

Total Body Radiance

Using Breath to Fire Up Weight Loss

Total Body Radiance Lesson #3



Main Fitness Focus: *Your main focus this week is on learning to breathe well, an instrumental skill for creative prayer, weight loss, and better physical health all around.*

Before we get into the breathing part of this week's lesson, I hope you recorded your steps from last week and calculated your daily average. This "magic number" now becomes your base line. This week I want you to challenge yourself to increase your average daily steps by 100 steps per day. So, if your daily average last week was 800 steps per day, I want you to shoot for 900 steps per day. Be creative about finding ways to take more steps during your normal daily routine. Next week I'll give you a good resource for this, but for now, try to increase your daily activity, but without actually creating a scheduled walking practice. I want you to simply look for ways to be more active during your day. The goal here is to live a more active lifestyle in general, not just force yourself into a fitness program. Make it a game. Challenge a friend. Don't increase your steps too much this next week or you'll burn out and get frustrated.

Ok, now let's take a look at this week's main focus:

Breathing. We do it all the time. We hardly ever think about it. But did you know that breathing correctly can increase your metabolism? Reduce your stress? Help you connect with God? Sleep better? Get a more effective workout? Did you know that proper breathing will cause you to **lose weight**?

The list of the [benefits of breathing well](#) is almost endless and we've been breathing automatically since birth. However, most of us have no idea how to breathe for maximum benefit. We tend to breathe in a very shallow way, using only the upper chest. Lungs, used well, begin expanding down into the abdomen, out to the sides, out the back, and then up into the chest.

The truth is, you were born breathing correctly (watch any baby breathe and imitate what they do – they have the system down pat!)

If you don't have a baby handy, let me walk you through it (there is a separate recording attached to this lesson that will walk you through this which you can use when you practice breathing – for now, just read/listen to the explanation):

1. lie on your back on a firm surface – like a carpeted floor - with a low cushion under your head, your knees bent, and your feet flat on the floor.
2. Relax and breathe normally. Sense where that breath is sitting – is it in your chest? Your abdomen? Somewhere else?
3. Place your hand on your abdomen, and feel it relax. Take a deep breath, but focus your attention on relaxing your abdomen and letting the air itself naturally inflate that part of your body. Is it pushing your hand up? You're doing it correctly.
 - If it's not working for you, put something a little heavier on your abdomen – like a book – so you can better feel your abdomen working.
 - Don't strain. Relax into the movement.
 - Don't hyperventilate – breathe slowly and according to your own relaxed rhythm.
4. Once this works for you, put your hands on the sides of your ribcage – a little awkward, but give it your best shot.
5. Now as you breathe in, feel your ribcage expand to the sides. Breathe with this awareness for a while.
6. When you understand that movement, focus your attention on the small of your back. What's happening there? Ideally as you breathe in the small of your back should arch a little, and as you breathe out it should flatten. Consciously make this happen for about 10 breaths.

7. Again, practice until you feel you have mastered this.

8. This week you will practice this breathing technique each day. Try doing it right after you turn out the light at night. You'll sleep so much better. You only need to do about 2 minutes of it. It doesn't need to take an hour or anything.

Once you've mastered this breathing exercise (take about three days of practice to do that), move on to practicing while standing up. A good way to do this is to practice breathing standing up in the morning when you get up (try doing about 15-20 deep breaths) and then at night as you relax in bed, practice breathing lying down. The goal here is to practice this enough that you begin to automatically breathe this way.

One of your special unannounced bonuses this week is an interview recorded with Pam Grout, breathing coach, and author of "[Jumpstart Your Metabolism: How To Lose Weight By Changing The Way You Breathe](#)". Let her wisdom and experience inspire you to practice great breathing skills.

And now, your weekly wisdom and nutritional habit from Dee McCaffrey



Main Nutritional Focus: *Drink a glass of Vitality Vinegar Tonic three times a day.*

The power of the Vitality Vinegar Tonic comes from its main ingredient—raw unfiltered organic apple cider vinegar. Apple cider vinegar is a secret weapon that has been used for generations for everything from alleviating arthritis, dissolving kidney stones, and *assisting in weight loss*. Raw unfiltered apple cider vinegar added to water assists in the reduction of excess weight by improving digestion, adding soluble fiber to the diet to stabilize blood sugar levels and blocks absorption of calories, and creates a feeling of satiety.

Raw, unfiltered, organic apple cider vinegar is different from refined and distilled vinegars found in most grocery stores. Natural apple cider vinegar is the same cloudy, light-brownish color as natural apple juice. When held up to the light, you should see floating particles of a cobweb-like substance that is called the "mother."

