

My office will always remain open for my patients

I am here to help you improve your Health and Well-being.

The Healthier you are the better you are able to Prevent and Fight Off an Infection.

Nasal, Abdominal Breathing and Home Exercise

Mouth Breathing:

First, let's talk about Mouth Breathing; Breathing through your mouth dries your teeth, gums, and throat mucosa which can lead to a change in your mouth and throat's natural healthy bacteria while drying the mucosa and impeding their normal function.

Mouth breathing can promote tooth decay, gum disease, snoring, and increased susceptibility to infections in the throat.

Breathing, in general, should be through your nose. It filters, moistens, and warms the air before it enters the lungs. It also connects with your parasympathetic and sympathetic nervous system and naturally alternates throughout the day and night approximately every 2.5 hours.. Your nose does this through the nasal conchae mucosa swelling on one side of the nostril to increase the airflow through the other side.

You will sleep better, be less irritable, snore less, help prevent tooth decay, gum disease, sore throats, brain fog, and bad breath.

Nasal Breathing:

How to retrain yourself for nasal breathing: block one side to stimulate the parasympathetic, block the right side and leave the left side open for 2-5 minutes and then stimulate the sympathetic, block the left side and leave the right side open, complete 2-3 cycles as a relaxation technique and to mimic what naturally happens throughout the day.

If you tend to breathe through your mouth or you tend to be congested, you should use cloth or micropore tape to tape your mouth shut. This will help you relearn how to breathe through your nose again.

You only need to tape a small portion of the mouth, such as a $\frac{3}{4}$ " wide piece across the upper and lower-middle portion of the mouth, it should be tight enough to promote nasal breathing but you should be able to still gently talk and breath through your mouth if you have to.

I would suggest trying this during the daytime to see how it feels before you use it when sleeping.

Lie down for a 10 min relaxation session a couple times a day. If you feel comfortable with it then try it at night, and if you don't feel comfortable then do it more often in the daytime until you feel comfortable. You can also add a nasal dilator such as a nasal strip, this may help at first to get used to nasal breathing, then try it without the nasal dilator strip. If you do not feel comfortable taping your mouth closed to sleep then keep doing the daytime alternate nasal breathing exercises discussed above and daytime taping sessions.

Breathing through your Abdomen or Diaphragm:

Your mid and lower abdomen under your diaphragm is where most of the movement should be when you breathe, not the chest!. We usually breathe through our chest when we are stressed, anxious, or angry.

Chest breathing is usually added when abdominal breathing does not give you enough air volume such as heavy or strenuous exertion, certain breathing techniques, or preparing to hold your breath.

How to teach yourself to breathe through your abdomen:

Lie down flat on your back with one hand on your belly button and the other on the chest. Relax or listen to some relaxing music for a few minutes and see which hand is moving up and down with your breath. If you are relaxed it will be the hand on your belly button and

little to no movement with the hand on the chest. Now think of something that makes you upset and it will reverse, most likely the hand on your chest will be moving and the hand on your belly button will not or both if you are really stressed. If you continue to breathe through your belly then you are a very relaxed individual with good self-control, congratulations because you are way ahead of most people.

Breathing with exercise:

Primary breathing during exercise should always be nasal and abdominal breathing with the addition of chest breathing and the very last will be mouth breathing. Try to keep it nasal until you absolutely can't get enough air then add mouth breathing along with nasal. Then between exercises or when you aren't pushing yourself as hard go back to nasal only breathing!, this will be difficult for many at first but is extremely important health-wise. After a while, you will get better at this and it will be easier so don't give up.

Exercise and the Home Gym

First off, let's look at exercise as a way to create movement and focus that is very different from our daily routine. It is a way to relieve stress, especially mental stress while promoting mental focus, relaxation, and physical fitness. It increases blood flow throughout the whole body (especially the brain) while decreasing blood sugar, stored glycogen, circulating and stored fat and insulin resistance during exercise and hours after exercise, a better mood, increase our ability to think and remember, social skills (especially in team sports), adaptability to stress or changes in our day to day activities, and sleep.

The key to exercise is not to overdo it:

When you are young it is easier to recover if you overdo it and harder to injure yourself but as you get more fatigued, run down and the older you get recovery can be a major problem leading to injury, damaged muscle, muscle loss, and illness. A good gauge for the average person is if you routinely feel fatigued when you finish you are pushing yourself too hard. When you are young this is not as much of a problem but as you get older or have

demanding jobs whether physically or mentally/emotionally it will just wear you down over time and reduce your quality of sleep, memory, ability to handle stress, make you moodier all while aging yourself faster than normal. All of this contributes to your chances of getting sick (cold/flu), promoting a chronic illness or injury to get worse let alone many diseases associated with our inability to adapt to ordinary or extraordinary negative stresses throughout our life.

