

THE
ULTIMATE
HUMAN



THE ULTIMATE GUIDE
TO BREATHWORK

GARY BRECKA

“THE PRESENCE OF OXYGEN IS THE ABSENCE OF DISEASE”

– GARY BRECKA

Right now you are sitting on a secret health gold mine. A scientific link to improved mood, vibrant health, emotion, and a state of calm and wellbeing. A stress busting gold mine that can transport you from being fearful to relaxed, from being stressed to a state of calm and even improve your circulation, digestion, energy and awareness. What gold mine am I talking about? It's your breath and by learning how to tap into this incredible resource, you are about to harness one of gods greatest gifts to us. Our breath connects our mind to our bodies and creates a link between the mental and the physical you.

Breathing is scientifically linked to:

- 1. Reduce Stress**
- 2. Reduce symptoms of anxiety**
- 3. Improved Sleep**
- 4. Boost Mood**
- 5. Improve energy**
- 6. Improve immunity**
- 7. Improve focus and concentration**
- 8. Better Energy**
- 9. Elevated Emotions**

Scientific research supports that breathing is key to better health. An average adult uses only 1/3 of their lung capacity and rarely exhales in a manner that properly expels toxins. Did you know that subconsciously our breathing patterns are coordinated very often with our mood? Each emotional state causes a distinct breathing pattern. Breathing can both excite and calm our nervous system. It can wake us up and calm us down.

There is a reason that top athletes, our elite special forces, and health-conscious biohackers all tap into breathwork on a daily basis as a way to awaken their minds, prepare for performance or relax the nervous system before sleep or after intense physical activity.

Put simply, breathwork is our innate superpower.

There are so many types of breathwork and so many different techniques. Personally, I would encourage you to research Wim Hof as he was instrumental in my journey into breathwork. I recommend his short documentary, **"BREATHE"** or the **"SuperHuman World of Wim Hof The Iceman"**. This will give you a good idea of just how far breathwork can take you.

This breathwork guide is by no means meant to be a complete summary of all the different, valid means of using your breath to improve your health, but rather a simplified place to start your breathwork journey and a window into my personal daily routine. A routine that takes 8-12 minutes and can be done easily and from anywhere in the world.

I love this technique because its portable... you can take it with you anywhere you go. If you've been following me for any length of time, you will see that I do this on airplanes, in hotel rooms, in the mountains in the city of Miami and everywhere that I travel.

This is the one activity that I never, ever...(did I say ever?) miss. Once you start to incorporate breathwork, it will quickly become your go to.



GARY'S STACK

This is what I take every morning:

1. Baja Gold Mineral Sea Salt

Baja Gold Mineral Sea Salt is the world's healthiest, most flavorful sea salt. Naturally harvested from the Sea of Cortez, Baja Gold features a comprehensive mineral and trace element profile and the lowest natural Sodium levels for enhanced taste and improved vitality. Baja Gold can be used on your kitchen table and in all of your recipes. Buy your Baja Gold Salt [HERE](#)

Body Health Metal-Free & Chemical Cleanse

Metal Free & Chemical Cleanse is a very exact formula containing some of the most potent organic herbal detoxifiers there are, as well as a super-charged form of carbon known as Fullerene. This micro-activated, multi-layered, and highly organized carbon molecule is so effective that it is able to safely enter the cells themselves, attracting harmful toxins to it, and acting as a sponge to absorb and remove them from our body, and with no known side-effects. Metal-Free & Chemical Cleanse enhanced with PerfectAmino. Buy your Metal Free & Chemical Cleanse [HERE](#)

Echo Go+ Hydrogen Water Bottle

Designed for people on the go, the Echo Go+ allows you to have access to hydrogen-enriched water whether you are working out at the gym, running errands, taking a vacation, or simply enjoying the outdoors. Buy your Echo Go+ [HERE](#)

Body Health Perfect Amino

Pure essential amino acids in a form that is both 99% utilized (3-6x the protein of other sources with almost no calories) and fully absorbed within 20-30 minutes! 100% vegan and non-GMO. Perfect Amino is available in powder and both coated and non-coated tablets. Buy your Perfect Amino [HERE](#)



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HOW TO DO IT

1. Sit or lie down comfortably on a flat surface.
2. NEVER DO THIS WHILE DRIVING OR STANDING.
3. Place one hand on your stomach and the other on your chest.
4. Slowly inhale through your nose. Feel your stomach push against your hand as you breathe in.
5. Exhale through your mouth, allowing your stomach to relax as you do so.
6. Repeat these steps three times and you're ready to start.

