

**WHAT WORKS**

**Natural Rhythmic Breathing (NRB)**

**Grounding**

Restores balance to autonomic nervous system by regularly stimulating parasympathetic nervous system over time

Stop the build up of tension by restoring "neutral"

Recognize when tension starts to build

Switches liver function from producing sugar for energy to clearing stress hormones

Quick recovery from slight build-up of tension

Gradual resolution of patterns of tension

**WHAT HEALTH LOOKS LIKE**

Aware of deviations from NRB with habits for correction

Aware of when tension starts to build with habits for correction

Maintenance of health and mobility

