

Important Facts and Research in under 60 seconds

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HOME HEALTHCARE

Nasal Breathing...It matters more than you think.



From better sleep, to lowering blood pressure and even reducing depression, this seemingly simple act has profound effects on our overall health and well-being.

Nasal Breathing	Mouth Breathing
Optimizes oxygen absorption	Reduced oxygen intake by 10-20%
Improved stress and lowering blood pressure	Activates fight or flight increasing stress and anxiety
Releases nitric oxide and improves oxygen circulation and fights viruses	Bypasses the nose's filtration systems, increasing risk for respiratory infections
Better sleep and cognition	Contributes to sleep apnea and snoring
Promotes 'belly breathing' with numerous positive effects	Blood pH increases with numerous negative impacts including pain

Incorporating nose breathing into your daily life can have a profound impact on your health. It's a small change that can make a big difference.

For more info, you can check out 'Breath, the New Science of a Lost Art', by James Nestor.

Check out our weekly podcast hosted by Brian Harmon, PT, MBA and Jo Alch, RN with Joy Care Management.



A show on all things Senior Care with important topics and guests to help improve the health and quality of life of seniors.

Available on YouTube, Facebook and iTunes.

Contact us to inquire about our results and/or how our approach helps meet the needs of your patients and families.