Exercise encourages a healthy mood and brain regeneration by promoting the secretions or increased secretions of endorphins, BDNF (brain-derived neurotrophic factor), serotonin, norepinephrine, and dopamine, and others. Which in the long run can help prevent mental decline when we get older let alone greater mental capacity for our normal daily activities.

BFR: Blood Flow Restriction exercise:

Blood Flow Restriction is simply the use of a specialized band tightened around the highest point on the upper arm and thigh in order to moderately reduce the amount of arterial blood passing the band into the muscles towards the extremities. There is an even greater reduction of venous blood leaving the same muscles and tissue as it's trying to return to the heart causing the muscles away from the bands to get easily engorged or pumped.

Very Important:

Do not overtighten the bands! you can cause nerve or tissue damage. It is better to have them looser rather than tighter than they should be.

Your hands and feet should maintain their normal color and not get paler with BFR exercise and you should not have any numbness or tingling sensations in the limbs.

The easiest way to prevent this from happening is to release the tension for the 20-30 seconds between sets and then tighten them up before you start your next set or next exercise.

BFR essentially creates an environment in your muscles and tissues as if you were working out much harder than you actually are with muscle growth, strength, and hormonal increases that normally occur during extreme high-intensity training without the fatigue, muscle soreness, injury or joint pain associated with it.

This is great for older individuals, beginners, the more frail/weaker people, and people in rehab when you can not put that much stress on the muscles or joints involved.

It is also great for the average to the hardcore athlete because you will recover quicker so you can workout more often without injury!

High-intensity training can be very hard on the muscles, joints and their attachments and muscle/joint recovery is actually prolonged (2-3 days to recover), so you can only do two to three HIT (high-intensity training) or HIIT (high-intensity interval training) per week before you start overtraining.

In general, if you are over 40 and fit you will need the extra time to recover, and if you are not fit it can be detrimental to your joints, muscles, and health in general if you don't adjust the duration, weight, and intensity of the training. BFR is a good option to get around this in most cases, and a great option for people getting back into training or would like to increase their growth while lowering their chance of injury and overtraining.

So how do I do it:

Your reps will be in the 10-35 repetition per area (explained below) with good form, no sloppy movements!. You need to do higher reps with BFR bands to get a good pump that is prolonged in order to get the most benefit. Ideally, you will do your reps to failure. This can be to failure with full complete reps, partial reps on the last 2-3 reps at the end, or using a spotter to assist so you can do a complete motion on the last few reps.

You have 20-30 seconds rest before you do another set to failure and possibly one last set again after a 20-30 second rest and again to failure. This is why I listed the reps from 10-35, by your last set you may not even get the full 10 rep and that is OK. It's a goal and you may get more than 35 reps for the first set and again that is OK, as long as you are doing this in good form and to failure. If you never exercised with weights before or it's been a long time

since you have, you may only need to do one set of 35 plus reps, and when you are comfortable with that, then do it to failure, when comfortable with that add another set till failure and then finally the third set.

How much weight should I use: The popular rule is around 20-40% of your 1 rep max for each exercise you do.

For many people that may be a dangerous rule, especially if you are new to lifting weights, because trying to figure out your 1 rep max may cause you to injure yourself lifting a weight you would never do in your normal or even heavy day workouts, plus you should have a spotter to truly do this right to help reduce the chance of injury. If you are new to this and the weight you choose is getting hard to do at 15 reps then it is too heavy, so don't rush it, you will only injure yourself.

My general rule is that if you can do 5-6 reps max with a particular weight, then reduce it by 50-60%, so if you bench press 150 lbs take off 75-90 lbs and use 75-60 lbs for your bench press with the BFR bands for 35 or more reps. This may not be the perfect weight for you but it will be very close and you can adjust it up or down so you can get the 35 plus reps to failure without the risk of injury going for your 1 rep max weight.

The second set is after 20-30 seconds of rest for as many reps as possible till failure, probably 15-18 reps.

Third set again after 20-30 seconds of rest for as many reps as possible, probably 5-10 reps.

