



The 4-7-8 Breath

The 4-7-8 Breath Cycle, as described by none other than Dr. Andrew Weil, works by allowing more oxygen into the body which promotes a state of calm.

It takes about 20-30 seconds **total**. You can do this in traffic, at the elevator, even waiting in line. Weil does this first thing in the morning and last thing at night. I've summarized the steps for you right here:

“4-7-8”

1. Exhale completely through your mouth, making a whoosh sound.
2. Close your mouth and inhale quietly through your nose to a count of four.
3. Hold your breath for a count of seven, keeping your tongue against the back of your top teeth.
4. Exhale completely through your mouth, making a whoosh sound to a count of eight.
5. Repeat the cycle three more times for a total of four breaths (and only four breaths at a time).
6. Practice this at least 2 times each day.

Watch Dr. Weil's video at https://youtu.be/YRPh_GaiL8s

Be sure practice, practice, practice to get all the benefits that Dr. Weil mentions, including craving control, easing digestive issues, releasing stress and pain, and more.

Wishing you Health, Wealth and Wisdom!

Sweet dreams, my friend.

