

# Breath - The New Science of a Lost Art

James Westor

This book gives a comprehensive overlook on the vastly underrated science of breathing. The book starts with the experience of the author in a breathwork class which gave him a very intense experience. The author then pivots to his own struggles with breath throughout his life and the wrongs it has caused within his life.

This lack of breath proficiency in James' life incited him to research the little known intricacies of the breath and the massive importance of it. The art of the breath is something that was widely practiced in a plethora of cultures around the world, but fell out of style for certain reasons.

The book starts out with an exploration on the vast importance of breathing through your nose as opposed to breathing through your mouth. This is due to the fact that there are many mechanisms built within the nose to filter the air. Including nose hairs, epithelial tissue. There is also the vast nasal microbiota which provides many distinct benefits. There is also the aspect pertaining to jaw development wherein mouth breathing will lead to a recessed chin causing a plethora of issues pertaining to dental formation and even changed perceptions regarding spatial perceptions, at a near universal scale. Within the book the author does an experiment with another individual wherein they plug their noses shut for 10 days to see what effects of this on a variety of health markers. Within the duration of this experiment James talks about his horrible experience with this mouth breathing.

Whilst taking health parameters within the duration of this experiment James can see a fairly noticeable dip in heart rate variability and a substantial increase in heart rate which are both indicators which elucidate a dip in health. After the experiment was done you can see a clear reversal of these two trends. Whilst the experiment was happening you could also see vast changes in respiratory efficiency as well as nitric oxide levels. Another ~~factor~~ pertaining to breathing which was explored is that of the rate at which you breathe and exhale. James says that based on the research you can see the vast importance ~~related~~ to the rate at which an individual inhales and exhales. This has vast importance related to carbon dioxide levels within the body. Within modern society it seems that there is a common awareness of hyperventilation and that individuals would be helped by slowing down breathing to a rate of 5.5 breaths per min.

Another topic which is touched within the book is the importance of tongue posture when it comes to breathing and proper jaw development. Another topic of importance covered within the book is the effect of alternate nasal breathing for specific functions; right nostril breathing with increase alertness and memory (sympathetic) whereas left side nasal breathing is a more parasympathetic nature. Stop it. There is also an explanation of the individual such a Buteyko method and there is influence on understanding methodology protocols for breathing.