



HOW TO BREATHE RIGHT

Nisha Jackson, PhD

Hot to Breathe Right

Rusty Humphries: Hi there. Welcome to *The Dr. Nisha Jackson Show*. I'm Rusty Humphries. She's Nisha Jackson. We are on top of a mountain in Southern California, and Nisha, what mountain is this? Where are we?

Dr. Nisha Jackson: Well, we call this The Cross Hike (Trail). It's my favorite hike. I do a lot of different hikes here, but this is one of my favorite ones because I like to bring friends on this hike. It's a place where you can get to the top, which is a cross, and people meditate and just reflect and talk with friends. Some people bring food up here. They even do full-moon hikes up here.

Rusty Humphries: Really?

Dr. Nisha Jackson: Yeah.

Rusty Humphries: Nice.

Dr. Nisha Jackson: It's a really nice hike.

Rusty Humphries: Very nice.

Dr. Nisha Jackson: It's doable.

Rusty Humphries: It is doable. I mean, we've done ... that's about a mile up so probably two miles round trip it looks like.

Dr. Nisha Jackson: Right. And you can take different ways that add mileage to it and a little bit more complexity, as we've talked about.

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Rusty Humphries: Alright. You can take a look and be sure you saw that footage of what the cross looks like around. It's just this beautiful valley in a great place, but we didn't come up here to talk about hiking. What did we come up here to talk about?

Dr. Nisha Jackson: I want to talk about breathing.

Rusty Humphries: Breathing, isn't that what we all do all the time nonstop, or we don't think about it?

Dr. Nisha Jackson: You know, people take breathing for granted. And did you know that you can actually improve relationships by the way you breathe?

Rusty Humphries: I did not know that.

If you don't breathe right and you have less oxygen coming into your body, it's going to make your mood change.

— *Dr. Nisha Jackson*

Dr. Nisha Jackson: Because think about it. If you don't breathe right and you have less oxygen coming into your body, it's going to make your mood change. It's going to make you more irritable, more snappy, not feel so well, and you're probably going to be snapping at some people that are close to you.

Rusty Humphries: Okay.

Dr. Nisha Jackson: This is a proven fact.

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Rusty Humphries: Now, I do know there's a technique when you're trying to do sales or to get it closed or something called mirroring where you try to follow their breathing and breathe along with them. I don't know if that works?

Dr. Nisha Jackson: Yes. That's one of the techniques of good breathing, but I'd like to talk about why people suck at breathing. No pun intended.

Rusty Humphries: Okay.

Dr. Nisha Jackson: No pun intended.

Rusty Humphries: Alright.

Dr. Nisha Jackson: Some of the reasons why people suck at breathing are number one, they're breathing from their chest, so their breath is very shallow, and you can't get oxygen. Every part of your body needs oxygen, right? Your brain uses 20 percent of all of the oxygen that you bring into your body. Your heart beats a hundred thousand times a day.

Rusty Humphries: Wow.

Dr. Nisha Jackson: And it needs oxygen, right? That's part of what the heart does.

Rusty Humphries: Now, walking up that hill, I think I broke a hundred thousand in an hour.

Dr. Nisha Jackson: In a minute.

Rusty Humphries: Yeah.

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Dr. Nisha Jackson: But also your muscles need oxygen. So just imagine, Rusty, if you don't know how to breathe right, and your muscles aren't getting the oxygen that they need and your body's not getting — your *brain's* not getting the oxygen that it needs, it's going to affect your mood. It's going to unwind your nervous system, and it's not going to allow you to produce energy, which you need to exercise and get through your day.

Rusty Humphries: Okay.

People don't breathe right. We're notorious for holding our breath. So if you're yawning a lot, you probably are not breathing right.

— Dr. Nisha Jackson

Dr. Nisha Jackson: So breathing is really, really important. We don't want to unwind our nervous system, we don't want it to affect our mood, we don't want to be brain foggy because we don't have enough oxygen to our brain. And it sounds really simple, like, how hard is it to breathe, right? But people don't breathe right. We're notorious for holding our breath. So if you're yawning a lot, you probably are not breathing right.

Rusty Humphries: Well, I'm a great yawner.

Dr. Nisha Jackson: People say, I don't know why I'm yawning so much. One of the causes of yawning, or one of the reasons why our brain says *yawn*, is because you don't have enough oxygen going to your brain because you're breathing from your chest.

Rusty Humphries: I did not know that.

