



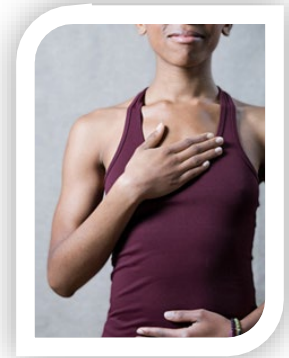
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# Diaphragmatic Breathing

## Diaphragmatic Breathing Instructions

Breathing well improves every bodily function we have. It is the FIRST thing that can begin to calm us down and relieve stress.

If you are not breathing well during sleep, you WILL have inflammation in the body. Deep breathing is a reboot for our brain. The importance of the breath cannot be stressed enough.



### Instructions for Diaphragmatic Breathing:

Lay on a bed or the floor (with a [yoga mat](#)) and place a pillow, a rolled up towel or a [half roll](#) under your mid-back (where your bra closure is). Do not wear a bra when doing this technique.

Relax the neck, jaw, eyes, face and shoulders. Breathe deeply into the rib cage and the belly while you are breathing in a relaxed easy way. Then shift the breath to your chest and then into your lower abdomen. This expands the entire torso to create space for flow.

Diaphragmatic breathing helps move lymph through our body as our breath is a natural "pump" and can also massage our digestive organs as the diaphragm plunges nice and easy, up and down, as we breathe.

Lay like this for 5-30 minutes a day. This is a good time to practice gratitude.

## Essential Oils to Aid Breathing

**Breathe Respiratory Blend:** A remarkable blend of essential oils that support clear airways and easy breathing. May be diffused or applied topically when diluted with fractionated coconut oil. You can apply it to the chest or onto the bottoms of the feet.

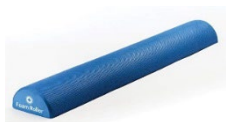


**Eucalyptus Oil:** Promotes clear breathing. May be diffused or applied topically when diluted with fractionated coconut oil. You can apply to the chest or onto the bottoms of the feet.

**Volo Diffuser:** The beautiful Volo™ Ultrasonic Diffuser has a customizable output with multiple time settings and features optional light settings.

Order Your doTERRA breath support here: [www.healthyoilsworld.com](http://www.healthyoilsworld.com)  
Or simply call our office to order: 212-838-8884

## Additional Breath Support Aids



[HALF ROLL](#)



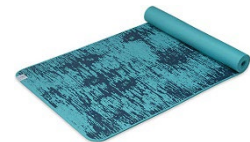
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