



Just Breathe

Our thoracic diaphragm lies just under our bottom ribs and is responsible for breathing. Whether it be a body image issue or physical and mental stress in our lives, we tend to use our diaphragm less and less by breathing more with our shoulders. Help retrain your diaphragm muscle with this exercise! Lying on your back with your knees bent and feet flat on the floor, press your belly out as you breathe in. This expansion is caused from the diaphragm pressing down on our intestines. As you exhale pull your bellybutton towards your spine. Try not to shrug your shoulders up when breathing in and out and don't be surprised if after a few breaths it feels like you've had a big workout; remember that the diaphragm is a muscle that's working out!

Yours in health,

Erin, Karen & Erik

The Therapeutic Effects Team