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Dr. Nisha Jackson: Yes, yawning actually is a form of your body cleansing you too. So if you're very emotional and you're processing emotional feelings, yawning is a way of cleansing you emotionally. But most of the time, it's because there's not enough oxygen to your brain. So your brain says, take a deep breath.

If you're very emotional and you're processing emotional feelings, yawning is a way of cleansing you emotionally.

— Dr. Nisha Jackson

Dr. Nisha Jackson: But here's the other thing that people do is they tend to breathe too often. I was just at my chiropractor, and he said, "Nish, you're breathing like twenty-two times a minute." But I was kind of — my back was hurting, and I was kind of anticipating this adjustment hurting, and all of a sudden, I started rapid breathing.

Dr. Nisha Jackson: And the problem is it upregulates your nervous system. It makes you nervous, dizzy; it causes headaches. So shallow breathing and rapid breathing are not what we want. It's almost like a little mini form of hyperventilation. That's not the good way to get oxygen in your body, like little tiny breaths.

Rusty Humphries: Right.

Dr. Nisha Jackson: The other thing people do is they tend to hold their breath, tighten their chest, breathe from their chest, and then too many breaths. So those are the three things I want people just to be thinking about as they go through their day.

Rusty Humphries: Conscious when you breathe now. I know it is better to breathe through the nose, right?

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Dr. Nisha Jackson: Right. Some of what I call the *pearls of appropriate breathing* would be breathing through your nose because your nose is a filter. And when you breathe through your mouth, you're not filtering any air that goes in. So if you can, I mean, obviously if you're exercising really hard, you're going to have to breathe through your mouth a bit. So breathing through your nose actually acts as a natural, it *is* a natural filter to filter out any bacteria and organisms that you don't want going right into your lungs. So nose breathing is especially important.

Most importantly, I would like people to start feeling their belly protrude out when they're taking a deep breath.

— Dr. Nisha Jackson

Dr. Nisha Jackson: Also, the rhythm of breathing. Everything in nature and everything about our body has rhythm, right? The ocean has rhythm. So having some rhythm to your breathing is really important — not like take three breaths, hold for 20 seconds. You need to have a rhythm of your breathing. But most importantly, I would like people to start feeling their belly protrude out when they're taking a deep breath.

Rusty Humphries: Breathe from the diaphragm. That's what my singing coach would teach me.

Dr. Nisha Jackson: That's right. We want our lower diaphragm to expand because that's where we can get the best oxygen consumption, so breathing in all the way down in the belly, not from the chest.

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Dr. Nisha Jackson: If you're doing this [breathing rapidly and shallowly] and your chest is going out, that's too shallow of breathing, and it's not in your belly. So belly breathing is really what we want, especially when you're exercising. Those are some things that I want you to think about when you're breathing. And I've noticed that you do, do some shallow breathing from your chest, so that's something that would actually help your exercise if you were breathing from your belly and through your nose.

Rusty Humphries: Because I got a lot of belly to breathe from, so that's a good thing.

Dr. Nisha Jackson: That belly needs to come out.

Rusty Humphries: Okay. I'm trying to always suck it in because I don't want everybody to see it. Don't do that.

Dr. Nisha Jackson: Well, maybe just concentrate on working on getting your belly off, which you're doing with diet and exercise and hormone optimization.

Rusty Humphries: I'm trying, yes.

You'll actually lose more weight by improving your oxygen. ... because oxygen to your cells increases your metabolism.

— Dr. Nisha Jackson

Dr. Nisha Jackson: I'm glad you said that because you'll actually lose more weight by improving your oxygen. I mean, why do you think that people that start using a C-PAP machine at night lose weight?

Rusty Humphries: They do? I did not know that.

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Dr. Nisha Jackson: Yes, because oxygen to your cells increases your metabolism. So hello, you can lose weight by just learning how to breathe right.

Rusty Humphries: Okay. That I can do.

Dr. Nisha Jackson: So deep breaths in through your nose. The exhalation is actually more important. That's my last point. Exhaling is more important than inhaling. If you take two breaths in, I want you to go three to five breaths out, all the way out. Get all the air out of your belly. Breathe it all the way out.

Rusty Humphries: I don't think that was the death virus. I just coughed. Uh-oh, everybody run.

Dr. Nisha Jackson: That's over. We're done with that. We're done with that show. So anyway, those are the important things about breathing. Improve your relationships, improve your brain, improve your metabolism, improve your temperament.

Rusty Humphries: That's all good.

