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## How to Train yourself to be Healthier by Best Breathing!

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**Abstract:** Breathing is so natural that the "best way to breathe" has never been identified or promoted as such. Having episodes of life-threatening laryngospasm prompted research and study on breathing, resulting in the discovery that nasal inhaling is "best" by shutting one's mouth and concentrating on getting more oxygenation. "SAM More Oxygen" describes the "best way to breathe: SHUT your mouth. AIR in thru nose. MOUTH exhale or stay shut or cough harshly to clear throat and lungs" (but when doing a series of SAMs, cough harshly every third and fourth time to help clean your lungs and larynx)." The discovery occurred while in laryngospasm. Intensely aware of the miserable duration of previous barely effective horrible mouth clearing trying-to-breathe efforts, a conscious decision of "I am not going to go thru this again because it is torture", the mouth was shut against all natural impulses to use mouth breathing to clear my choking laryngospasm; and, amazingly, air inhalation thru the nose occurred enabling a strong cough which opened the airway; repeating the sequence many times enabled calmer more efficient return to normal breathing. The process was quickly called "SAM" and it worked every time ever since. It went into medical publication and many grateful letters were received from people who found it giving relief never before as fast or effective. Since then, research and study of breathing clearly shows the SAM More Oxygen will help many medical problems and maintain good health. But you need to practice it over and over to remember to do it. Regular breathing automatically returns but it is not "best breathing." When relaxing watching T.V. or on your computer, best breathe by gentle SAMs. Do a few when you wake up every morning--get a little more oxygen to help wake up and energize for the day. Remind each other too to SAMMO.

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There is a best way to breathe (as in attachments). Everyone needs to know how to do it and how it helps as "more oxygen" helps everything. You might do it by chance, but you WILL do it if taught and reminded. It will be the most healthy simple inexpensive health promoting activity you can do. Best breathe whenever you think of it. Shut mouth; Air in thru nose; Mouth whatever--shut, exhale or cough. Before you start anything, SAM More Oxygen.

1. Children should be taught to breathe the SAM More Oxygen when able to follow directions. They will be healthier and have more energy. "Ever body stand straight and let's do the SAM ten times. Stand straight. Shut your mouth; Air in deeply thru the nose and feel the oxygen flow thru you everywhere; Mouth exhale or nose exhale slowly." Repeat this ten times, standing straight each time. Do it slowly. Do with the cough occasionally. Tell yourself, "I can do more good with more oxygen!"
2. Athletes need more oxygen more than anyone. Observing athletes in every sport reveals occasional unwitting use of the SAM, but nothing ever as specifically planned routine pre-,during-, or post-, events. They do not use it enough to feel its benefits. Most athletes mouth breath. The intense concentration on their sport activity excludes all but breathing as it comes naturally to them, unless specifically coached to SAM. As part of pre-event exercises, the entire squads should stop at relaxed military "SAM attention" which aligns one's musculature into natural composure and then be led doing the SAM ten times about every 15 to 30 minutes throughout all preliminaries. Coaches will need timers to remind them. It is about a 30 second re-oxygenation each time--it will help on the field of play too--Today, winning in sports are about millimeters and microseconds, and a few extra oxygen molecules make

the difference. (About every third or fourth SAM, cough harshly--you will be surprised at the crud you have inhaled while breathing heavily.) The military and every organization should teach it to improve all activities. Teach yourself to do the SAM with any exertion or activity because you will need more oxygen--even before straining when constipated--you may be surprised to find it goes easier but only if you stop to think about it which you usually do not bother to do...but if you do, you will say to yourself, "Wow, the SAM More Oxygen really works."

3. For leg, arm, muscle cramps, do the SAM as rapidly as one can for 3 minutes or until the cramp subsides. Same for body contusions, head injury and concussions. Unless you practice it, you will not remember to do it when hurting.
4. To sleep soundly without snoring (and to prevent snoring related pulmonary problems), have anyone hearing you snore, gently shake your shoulder, gently moving your chin up saying "Shut your mouth and breathe through your nose" until you do so. It will take many times but once learned will become automatic like Pavlov's dog. By the SAM, you will stop snoring and not develop sleep apnea, obstructive pulmonary diseases, need for breathing machines, obesity, and other conditions related to hypoxic sleep. Do the same for others you hear snoring. Snoring is not good for any body and it means you are not best breathing and need to shut your mouth!
5. Pulmonary hygiene is as overlooked as the SAM. Exhalation is the expulsion of unhealthy components in the lungs. A cough is the body telling you something needs to be excreted from the lungs. Doing the SAM 10 times after each tooth brushing, when awakening every morning, when going to bed or taking a nap, will help reduce the crud inhaled from the atmosphere. Once your lungs get used to being cleaner,

it will send you more coughing tickles, because it likes being cleaner. If you feel that need or tickle to cough, do the SAM 10 times but cough hard each time. Get rid of that inhaled crud. Cleaner lungs will transmit more oxygen too.

6. Medical use of the SAM should be in emergency rooms, recovery rooms, and hospital routines with every visit by every doctor, nurse, and other staff. Every one doing it will be helped. "Hello, I am---. Let's SAM 10 quick times for more oxygen." Then conduct your business with the patient. The SAM will improve health.
7. If you feel a cold coming on, sore throat, or have been around coughing or possibly ill people, do the SAM as in pulmonary hygiene (5 supra) and gargle with salt water a few times (Salt kills most microbes). I haven't had a cold, flu, or whatever's going around, since I started this several years ago. Whenever, I have felt "the cold (or whatever)" still "coming on" after being around people with the flu or whatever, I doubled the SAMs and salt gargles without getting the ten days of misery the others had. If you do not do it, you will get the virus or whatever. Your symptoms will resolve faster with the SAM & salt even if you get infected. Most infectious diseases (pulmonary and gastrointestinal) invade by the mouth, which is another reason to best breathe all the time because your mouth is shut.
8. Anxiety, panic, anger, rage, confusion and emotionality in general are signs of needing oxygen. The SAM will

provide it and also help distract from the negative psychological components of one's mental states. By doing the SAM, one has a better chance to work through the feelings instead of acting them out which is usually ineffective and habituating.

9. Absolutely use the SAM to clear your throat or to stop choking. You will/may save someone's life by telling them to do the SAM if you notice them choking, but you should know the Heimlich Maneuver and use the SAM afterwards which will be the best way keep their airway open once the Heimlich was used. Teach the SAM to them right then and there. They will be forever grateful.
10. Beneficial effects of the SAM include stimulation and recovery of degenerating unused muscles when SAMs are combined with paraspinal exercise techniques such as Yamuna Ball Rolling. Extra oxygen will benefit one's body by affecting capillaries, nerves, all body tissues, the brain pain filter, general healing, and improving the state of adult stem cells which repair body tissue. The SAM's intense focusing on one's body helps deflect and exhale negative mental states-- "blow and cough them away". Thinking of best breathing also helps buffer all the sensational advertising and suggestions from the press & media which have created an unnatural culture of non-being fantasy and lies--Best breathing will help you be true, one, good and beautiful, and be more immune to the suggestibility imposed by fascists of the press & media!