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| Today, the Breathe Right strips are used by more than 250 professional football players. Perhaps the best known one is the spokesman for the strips, Jerry Rice. He feels that the Breathe Right strips really "*elevated his game* and allowed for *recuperating faster*" (Breathe Right).  Besides football, many other athletes in many different sports have tried and successfully used the Breathe Right strips:  Another spokesman for the Breathe Right strip is Tom Dolan, *"I first heard about Breathe Right® nasal strips at the Big Ten swim meet in February 1995. The meet announcer, who was very familiar with the product and my breathing difficulties, told me about them. I noticed a difference immediately and swam extremely well that day, setting the Big Ten record in the 400 Individual Medley."*  In today�s sports world, running is considered to be one of the hardest sports on your respiratory system, but with the help of the Breathe Right strip an athlete can get through the strenuous activity.  *"Breathe Right® strips help me breathe easier through my nose. And because breathing is easier with the strip, I use less energy. I can use the saved energy later when I need to pick up my pace or need an extra kick." �* Ronaldo da Costa.  Besides athletes, many average people use this product to help them with their sleeping behaviors, such as, snoring, etc. Also, Breathe Right strips are used to relieve nasal congestion due to colds or allergies.  ***"It's something that at first caught me off guard,***  ***because I couldn�t believe that something so small***  ***could be so significant with my play. The strips really***  ***elevated my game." � Jerry Rice***  Respiration is the name for the chain of biochemical reactions in cells, which release energy from nutrients. Aerobic respiration uses oxygen from red blood cells supplied via the lungs, to produce energy in the body�s cells. Aerobic exercises include swimming, cycling, and jogging, which make your lungs and heart work harder to supply enough oxygen. An aerobic respiration occurs during short burst of activity such as sprinting or weight lifting. The muscles use so much oxygen so quickly that they must rely on a different biochemical pathway. This causes wastes like lactic acid to build up in the muscles. Because a hardworking muscle may use up to 50 times more oxygen than when it is resting, we believe the Breathe Right nasal strips will supply the body with more oxygen than usual during aerobic activity.  Inside your body, the circulatory system plays a part in respiration by delivering oxygen to the cells and removing carbon dioxide from them. Without a steady supply of oxygen carried in the blood, the cells would die. Breathing is completely automatic. It continues through consciousness and sleep without having to make any active breathing effort. We can vary the rate of breathing, as usually happens when we stop to think about it, and we can consciously breathe more deeply. What we cannot do is to stop breathing altogether for much more than a minute. If you hold your breath for long enough, your body takes over and it becomes impossible to avoid taking a deep breath. A part of the brain that controls all our important body functions automatically sends nerve impulses down the spinal cord to the diaphragm and muscles, instructing them to contract regularly. We can override these instructions, but only for a little while. The rate and depth of breathing is also controlled chemically. During exertion, muscles increase their production of waste carbon dioxide, which begins to build up in the blood. The control center in the brain detects this increase in carbon dioxide and steps up the rate and depth of breathing to flush out the unwanted dissolved gas through the lungs. Yet another similar mechanism measures the oxygen level of the blood through a chemical detector in the side of the neck. This detector passes nerve instructions to the brain to speed up or slow down the rate of breathing (The Lungs and Breathing1 28-29).  The chest and lungs do not breath on their own, they need to be coordinated with other body processes. For example, when your muscles are very active, you must breath harder to supply them with more oxygen. This coordination is carried out through the control center of the body, the brain. The breathing control center or respiratory center is the brain stem. To control the depth of breathing, the respiratory sends electrical signals along the nerves to the diaphragm and chest muscles (The Lungs and Breathing2 18-19). The center acts on information it receives from various censors in the body. For instance, during exercise, the body�s muscles produce more carbon dioxide, which builds up in the blood. Censor cells in the brain stem and other sites in the body detect the carbon dioxide level. Also, strain receptors in muscles and joints, called proprioceptors, detect body movements. They feed signals back to the brain, to affect breathing rate (Lungs 18).  The Breathe Right Company and their marketing department claim the strips decrease nasal airway resistance by 31%. But because the narrowest part of the nasal passage is higher up on the nose, most experts (the Board & Editors of Running & Fitness) disagree with those claims. There are many professionals and scientists that have thought the strips to be faulty, but that is what we are going to find out.  Some other disagreements come from physicians. For example, Fred Hatfield, Ph.D. FISSA, President, International Sports Sciences Association, says that Breathe Right nasal strips offer little sports performance advantage. Another skeptic of the strips would be the University of WV, where they reported that in a clinical study they found no difference in the endurance or physiological results of the athletes who performed a maximal stress test with or with out the Breathe Right nasal strip.  There are supporters of the strips that say that during anything more than mild exertion we tend to breathe through the mouth, and not the nose. And the use of a mouth guard in sports, may possibly reduce the airflow through the mouth, and thus, make a strong case for the nasal strips.  For our experiment, we will set out to find the answer to this mysterious question. Do the Breathe Right Strips really work? You can�t really tell unless you have done the experiment for yourself because it could all be the mind state that you have when wearing the strip.  ([Back](http://docs.google.com/introduction.html))  [[Home](http://docs.google.com/home.html)][[Introduction](http://docs.google.com/introduction.html)][[Hypothesis](http://docs.google.com/hypothesis.html)][[Procedure](http://docs.google.com/procedure.html)][[Data](http://docs.google.com/data.html)][[Conclusions](http://docs.google.com/conclusions.html)][[Bilio/Links](http://docs.google.com/biblio.html)]  [[2001 Projects](http://docs.google.com/index.html)][[2000 Projects](http://docs.google.com/AP2000/index.html)][[1999 Projects](http://docs.google.com/AP99/index.html)][[1998 Projects](http://docs.google.com/AP98/index.html)] |