Again only do the second or third sets if you are someone who exercises regularly, otherwise, just do the one set for a week and add another set as you get stronger and more comfortable with this.

When you start doing multiple sets you can release the BFR bands for the 20-30 second rest period and tighten them back up before you start your next set, this can help prevent excessive constriction and possibly make your whole routine more beneficial especially if you tend to tighten the bands too much as the beginning of your exercise routine.

Some of the positive things that happen with intense exercise or the less intense BFR exercise:

Lactate (lactic acid) accumulation, growth hormone (GH) stimulation with increased insulin-like growth factor-1 (IGF-1), increased collagen synthesis, increased levels of vascular endothelial growth factor (VEGF) which increases Nitric Oxide production and promotes the formation of new capillaries thus improving oxygen delivery to active skeletal muscles and improvements in cardiorespiratory endurance (such as VO2 peak) and more.

Korean Constitutional Medicine Types and Exercise:

Metal Constitutions have their strength in their upper body like a gymnast, for example. They tend to be top-heavy strength-wise and should work on their weaker lower bodies to balance them out.

Earth Constitutions have their strength in their ability to be quick and explosive such as in sprinting, tennis, and table tennis for example. Their quick explosiveness needs to be balanced with slower more flowing exercises such as Tai Chi and Yoga.

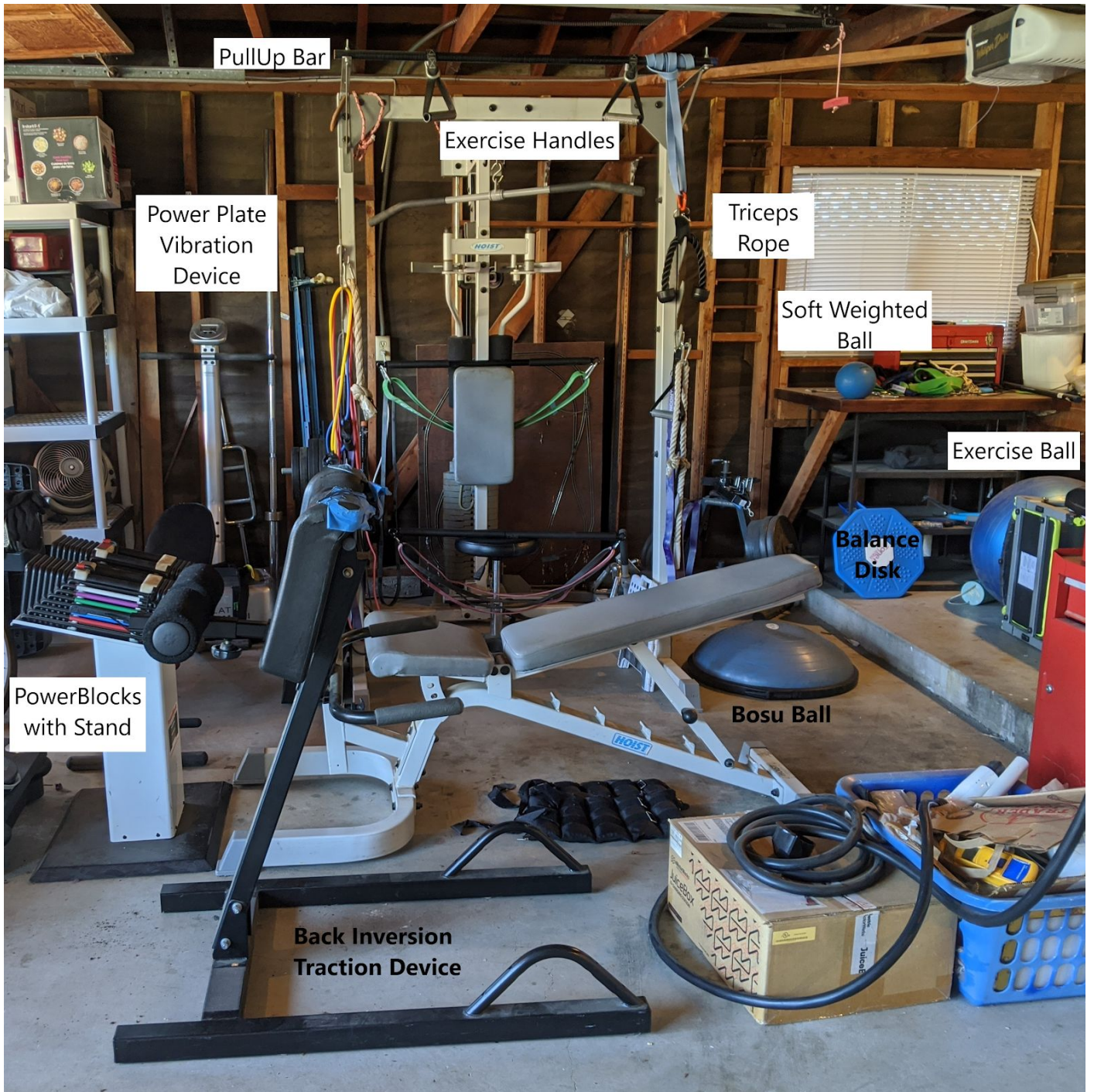
Wood Constitutions have their strength in their core and can be great at weight lifting, and wrestling for example. They should do exercise that gets them winded so either endurance exercises, run, bike, swim, or exercise without rest between movements or sets to keep the heart/lung rate up.

