional symptoms decreased dramatically as well.

It is conclusive medical evidence that air and oxygen play an important role not only in staying healthy but also in treating and eliminating diseases. Better breathing could very well be the medical panacea many have been searching for. However effective this approach is, perhaps the drug and medical community has not promoted better breathing because the enterprise lacks financial returns. Nevertheless, there are doctors and medical professionals who support the healing of disease through the miraculous process of Breath, as we see in the following quotes:

### Asthma

"One study on the treatment of asthma patients conducted by researchers John Goyeche, Dr. Ago, and Dr. Ikemi, suggests that any effective treatment should address suppressed emotions - such as anxiety and self-image - as well as the physical dimension. To achieve this, they encourage correction of poor posture, and helping the person relax the irrelevant respiratory muscles while restoring full diaphragmatic breathing. They also recommended finding ways for getting rid of excess mucus. The good news is that a well rounded breath practice will do all these things."

**Donna Farhi**

THE BREATHING BOOK, pg. 207

### Blood Pressure

"The relationship between breathing and blood pressure has been known and understood for a long time. It boils down to this: Elevated blood pressure accompanies those bodily states where rapid shallow breathing prevails. By altering breathing to a slow diaphragmatic mode, blood pressure decreases."

**Robert Fried, Ph.D.**

THE BREATH CONNECTION, pg. 152

### Cancer

"The first discovery was made by Nobel Prize winner Dr. Otto Warburg, Director of the Max Planck Institute for Cell Physiology in Berlin. He confirmed that the key precondition for the development of cancer is a lack of oxygen at the cellular level."

**Nathaniel Altman**

OXYGEN HEALING THERAPIES, pg. 66

"Lack of oxygen clearly plays a major role in causing cells to become cancerous."

**Dr. Harry Goldblatt,**

JOURNAL OF EXPERIMENTAL MEDICINE

"Cancer has only one prime cause. It is the replacement of normal oxygen respiration of the body's cells by an anaerobic (i.e. oxygen-deficient) cell respiration."

**Dr. Otto Warburg**

Nobel Laureate, Winner of the Nobel Prize in Medicine (for Cancer Research)

"Cancer is a condition within the body where the oxidation has become so depleted that the body cells have degenerated beyond physiological control. Similarly, the true cause of allergy is lowered the oxidation process within the body, causing the affected individual to be sensitive to foreign substances entering the body. Only when the oxidation mechanism is restored to its original high state of efficiency can the sensitivity be eliminated."

**Dr. Wendell Hendricks**

Hendricks Research Foundation

### Detoxification

"Many healings of other physical troubles have occurred in my clients after they started to integrate breathing practices into their lives. There is a simple but encompassing reason that may explain this. The human body is designed to discharge 70% of its toxins through breathing. Only a small percentage of toxins are discharged through sweat, defecation and urination. If your breathing is not operating at peak efficiency, you are not ridding yourself of toxins properly."

**Gay Hendricks, Ph.D.**

CONSCIOUS BREATHING, pg. 17

"One of the most overlooked benefits of extra oxygen in the tissues is their ability to detoxify more efficiently".

**Dr. Kurt W. Donsbach, D.C., N.D.,**

SUPER HEALTH

OXYGEN-OXYGEN-OXYGEN

"Illness is the result of improper removal of toxins from the body. Oxygen is the vital factor which assists the body in removing toxins."

**Ed McCabe**

OXYGEN THERAPIES, A NEW WAY OF APPROACHING DISEASE (1988)

### [Heart Disease](#)

"Coronary heart disease is due to a lack of oxygen received by the heart."

**Dr. Dean Ornish**

"...healthy breathing should be the first thing taught to a heart patient. A Dutch Study conducted by a doctor named Dixhoorn, compared two groups of heart attack patients. The first group was taught simple diaphragmatic breathing, while the second group was given no training in breathing. The breathing group had no further heart attacks, while 7 of the 12 members of the second group had second heart attacks over the next 2 years."

**Gay Hendricks, Ph.D.**

CONSCIOUS BREATHING, pg. 16

"A lack of oxygen (hypoxia) is the prime cause of 1.5 million heart attacks each year."

**Dr. Richard Lippman,**

Renowned Researcher

### [Lymphatic System](#)

"Jack Shield, MD, a lymphologist from Santa Barbara, CA, conducted a study on the effects of breathing on the lymphatic system. Using cameras inside the body, he found that deep diaphragmatic breathing stimulated the cleansing of the lymph system by creating a vacuum effect which sucked the lymph through the bloodstream. This increased the rate of toxic elimination by as much as 15 times the normal pace."

**J. Shields, MD**

LYMPH, LYMPH GLANDS AND HOMEOSTASIS, Vol. 25 No. 4, Dec 92, pp.147-153

### [Overcoming Disease](#)

"Improper breathing is a common cause of ill health."

**Dr. Andrew Weil**

" All chronic pain, suffering, and diseases are caused by a lack of oxygen at the cell level."

**Dr. Arthur C. Guyton, MD**

THE TEXTBOOK ON MEDICAL PHYSIOLOGY

"Breathing is the key that unlocks the whole catalog of advanced biological function and development. Is it any wonder that it is so central to every aspect of health? Breathing is the first place, not the last, one should look when fatigue, disease, or other evidence of disordered energy presents itself. Breathing is truly the body's most basic communication system."

**Sheldon Saul Hendler, MD, Ph.D.**

OXYGEN BREAKTHROUGH, pg. 96

"Oxidation is the source of life. Its lack causes impaired health or disease, its cessation, death."

**Dr. F.M. Eugene Blasse, Ph.D.**

OXYGEN THERAPY: ITS FOUNDATION, AIM & RESULTS

"Simply put, disease is due to a deficiency in the oxidization process of the body, leading to an accumulation of the toxins. These toxins would ordinarily be burned in normal metabolic functioning."

**Albert Wahl**

"Oxygen plays a pivotal role in the functioning of the immune system."

**Parris M. Kidd, Ph.D.**

ANTIOXIDANT ADAPTATION

"In all serious disease states we find a concomitant low oxygen state...Low oxygen in the body tissues is a sure indicator for disease...Hypoxia, or lack of oxygen in the tissues, is the fundamental cause for all degenerative disease. Oxygen is the source of life to all cells."

**Dr. Stephen Levine**, Renowned Molecular Biologist and Geneticist

OXYGEN DEFICIENCY: A CONCOMITANT TO ALL DEGENERATIVE ILLNESS

"Starved of oxygen the body will become ill, and if this persists it will die, I doubt if there is an argument about that."

**Dr. John Muntz**, Nutritional Scientist

"Insufficient oxygen means insufficient biological energy that can result in anything from mild fatigue to life-threatening disease. The link between insufficient oxygen and disease has now been firmly established."

**W. Spencer Way**

JOURNAL OF THE AMERICAN ASSOCIATION OF PHYSICIANS

"Cells undergoing partial oxygen starvation send out tiny panic signals which are collectively felt in the body as a continuous vague sensation of uneasiness, dread or disaster. This low level generalized warning tends to get tuned out as mere 'background noise' by the individual experiencing it. Or, it is attributed to other sources of uneasiness.... People rarely suspect that the constant vague feelings of helplessness, fatigue....uneasiness are symptoms of cellular oxygen deprivation."

**THE TOWNSEND LETTER FOR DOCTORS**