



Nose Unblocking Exercise

- Take a small, silent breath in through your nose and a small, silent breath out through your nose.
- Pinch your nose with your fingers to hold your breath.
- Walk as many paces as possible with your breath held. Try to build up a medium to strong air shortage, without overdoing it.
- When you resume breathing, do so only through your nose. Try to calm your breathing immediately.
- After resuming your breathing, your first breath will probably be bigger than normal. Make sure that you calm your breathing as soon as possible by suppressing your second and third breaths.
- You should be able to recover normal breathing within 2 or 3 breaths. If your breathing is erratic or heavier than usual, you have held your breath for too long.

- Wait 1 or 2 minutes before repeating the breath hold.
- In order to prepare yourself for the longer breath holds, go easy for the first few repetitions, increasing your paces each time.
- Repeat for a total of 6 breath holds, creating a fairly strong need for air.

Generally, this exercise will unblock the nose, even if you have a head cold. However, as soon as the effects of the breath hold wear off, the nose will likely feel blocked again. By gradually increasing the number of steps you can take with your breath held, you will find the results continue to improve. When you are able to walk a total of 80 paces with the breath held, your nose will remain decongested. Eighty paces is actually a very achievable goal, and you can expect to progress by an additional ten paces per week.

Each week I teach this exercise to groups of five- to ten-year-old children, many of whom have pretty serious breathing difficulties. Within 2 or 3 weeks, most children are able to walk 60 paces with their breath held, with some children quickly achieving up to 80 paces. Try it yourself, and see how you do.

If you regularly suffer from nasal congestion, you should soon find it much easier to breathe through your nose by practicing this exercise. No longer will you require over-the-counter nasal decongestants, antihistamines, or nasal steroids!

By holding your breath, you sharply increase the concentration of nitric oxide in your nasal cavity, resulting in dilation of the nasal passages and smooth, easy nasal breathing once more.

As you move on to the breathing exercises in the next chapter, your ability to hold your breath will improve, resulting in even greater nasal freedom.