Water Constitutions have their strength in their legs and lower body and can be great cyclists, and runners for example. They should do upper body strength-building exercises to balance their stronger lower body.

If you have not been constitutionally typed at the office, Call and make an appointment to see me!

If you have seen me and have been constitutionally typed, please call and I can look up your constitutional type.

(805)-380-5742



Above is a picture of my home gym in my garage, along with the bike and all the "Stuff" on the table below.

There are many parts to this gym and I will explain below what each part is.



Carabina/Carabiner Clips:

Very versatile to attach bands to bars, handles, etc, get the largest ones you can get and good quality.

Wrist/Ankle Strap:

Get good quality ones so it doesn't irritate your skin and is comfortable to wear.

A fabric measuring tape is used with BFR bands:

Measure your relaxed mid-upper arm and mid-upper thigh circumference before you put on the BFR bands and exercise, then again after, there should be a $\frac{3}{4}$ " (arm) or more and 1" (thigh) or more increase in circumference after you take off the BFR bands.

Exercise Tubes below with or without handles can be used as a single tube or multiple tubes attached together are usually low to medium resistance/tension, and you may grow out of them quickly.

The Thicker Flat Exercise Bands below are my favorite type of band and can be used as a single band, double or multiple bands, see the purple band below hanging from the chain, for the single and double band example, or multiple bands, see the black metal bar with red and black bands attached below.

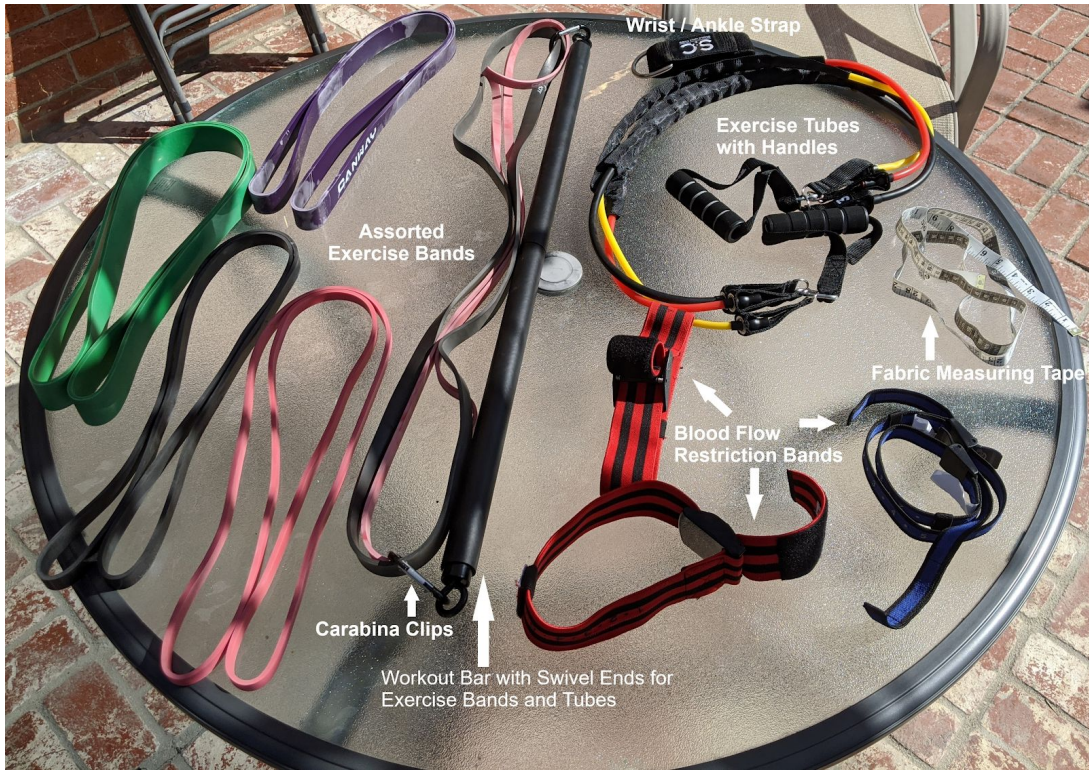
Red Band = 15-35 lbs as a single band. Then you can double the band = 30-70 lbs