This amazing Mother of Vinegar is naturally formed from the pectin and apple residues and appears as strand-like chains of connected protein molecules. The more raw and unfiltered the cider vinegar, the more “mother” shows in the bottle. Any vinegar that is clear and has no “mother” has no nutritional value.

Among its many health benefits, apple cider vinegar has been proven to help in reducing weight. In the early 1950's, D.C. Jarvis, a Vermont country doctor, published a book describing how he used apple cider vinegar to successfully treat a number of common ailments as well as chronic conditions such as high blood pressure, arthritis, and overweight.

Dr. Jarvis proved that adding apple cider vinegar to the daily diet leads to gradual weight loss. There is good science behind why this is true. Apples are a good source of pectin—a soluble fiber that promotes weight loss by reducing cravings, stabilizing blood sugar levels, and by providing a prolonged feeling of fullness along with a steady boost of energy. Foods that contain soluble fiber are excellent for diabetics because the fiber causes dietary sugar to be absorbed more gradually and increases tissue sensitivity to insulin. In addition to improving insulin sensitivity, soluble fiber reduces the number of calories your body will absorb.

Apple cider vinegar is an acid, which assists in the digestion of protein, which in turn is needed for the production of insulin. Insulin is necessary for converting glucose to energy—the energy required to maintain an active, fat-burning metabolism.

The acetic acid in apple cider vinegar improves the absorption of iron from the food we eat. Iron is a necessary nutrient that is responsible for attracting the oxygen that is essential for burning energy in the body. In effect, apple cider vinegar increases energy consumption in the body, thereby making it a supportive food for weight loss.

Incorporating apple cider vinegar into your daily diet is simple. Based on the work of Dr. Jarvis and others, it is recommended to add 1 to 2 teaspoons of apple cider vinegar to a glass of pure water and drink before meals three times per day. Sweeten with honey or stevia if necessary. If it is too difficult to drink apple cider vinegar before each meal, you can drink one in the morning before breakfast, one before retiring at night, and one at another time during the day when it is convenient. Apple cider vinegar can also be used in salad dressings.

HOW TO PREPARE: Add 2 teaspoons of raw unfiltered apple cider vinegar to an 8-ounce glass of water at room temperature. If the tonic is too tart for your taste, a half-teaspoon of raw honey or agave nectar, or a few drops of stevia may be added. Drink this tonic three times daily, preferably 20 minutes before each meal. *The three 8-ounce glasses of Vitality Vinegar Tonic countstoward 24 ounces of your daily water intake.*

HINT: You can prepare a large volume of Vitality Vinegar Tonic by filling a 1-gallon container with water and adding $\frac{3}{4}$ cup raw apple cider vinegar. You can then serve your daily portions of the tonic from the larger container. The one-gallon container will last for 5 to 6 days. DO NOT REFRIGERATE, the vinegar will preserve the water and allow you to keep the water at room temperature.¹



Life Transformation Group: This week I'm also going to challenge you regarding your Life Transformation Group. Try and contact the same people you met with last time, and ask them questions about how they're doing in the areas they discussed when you last met. As you shared about your goals with this program, they probably mentioned things they were hoping to accomplish. Perhaps they also mentioned something that was coming up in their lives, a situation with their kids, or whatever. If you followed my instructions, you will have taken a few notes to help jog your memory for this task.

I know this seems “off the beaten track” regarding wellness, but [good relationships are vital to good health.](#)

And that's it for this week. Let's condense those points quickly into your tasks and habits for the week:

¹Dee McCaffrey, CDC ©2009 Tips adapted from *Plan-D: The Amazing Anti-Diet That Will Change Your Life Forever.* www.plandee.org Used with permission



This week's assignments:

1. Continue focusing on “full” and “hungry”
2. Continue to drink your morning elixir of lemon tea
3. Continue to practice chewing every mouthful 30 times or until completely liquidized
4. Increase your daily average steps by 100 steps per day
5. Practice breathing correctly
6. Call up your friends and find out how they're doing.
7. Drink three glasses of Vitality Vinegar Tonic daily.
8. Write in your journal daily.

Now, see, isn't that a simple task for this week? I told you you could do *THAT!*



Disclaimer:

To the best of our knowledge, understanding and ability, the information presented in this program is true and accurate as of its publishing date.

However, this plan is educational only and is not intended to replace a consultation with a qualified healthcare professional regarding your own specific situation and medical history. For this reason it is strongly recommended that you consult with your physician before starting this or any other diet or weight loss program.

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As always, my thanks to "[TemplatesWise](#)" for providing the music for the recording!