

Lowered Respiration Rates with Structured Breathing

When writing about the 5 Step Structured Breathing Process in the past, (see here <http://naturalactiontechnologies.com/structured-water-videos/>) we remarked,

Just allow yourself to start!

Even if you only were to do 1 breath through each step of the 5 Step Structured Breathing Process!

...or you think you might be doing it wrong...it's so easy...

Just allow yourself to start!

From just one or two breaths alone, people have noticed immediate improvements in their body functions...comments from our customers like "my breathing deepened" "cleared my sinuses" "my mind got calmer and clearer!" are everyday occurrences as people do this process.

Breathe smooth, slow, and deep, both in and out...

If time is limited, do what is possible!

Even one structured breath can improve one's state of being.

Just allow yourself to start!

Now, at NAT, we wish to show the world that breathing in Structured Air, as well as drinking Structured Water, will instantly change peoples' lives for the better.

So, we pondered...

"What would be the easiest way to have people experience the improvements that occur to their function while breathing through a Natural Action Technologies structuring device?"

Now, the Vital Signs are known throughout Western Medicine as standard indicators of body health and stability. They are as follows:

1) Blood Pressure, 2) Temperature, 3) Pulse Rate, and 4) Respiration Rate.

While we have noted significant changes in all 4 of these Vital Signs with test subjects. We noticed that the greatest percentage of people recognize a significant shift in Respiration Rate through Structured Breathing.

So, we took a population sample of 6 people, three male and three females ranging in age from 21 to 75. We had them measure their number of breaths taken in one minute (60 seconds). Then, we had them all breathe thru an NAT Portable Unit at the same time, i.e., 1 breath through each of the 5 Step Breathing Process as seen at <http://naturalactiontechnologies.com/structured-water-videos/>

The interesting results are shared here:

	Breaths per minute Before S.B.	Breaths per minute After S.B.
Male 75	12	8
Male 51	10	8
Male 22	9	7
Female 51	12	10
Female 45	8	5
Female 21	18	8

Results of Structured Breathing (S.B.) for approximately 1 minute. (5 Breaths through an NAT Structuring Unit. 1 Breath through Each of the 5 Steps.)

Notably, each person experienced a drop of 2 breaths per minute or more! As a person reduces their breaths per minute, we see more efficient oxygenation of the cells and tissues within the body. Stress reduces instantly! They become more relaxed. Even more, each person began with an ANS (Autonomic Nervous System) dysregulation because of emotional interference. After the Structured Breathing, the ANS tests were now open, demonstrating that emotions had released and brain function was more open.

Another noteworthy test was that before the Structured Breathing, each person was asked to compare their right carotid artery to their left carotid artery. Every person before the Structured Breathing could tell obviously that one side was larger than the other demonstrating imbalanced blood flow to the brain. After the Structured Breathing, the pulses were noticeably even, or much more closer to even AND more energetic!

Balanced blood flow to the brain = HEALTH! = Green light for structured breathing!

The event of structuring water, or with these tests, structuring air through breathing thru an NAT structuring unit brings the body back to balance, creates less stress, and greater oxygenation.

Conclusion

While we are still looking for exceptions to these positive outcomes, most all people will instantly and easily notice daily benefits from Structured Breathing with Natural Action Technologies structuring units in the form of less stress, greater oxygen uptake (less breaths/minute), and better blood flow balance.

-Natural Action Technologies Research, 11/20/2014