Black Band = 25-65 lbs as a single band. Then you can double the band = 50-130 lbs

Purple Band = 35-85 lbs as a single band. Then you can double the band = 70-170 lbs

Green Band = 50-125 lbs as a single band. Then you can double the band = 100-250 lbs

Green Band = 50-125 lbs as a single band. Then you can double the band = 100-250 lbs



PullUp Bar:

It can be the inside door frame type like the one below, a bar attached to the cross boards in a garage, or to a piece of gym equipment (above) like the black taped bar that the chain is attached to.



Exercise handles:

Are very versatile and good quality ones will last a long time.

Triceps Rope:

Can be used for core, lat, and tricep exercises.

Soft Weighted Balls:

Smaller and softer than the Medicine ball, can be used for core or explosive strength exercises as well as one arm press, triceps, lats, chest, shoulders, etc.

Medicine Ball:

Larger and generally heavier than the soft weighted ball. Very versatile for balance and strength exercises.

Balance Disk:

Great for legs, feet, and core strength and proprioception = stability, coordination and balance.

Bosu Ball:

Very common in gyms and exercise classes. Similar concept to balance disk but more versatile in the number of exercises you can do with it for your core, upper, and lower body.

Good quality Weight Bench:

Allows you to do many more exercises safely with a small footprint.

PowerBlocks or similar select a weight dumbbells:

I have had these for over 20 years and no problems. I prefer PowerBlocks because they are much thinner than most other selectable weight sets.

Weighted Vest:

Needs to have a good strap that goes around the waist to take some of the weight off the shoulders. Very versatile especially for lower body exercises, running, elliptical machines, and upper body pull-ups, rope, and pole climbing as examples.

Back Inversion Traction Devices:

I like these because of the small footprint. I have used this one for 10+ years and it is the only type I can use due to excessive leg length difference, otherwise, if your leg length difference is 1 inch or less you can use the common Inversion Tables.

Yoga or Exercise Mat:

Very versatile for not only Yoga but any floor exercises and occasional 5 min relaxation naps :).

Kettlebell, Jump Rope, Plyometric Boxes (or a regular Weight Bench like above), and Rebounders can round out your “cheap” home gym.

Exercise Bike, Treadmill, Elliptical, Stair Stepper, Etc:

These machines allow you to do high-intensity, interval, and endurance exercises in the comfort of your own home.

Bodyweight exercises:

Pushups (wide, normal, close grip, clapping), pullups, squats and jumping squats, planks (many variations), jumping jacks, burpees, tricep dips on a bench or chair, lunges (forward, side jumping and reverse), step-ups (with or without knee raises) and step-downs, leg raises,

Spider Crawl, Mountain Climber, Pistol Squat, Double and Single Leg Glute Bridge, V-sit, Leg Raises (anterior, posterior, medial, and lateral variations) with or without plank, Froggers, One-Legged Balance Taps, Calf Raises, Bicycle Crunches, and many more.

A not so cheap home gym would include the Power Plate Personal Vibration Trainer, pictured above (\$2,500.00) or the VT High-Frequency Linear Vibration Machine VT003F (\$290.00) and LifePro Rumblex 4D Vibration Plate Exercise Machine (\$400.00). The cheaper vibration machines don't have the correct vibration Hz frequency range needed (10-50 Hz range is best but most will only do a portion of this range so the greater the portion the better as a general rule), the three mentioned above do have the frequencies you want and the VT003F and Rumblex 4D have multi frequencies in the range you want.

I hope this email helps you with healthy nasal, abdominal breathing, and setting up your versatile home gym.

805 380-5742

Sincerely

Bruce Pendleberry, OMD, LAc, Dipl O.M. NCCAOM