WEEK 1

1. Start with 5 obnoxiously deep breaths.
2. At the end of breath 5, exhale comfortably and try to hold your breath for 30 seconds (if you cant last 30 second's it's OK).
3. Then inhale as deep as possible.
4. At the end of the inhale, hold your breath for 30 seconds (it's also OK if you can't hold for 30 seconds here either, just go as long as you comfortably can).
5. Then exhale.
6. Start over at #1 with 5 obnoxiously deep breaths.
7. REPEAT THIS SEQUENCE THREE TIMES.

WEEK 2

Add 5 breaths to each round, targeting 3 rounds of 10 deep breaths.

WEEK 3

Add 5 more breaths to each round targeting 3 rounds of 15 deep breaths.

WEEK 4 and beyond

Add 15 more breaths to each round targeting 3 rounds of 30 deep breaths.

ADDITIONAL BREATHING TECHNIQUES

1. STRAW BREATH

This breathing exercise can be practiced by anyone, even children, and as often as you like. I like to teach this to my kids and nieces and nephews as a way to shift their “state” It is essentially a deep breath in followed by an exhale through an imaginary straw. So purse the lips and blow out slowly through a small hole in your lips, taking 3-4 times the amount of time to exhale the breath as you did to inhale it. VERY CALMING.

2. BELLY BREATH

This diaphragmatic breathing exercises the diaphragm muscle, which strengthens, and optimizes your breathing. Place your hand over your lower abdomen and inhale while you focus on pressing your belly against your palm. This forces you to focus on using the lower lobes of the lungs and pulling air deep down into your largest areas of the lung. It is also known for “massaging” the intestines and the gut so also good for gastric upset, constipation and general discomfort in the abdomen.

3. MINDFUL BREATHING

This is a way of focusing our mind on a specific thought and then breathing deeply and slowly while we focus intently on that thought. So for example, when I am focused on morning breathing I sometimes will visualize my day or a specific task such as completing a chapter of my book, and while I think about this task I will breathe and focus on that task. This is also a great way to be intentional about your day. If you are grateful for something in your life, you can think about how grateful you are and breathe through that thought. This mind-body connection is a very powerful way to orient yourself before a task. Use this before an important meeting, discussion, or event to visualize the outcome that you want from that event and picture it in your mind while you breathe it into existence.

Relaxation

Stress relief

Increased lung capacity

Greater mental focus

Healthier blood pressure

Improved sleep

Reduced anxiety

TO PRACTICE DEEP BREATHING AKA FULL YOGIC BREATH AKA DIAPHRAGMATIC BREATHING AKA BELLY BREATHING:

1. Sit comfortably, or lie down on your back and relax your body.
2. Put one hand on your upper chest and the other hand on your belly.
3. Breathe in slowly and fill your lungs up completely.
4. As you inhale, expand your belly. Inhaling deeper, expand your chest, then your collarbones and shoulders.
5. After the full inhalation, start to exhale as you relax your shoulders, chest, and abdomen.
6. Repeat seven to ten times, taking deep breaths. Keep your breath long, even, and smooth.

For an even deeper relaxation response as you breathe in, take your attention from your feet to the top of your head as a body scan. And as you exhale allow your attention to naturally drift back to the feet.

Beginner tip: If you are a beginner, breathe in slowly for four counts and exhale for four counts. As you improve in your practice, your exhalation can be a little longer (six to eight counts) than your inhalation (four counts). As you advance in your practice, you can gradually increase the length of your inhalation and exhalation.



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