



# JAMES NESTOR

THE POWER OF YOUR BREATH

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When you change your  
breath you change your  
life.

FREE

SAMPLE LESSON  
#2 DIAGNOSTICS

B | B | C  
MAESTRO

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# The Lessons

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Breathe slow, breathe long, breathe deep, breathe better.

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## 02. Diagnostics

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Buddhist monks developed breathing techniques to heat up their bodies on command and sit naked in snow for hours on end. Yogis developed techniques to cool the body, slow down metabolism and hold their breath for ten minutes at a time.

But before you too can become a 'super breather' – or what I call a **Pulmonaut\*** – you will first need to become a 'normal' breather. This isn't glamorous, but it is essential to health. Because only through normal breathing are our bodies most able to function with ease and balance.

**Of all the tips and tricks I'll be showing you, learning to simply breathe like a normal human being, the way nature intended, is by far the most important.**

Let's begin by assessing where you are on the spectrum of breathing.

### EXERCISE 1

#### DIAGNOSTIC: THREE-CHAMBER BREATH

- Sit or stand comfortably.
- Place one hand on your belly, the other on your chest.
- Inhale once, softly bringing air deep into the abdominal area.
- *Without exhaling*, take another inhale on top of that breath and fill up your chest area.

- *Without exhaling*, take one more inhale on top of those two breaths and fill up all the area around your neck.
- Pause for a few seconds, and let the breath fall out of you.
- Repeat for a total of three cycles.

My hunch is that this breath felt awkward.

If so, you're in good company. I have never known anyone who, without instruction, was able to take this breath in a proper 'biomechanical', three-chamber breath way.

We'll be coming back to this foundational technique throughout the course. For now, try to get familiar with the feeling of that three-chamber breath. Try it two more times. But this time, try to breathe a little deeper into the abdomen, a little wider into the chest and neck. Take a (dreadfully boring, strangely elusive) *normal* breath.

#### THE THREE CAUSES OF DYSFUNCTIONAL BREATHING

According to world-renowned respiratory expert, Patrick McKeown, dysfunctional breathing is driven by three major factors: posture and movement; mental state; and chemical imbalances.

Let's examine each briefly in turn.

**\* PLEASE REFER TO THE GLOSSARY SECTION @ PAGE 97**

## CAUSE ONE: POSTURE & MOVEMENT

Take note of how you are sitting or standing right now while reading this. Most likely your shoulders are hunched, your back curved and your neck craned out; your mouth may even be slightly open. Poor body and oral posture is a leading cause of headaches, as well as back and neck pain. Poor posture also makes you a poor breather.

A kinked neck, collapsed chest, open jaws, or an obstruction in the nose or mouth will inhibit the flow of air to your lungs. When lungs can't inflate properly, the heart and vascular system have to work harder to distribute blood, which in turn sends stress signals to the brain. Everything in your body has to work on overdrive simply to meet basic metabolic needs. We can survive this way – but we can't thrive.

## EXERCISE 2

### DIAGNOSTIC: POSTURE

- Sit or stand.
- Notice your posture, how you are holding your shoulders, your back, your mouth.
- Bring your awareness to your spine. Very gently extend it, as if the crown of your head were being pulled toward the sky.
- Bring your awareness to your neck. Place your neck above your shoulders, so that your head is stacked on top of your spine.

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- Then bring your attention to your mouth. Place your tongue on the roof of your mouth, with the tip just touching the back of your top front teeth (incisors). Keep about 2mm of space between your back molars.
- Take a deep, three-chamber breath...
  - filling the abdominal area, pause for two seconds;
  - without exhaling, another full breath expanding the chest, pause for two seconds;
  - without exhaling, one last full breath all the way to the top of the chest into the neck, pause for two seconds.
- Let it all out.

Notice the difference that proper posture made to this breath – how the air travelled deep into your lungs, and how effortlessly the breath passed in and out of you. You might even have felt a sense of focus and clarity. That's not the placebo effect. That's the power of taking a proper, normal breath.

