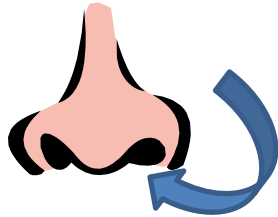
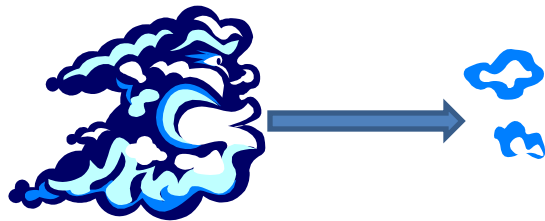
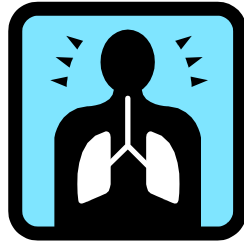


Breathing for Relaxation 4-7-8



HOLD



While touching your tongue to the ridge of tissue behind your front teeth:

1. Breathe in through your nose (count 4)
2. Hold breath in your belly (count 7)
3. Blow out through lips (count 8)

Repeat for 4 cycles and relax.

Practice 2X/day for 4 weeks and use PRN, then increase to 8 cycles.

From: "Breathing: the Master Key to Self-Healing" by Dr. Andrew Weil, University of Arizona Medical School.