Dr. Nisha Jackson: I think that's good. And improve your exercise, your ability to perform exercise at a higher rate if you learn how to breathe. Find ways to sort of check in with yourself during the day. Think about like every time I pee, I'm going to think about my breathing. Every single time I pee. Now for me, that's a lot. Every single time I pee, I'm going to just check in with my breathing, like, how am I breathing? Every single time I go to the refrigerator, for me that would be a lot. Find some way to check in with yourself. That's like a checkpoint during the day, just to kind of — it's a trigger to trigger your thoughts about how am I breathing? When you're driving your car, quit holding your breath because you hit another red light. I hate red lights.

Rusty Humphries: I hold my breath when I hit another person.

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Dr. Nisha Jackson: When you hit another person. Yeah, that might be a problem.

Rusty Humphries: Yeah, don't do that either.

Dr. Nisha Jackson: That might be an inappropriate trigger. But get oxygen to your body and your cells and your brain, live longer, live happier, live healthier, start breathing better.

Rusty Humphries: Live long and prosper. You know what else would help you feel better and give you more energy and all those other things? Brand (X). TakeBrandX.com, that's the website. And Brand (X), these PICK UP STIX, they are awesome. Hold on, I got to come back here. I got my bottle, and this has Brand (X) in it. And tell me why this is so great, Nisha?

Dr. Nisha Jackson: Well, we like to think about keeping our immune system high. So this has really very potent antioxidants, which supports your immune system.

Rusty Humphries: Okay.

Dr. Nisha Jackson: But when you're exercising, it actually increases your energy — not only physical energy but brain energy. I think a lot of times why people sort of wimp out on exercise is they mentally can't do it.

Rusty Humphries: Right.

Dr. Nisha Jackson: And this is really good for your brain. It opens your brain, it helps you focus, it helps you concentrate. So people that have a little bit of ADD, like they bounce from one thing to the next, this is a great supplement for that.

Rusty Humphries: Squirrel.

Dr. Nisha Jackson: Yeah, exactly.

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Rusty Humphries: Hummingbird.

Dr. Nisha Jackson: Brand (X) is awesome. I love this, and it tastes delicious.

Rusty Humphries: It does.

Dr. Nisha Jackson: It mixes up well.

Rusty Humphries: You just put it in a bottle like this and shake it up. It's quite easy to get to, just go to TakeBrandX.com. That's TakeBrandX.com. Even more importantly, if you're not feeling up to your optimal levels, she can help you with that. Go to NishaJackson.com. I know I have, and I've gotten hormone optimization and gotten some of the supplements. It makes all the difference in the world. And I can tell you from personal experience, she's a genius at this stuff. And if you want to feel better, do it for yourself, do it for your family or a loved one.

Dr. Nisha Jackson: And you lost 15 pounds, and you powered up this hill today.

Rusty Humphries: Which I wouldn't —

Dr. Nisha Jackson: I didn't have to get the whip out.

Rusty Humphries: Right. Again, when she told me when I was going to get my testosterone pellets, "You're going to feel better in 72 hours." Right, okay, whatever. Okay, doc. And 72 hours later, I'm like, "I want to join a gym." I don't know what it did, but it made all the difference in the world. If you want to get that zip back in your life, check her out, NishaJackson.com.

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Rusty Humphries: Until then subscribe, subscribe, subscribe, subscribe. Just hit the subscribe button wherever you're watching or listening to this show. Please share it with your friends. It makes all the difference in the world. The show is growing in leaps and bounds, but we need it to grow more, so we need you. So please subscribe and share and tell your friends. We really appreciate you. I'm Rusty Humphries. She's Nisha Jackson. Go to NishaJackson.com, and we'll see you next time here on *The Dr. Nisha Jackson Show*.



Nisha Jackson, PhD MS NP HHP

NISHA JACKSON, PhD, is a nationally known hormone expert and functional medicine specialist. Nisha founded and is the director of Peak Medical Clinics, which specialize in functional medicine, hormone balance, age management, and disease prevention. For 28 years, Nisha has subspecialized in hormone balancing for men and women. With in-depth testing and balancing of the adrenals, thyroid, brain chemistry, gut, and sex hormones, she has successfully helped thousands of men and women reverse chronic problems such as fatigue, brain fog, weight gain, and depression and regain focus, stamina, drive, and optimal mood and energy. Nisha is a renowned lecturer, motivational speaker, radio host, columnist, and author. She is the founder of Peak Medical Clinics in Oregon, Texas and California, and the founder/owner of Balance Docs Inc., a nutritional supplement company, and Peak Laboratories, a full-service laboratory for in-depth specialized testing and research.