### CAUSE TWO: MENTAL STATE

Anxiety, depression, and even mild stress, trigger our nervous system to breathe more, faster, and with shorter strokes. This high-chest overbreathing tells our brains we are in danger, which then triggers more stress, more anxiety, more panic and depression, leading to inflammation and illness. It's a vicious cycle that too many of us experience, but one we can end with proper, normal breathing.

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## EXERCISE 3

### DIAGNOSTIC: LADDER BREATHING

**NOTE:** *If you ever feel stressed or out of breath while doing this exercise, simply ease up and revert to a more comfortable inhalation/exhalation cycle.*

- Sit or stand.
- Take a slow breath in to a count of 2, and a slower breath out to a count of 4.
- Repeat for ten cycles.

While you are breathing in this 2/4 cycle, ask yourself these questions:

1. Does this exercise feel calming?
2. Am I feeling more relaxed?
3. Am I getting slightly sleepy?

If the answer is NO to any of these questions, **stop** the exercise. If the answer is YES to all of them, continue.

- Take a slow breath in to a count of 4, and a slower breath out to a count of 6.
- Repeat for ten cycles.

Ask yourself the same questions as before:

1. Does this exercise feel calming?
2. Am I feeling more relaxed?
3. Am I getting slightly sleepy?

If the answer is NO to any of these questions, **stop** the exercise. If YES to all of them, continue.

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- Take a slow breath in to a count of 4, and a slower breath out to a count of 8.
- Repeat for ten cycles.

Ask yourself the same questions as before:

1. Does this exercise feel calming?
2. Am I feeling more relaxed?
3. Am I getting slightly sleepy?

If the answer is NO, **stop** the exercise. If YES, continue.

- If you are still comfortable (remember: competing with yourself will do you zero favours), take a slow breath in to a count of 8, and a slower breath out to a count of 16.
- Repeat for ten cycles.

Ask yourself:

1. Does this exercise feel calming?
2. Am I feeling more relaxed?
3. Am I getting slightly sleepy?

If any answer is NO, **stop** the exercise. If YES, continue.

- If you are still comfortable, take a slow breath in to a count of 10, and a slower breath out to a count of 20.
- Repeat for ten cycles.

1. Does this exercise feel calming?
2. Am I feeling more relaxed?
3. Am I getting slightly sleepy?

This technique is very effective at relaxing the nervous system, which helps reduce stress and anxiety while also lowering heart rate, blood pressure and stress hormones. But only if you do it at a pace that feels comfortable and nourishing.

Those who suffer from anxiety will struggle even with the 2/4 cycle, whereas Buddhist meditators and other master breathers (my Pulmonauts), who are calm in mind and body, can breathe just twice a minute quite comfortably.

Assess where you are on the spectrum:

## RESULTS

**10/20 CYCLE:** Pulmonaut. Clear control of mind and respiration. Very small chance of chronic anxiety and panic. Indicative of a calm and nourishing mental state.

**8/16 CYCLE:** Excellent. Balanced mental state and low chance of underlying anxiety.

**4/8 CYCLE:** Advanced. Good mental control; relaxed body.

**4/6 CYCLE:** Average. A relaxed state, but could benefit from more de-stressing.

**2/4 CYCLE:** Needs improvement. If at any time during this cycle you felt anxious or uncomfortable, there is a much higher chance of mental stress, anxiety and severe respiratory dysfunction.

Your score here is not a condemnation; it's an invitation. Breathing is repairable and bodies are adaptable. Within just a few weeks of practising the exercises in this course, people with severe breathing problems have doubled, or even tripled, their cycle score. What feels claustrophobic and stressful now will feel nourishing later.

## CAUSE THREE: CHEMICAL IMBALANCES

The pace at which you breathe plays a significant part in overall health. When we breathe too little, we deprive ourselves of oxygen; when we breathe too much, we overstimulate our nervous systems and create a chemical imbalance in our bloodstreams.

Most of us breathe too much, too often which is a primary driver behind conditions like asthma, anxiety, poor athletic performance, and more.

