

**You can breathe!** Breathing training for acutely sick as well as for healthy people.

Correctly breathing is the best prerequisite for a healthy life and protects you from life-threatening crises of the respiratory tract. It is the best medicine and we have a recipe for it. The two most important ingredients are:

1. The necessary knowledge concerning how to breathe.
2. Physical training of the respiratory muscles and a healthy way of life

On our website you can find the necessary information material and a programme for training your respiration, which has been used worldwide with great success.

I developed and tested the programme together with many volunteers. I work as a paediatrician and in pulmonary medicine, I am an emergency doctor as well as a specialist in sport medicine. I also have a lot of experience with rehabilitation. I help respiratory patients overcome their acute respiratory difficulties or after ventilation and I support them to train their independent breathing. You can also use my programme as a preventive measure. Our experience shows that lung diseases in trained patients don't last as long and the progression is much milder. The training can also be used for rehabilitation following a lung disease.

What you find on our website:

1. The most important information about your respiration We have a compilation of short contributions in the form of PDF or Audio files (Interviews + FAQ). It is our goal that you get a completely new view concerning your respiration and your lungs within 30 minutes. Knowledge makes you strong and is immensely helpful against fear, especially when you face acute shortage of breath.
2. A training programme for your respiratory muscles. We offer two programmes, one for beginners and one for advanced users. All the exercises are presented in easy-to-understand ways. The first unit can be accomplished in your bed and has already been done successfully by patients all over the world. The second unit provides strength for a long and healthy life.

What you can do to build up a healthy respiration and strengthen your immune system:

- Drink 2-3 litres per day (water/tea), in order to provide enough moisture for your mucosae and optimise your immune reaction.
- Eat healthily for a well-balanced digestion. Pay attention to vitamins and fibre (fruit/vegetable). Choose food that has to be chewed (you should chew for at least half an hour per day). The draining effect of chewing helps prevent returning sinus infections. Try to eat between 8 am and 4 pm only (intermittent fasting), that helps the body to detox.
- Sleep enough! If you sleep at least 7,5 hours per night, you help your body to regenerate. Ear plugs, dark curtains or a sleep mask can be practical helpers. Half an hour of endurance sport can also help with sleeping.

- Do not drink alcohol and stop smoking. One single cigarette paralyzes your immune system for hours. Alcohol disturbs your natural day and night rhythm.
- Go outside into daylight for at least an hour a day. It does not matter whether it is raining or the sun is shining. Your immune system will be strengthened in every case.
- Get your metabolism going. A good example is the famous 10,000 steps a day. If you walk briskly, you will make about 1,000 steps in 10 Minutes. In 80 minutes you will have accomplished your 10,000 steps. Download an app to monitor your steps. This is motivating and you will notice rapid progress. Or you can try the *English National Opera breathe project* (have a look at [www.eno.org](http://www.eno.org) ). It is designed to provide support to people recovering from COVID with a programme of singing, breathing and wellbeing.
- For health improvement the WHO recommends 30 minutes of sports per day or 150 min. per week with days of rest. With our respiratory muscle training you will find exercises that cover exactly this amount of time. Try it!
- Whistle! Literally. Especially when you are stressed out. Whistle, sing, hum. Playing a wind instrument is also a wonderful training for your respiratory muscles. It puts a lot of stress on breathing out and this is especially what we humans neglect when we are stressed or afraid. You have to breathe out for your lungs to be able to take in fresh air.
- Jumping Jacks or jumping jack movements with your arms while sitting are like a good shower for the immune system of your lungs. Half-moon placement and lateral torso flexions help a lot to get air into the lowest parts of your lungs. All this you can work into your daily life, even while sitting at your desk. You will find these exercises in our respiratory muscle training. Be inspired! You can choose and adapt all parts to your level of fitness.

**You are your best medicine!** Nobody can walk 10.000 steps, spend time outside or sleep enough for you. Watch your health and strengthen your body. By doing this you can help yourself and other people! Dr. med Sandra Gawehn with team. Source : <https://atemtherapie.meyn.pro>