Body - What Works - Health

9-16-15

## WHAT WORKS

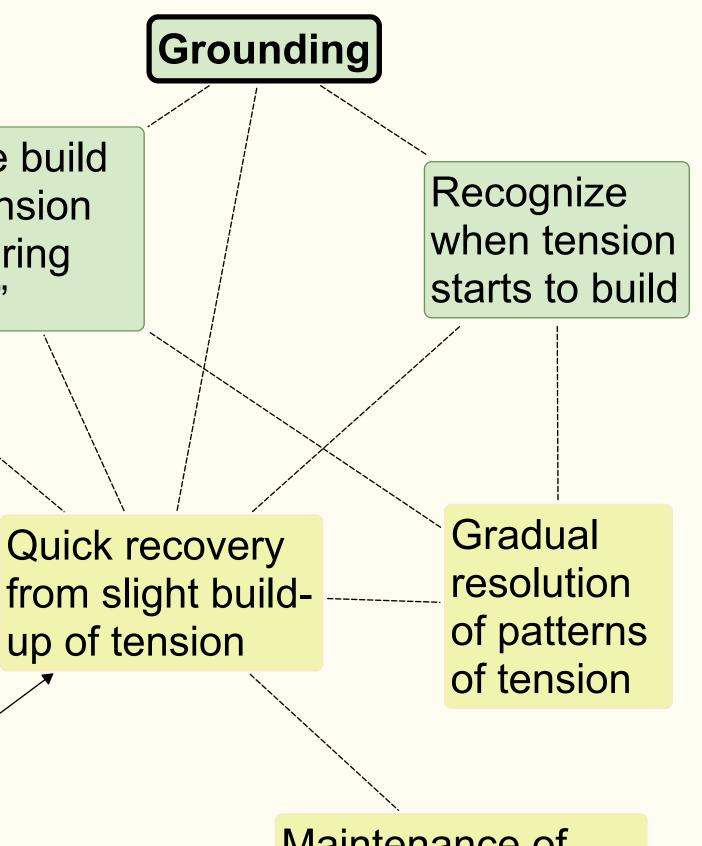
## Natural Rhythmic Breathing (NRB)

Restores balance to autonomic nervous system by regularly stimulating parasympathetic nervous system over time Stop the build up of tension by restoring "neutral"

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

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