The way in which overbreathing wreaks havoc on our biochemistry is complex. We'll get deeper into that in later lessons. Just know for now that so many of us suffer from a mild or severe biochemical imbalance in our bodies brought on by overbreathing. The best way to rebalance ourselves is to focus on the pace of our breathing, specifically to learn to breathe, but to breathe *less*.

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But as you practise, and your breath-hold time increases, you will feel symptoms of chronic respiratory distress and dysfunction are reduced and overall health and mental well-being increase accordingly. This is the feeling of your body, and your biochemistry, coming into balance.

Starting immediately, I encourage you to test your breath-hold score three times a day – ideally morning, afternoon and evening. Make a note of the result each time and after a dozen or so tests, average the number. This is your BOLT score, which you will use to adjust breathing exercises throughout this course.

**The people who have most to gain from improving their breathing are all those who breathe.** In other words, every single person living on the planet right now. Populations I have seen experience the most significant benefit from controlling the pace of breathing include the following:

- Business professionals
  - People suffering from severe anxiety
  - Asthmatics
  - Athletes
  - People with COPD
  - People aged 60+.
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## BREATHING PROTOCOLS: EXPLANATION

**'What you give is what you get.' – The Jam / 'Start'**

**Breathing better is simple, free and relatively easy, but it will take persistence and patience to get there.**

The last thing most of us want is another box to tick. We are already told to watch what we eat and drink, how much to exercise, how much to sit, and how little we are sleeping.

Breathing better shouldn't require a lifetime of constant practice and maintenance. If I've done my job correctly, after you have completed this course and adopted these new habits into your daily life, your breathing will go on autopilot. You won't have to take notes, set alarms, or even think about it.

This might take a while. Making new habits – and breaking old ones – can take weeks, or months. The good news is that you are breathing all the time, and so can improve your breathing habits wherever you are.

Just as with healthy eating or adopting an exercise regime, results depend on determination. Some of you will want to dedicate the maximum amount of time to master better breathing as quickly and thoroughly as possible; others will want to do the minimum amount of work spread out over several weeks.

For this reason, I have created three different tracks. Each track will convert you into a better breather, but at different levels of intensity over different stretches of time.

**REQUIRED:**

*The minimum obligation to become a healthy breather.*

- A total of about 15 minutes a day of breathing awareness and exercises.

**RECOMMENDED:**

*A more robust programme that will confer more rapid and profound benefits.*

- A total of 20-25 minutes a day of breathing awareness and exercises.

**PULMONAUT:**

*The most demanding schedule for those who wish to explore the true potential of what breathing can do.*

- A total of 20-25 minutes a day of breathing awareness and about 15-30 minutes of dedicated practice.



I strongly encourage you to follow whatever path you choose for thirty days. Only practice makes pulmonologically perfect.

I will be including detailed, cumulative breathing protocols periodically throughout this course. The first protocol is on page 34; the second, third and fourth can be found on pages 63, 79 and 90.



**Of all the tips and tricks I'll be showing you, learning to simply breathe like a normal human being, the way nature intended, is by far the most important.**



**TAKEAWAYS**

- **Modern humans breathe dysfunctionally because of poor posture and movement, mental state, and chemical imbalances.**
- **Each breathing dysfunction can be significantly improved by establishing better breathing habits.**
- **Slow and deep breathing is the foundation of proper breathing.**



**LEARN THE POWER OF YOUR BREATH  
WITH JAMES NESTOR**

You might be surprised at the immediate impact breathwork can have – James Nestor certainly was when all his breathing problems seemed to disappear a few weeks after starting. In this course, he guides you through practical breathing techniques that may help with your sleep, energy and productivity. His revolutionary approach melds ancient wisdom and modern science to promote overall physical and mental wellness, without the need for crystals or expensive kit.

- 20 LESSONS
- 6.5 HOURS OF VIDEO CONTENT
- 98 PAGES OF ACCOMPANYING COURSE NOTES
- PACKED WITH SCIENTIFIC THEORY AND EXERCISES

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